



# 5 STEPS TO PREPARE YOU FOR CARING FOR A PERSON IN A FOSTER OR CARE HOME

Older adults and persons with disabilities are at higher risk for developing complications of COVID-19. These steps are based on Centers for Disease Control and Prevention (CDC) and Hawaii Department of Health (DOH) guidelines, it is important for those who support them to understand how to minimize risk when continuing care in the foster or care home.

## 1. Make a Plan

- Train everyone on infection control
- Arrange for back-up staff if needed.
- Know signs and symptoms of COVID-19.
- Review who to contact in emergencies (e.g., family, physician, health plan service coordinator)

## 2. Anticipate Challenges

Plan for challenges during isolation or self-monitoring. Prepare a crisis plan for emergency situations.



## 3. Establish a Routine



Routines reduce anxiety during transitions. Establish a routine that works for everyone. Use this time to improve mental health, communication, and relationships.

## 4. Prevent Spread of Disease

Practice infection control, social distancing, stay home, and limit visitors and staff (essential only). Use personal protective equipment (PPE) when required. Follow guidelines to reduce community infection.

## 5. Monitor Safely

Dry cough, fever, and difficulty breathing are signs of infection that may worsen with time. Wear PPE as indicated. Contact your physician or 911 for support when advanced medical care is required. Follow CDC and DOH recommendations on when to discontinue home monitoring.

