



# COVID-19 UPDATE

March 31, 2020

There are no new positive test results reported as of 2:30 PM March 31, 2020. The total confirmed case count in Okanagan County is still three.

## Guidance for In-Home Care Providers and Their Clients

### In-Home Care PROVIDERS

In-Home Care Providers provide direct care to older adults and adults with disabilities who may be at greater risk for serious COVID-19 complications. By monitoring your client's health and taking precautions to protect both you and your client, you can reduce the risk for infection and identify any unusual symptoms early.

- If you are sick, do not work. Self-monitor for symptoms, including:
  - Fever above 100.4
  - Cough
  - Shortness of breath

**Take your temperature each day before going to work, if you have a fever over 100.4, do not go to work.**

- Provide services remotely when possible. Examples include phone calls for eating reminders and meal preparation outside of clients home.
- Call ahead to ask clients if they are experiencing any symptoms. If they are, urge them to reach out to their doctor for further instructions
- If your client is sick, and you cannot perform your tasks remotely, take protective precautions, including:
  - Monitor your client for worsening symptoms.
  - Wash your hands with soap and water for at least 20 seconds regularly.
  - Avoid touching your nose, eyes, and mouth with unwashed hands
  - Your client should wear a face mask while you are providing care. If they are not able to, you, as the caregiver, should wear a face mask.
  - Wear gloves when having contact with the clients fluids and clean your hands immediately afterwards.
  - Avoid sharing household items with the client.
  - Disinfect common areas frequently and wash used laundry thoroughly.

### In-Home Care CLIENTS

As an In-Home Care client, you may have concerns about your caregivers coming into your homes during this time and feel helpless. There are a couple of things you can do to help protect yourself as well as your caregiver.

- Ask your caregiver prior to them entering your home if they have taken their temperature that day and if they have had any symptoms, including: Fever above 100.4, Cough, or Shortness of breath. If your caregiver has any of these symptoms ask them to arrange for an alternate caregiver.
- If you have any symptoms, such as fever, cough, or new or worsening shortness of breath, alert your caregiver prior them coming into your home. Call your doctor for further instructions.

Information adapted from [Department of Social and Health Services Individual Providers Guidance for providing safe care during the COVID-19 outbreak](#) and [Caring for Clients with COVID-19](#).

### Confirmed Cases in Okanagan County

(As of March 31 at 2:30 PM)

**3**

### Samples Sent for Testing

**163**

### Negative Test Results

**124**

### Test Results Pending

**36**

### DOH Call Center 1-800-525-0127

Press # after the prompt

### Education & Information

[www.doh.wa.gov/  
emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus)

### Okanagan County Alerts

Sign up for alerts like  
these from Emergency  
Management at:

<https://www.okanogandem.org>