



SANTO DOMINGO HEALTH CENTER

CALL TO ACTION!!

HOW CAN WE HELP OUR HEALTH CARE WORKERS
AND OUR
ELDERS STAY SAFE DURING THE
COVID-19/ CORONAVIRUS PANDEMIC?

SUPPORT OUR HEALTH CARE WORKERS:

- **STAY HOME**
- Ask yourself, Who/what industry has masks, N95 respirators, protective gowns and nitrile gloves that can be collected and donated?
 - Veterinary services, manufacturing plants, environmental services, hair dressers, beauty suppliers, pest controllers
- Call those folks and ask them to donate and arrange time to pick up
- Post to your social media pages this call to action
- Help coordinate the pick up and drop off at Santo Domingo Health Center

SUPPORT YOUR ELDERS:

- Educate them on how and why to limit/eliminate visitors for now and instead, ask visitors to call, video chat or visit through windows.
- Ask or help them to call and cancel ALL non urgent appointments or reschedule them to tele-health appointments.
- Elective/non urgent procedures, tests or surgeries should be cancelled
- Call their pharmacies and ask for a COVID Override for emergency fills of their meds-Ask for a 90-day supply and if it can be delivered
- Call their insurance companies for them if an override needs to be approved and be persistent and patient

- Ask them to leave a table outside their door so you can drop off food supplies especially non-perishable food items that you know they will eat and toiletries
- Drop off magazines, crafts etc that you know they will enjoy.
- Call them daily, ask your kids to call too but try to avoid face to face visits.
- Tell them you LOVE them! and that is why you are not hugging or kissing them you are trying to keep them safe.
- Encourage them to be physically active. To take a solo walk if possible or at least walk in place on the balcony or landing. Fresh air and nature are good for mental calm and sense of wellbeing. Physical activity relieves anxiety hormones by counters their negative effects. It also helps calm and aids in digestion and sleep.
- Encourage them to limit their exposure to televised news to a short time per day.

VISITS:

- Avoid face to face visits. Assume EVERYONE may be carrying the coronavirus even without any symptoms.
- If you do see your loved one, insist on staying 6 feet or more away from them and stand outside in the air if possible.
- **If you must enter the home**, check your temperature first. If you have any temperature or any cough or shortness of breath **DO NOT VISIT.**
- If you do enter, wear a clean shirt or jacket that has not been coughed or sneezed on, wear a scarf over your mouth and nose and have them step far back.
 - Ask them to open windows/sliders to allow for quick air exchange before and during your visit.
 - Do not touch any surfaces. Go straight to the sink and wash your hands for 20+ seconds, use a paper towel to dry.
 - Avoid touching their handles, surfaces, phones, remote controls etc.
 - If you need to use your phone, **disinfect it before entering the home.**
 - Keep the visit very short and at a distance of 6 ft or greater.
 - Empower them to **decline** face to face visits to protect their health.
 - Empower them to **ask** for items or check in calls from family, friends and church.
 - **If supplies allow, provide them with hand sanitizer and disinfectant. You can make a bottle of bleach disinfectant for them to have them disinfect surfaces and door handles after you have left. The Bleach disinfectant should not be a concentrated amount but should prepared at 1 part Bleach for every 9 parts of water. A good amount to start with is ¼ cup bleach and 2 ¼ cups of water. Pour the bleach into the spray bottle first, then add the water, this will help prevent splashing the Bleach up onto you.**