



SENIORS Helping SENIORS®
...a way to give and to receive®

Coronavirus Protocols

OVERVIEW: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! **BUT all the surfaces where these droplets land are infectious for about a week on average**--everything that is associated with infected people will be contaminated and potentially infectious. The virus is **on surfaces** and you will not be infected unless your unprotected face is directly coughed or sneezed upon, or if you are infected through your **nose or mouth via your hands**. Since many of us touch our faces frequently, this is why hand sanitation is **critical**. **IMPORTANT!** Should you have **any** questions, please call the Office at 617-877-3163.

- Use 60%+ alcohol-based hand sanitizer BEFORE entering a client's home so you do not bring contamination into the client's residence, and then thoroughly wash your hands with soap and water (for 20 seconds, both sides, between fingers and under nails) as soon as you enter the client's home. Follow this procedure even when you are not working for SHS—*everywhere* you go, where people have been!
- Before entering client's home, wipe your cell phone thoroughly (screen and back!) with an alcohol wipe. (And wipe your screen even when not working for SHS).
- Please notify the Office if you leave the country or if you are living with someone who is leaving or has been out of the country. Also, notify us if you have been outside the Boston area, within the U.S., in an area with a widespread outbreak.
- Please notify the SHS office immediately should you be exhibiting any flu-like symptoms (fever, coughing, sneezing, shortness of breath). *Absolutely Do NOT go* to a Client if you are experiencing these symptoms.
- If you go out of your client's residence, you (and your client), must re-sanitize and re-wash hands, as well as wipe-down your phone (and their phone) upon your return. Please ensure that your hands and your client's hands are constantly, thoroughly washed and sanitized after touching any surface and do not touch your face (or your client's face) until you have followed the washing/sanitizing process.

Other Guidelines:

1. No Handshaking and Hugging. Use a fist bump, slight bow, elbow bump, etc.
2. Use only your knuckle to touch light switches, elevator buttons, etc. Lift a gasoline dispenser with a paper towel or use a disposable glove.
3. Open doors with your closed fist or hip—do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and commercial building doors!
4. Use disinfectant wipes at stores when they are available, including wiping the handle of grocery carts.
5. If possible, cough or sneeze into a disposable tissue and discard—use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more. Always re-sanitize hands.