



## 11 USEFUL BEHAVIOURS TO PROTECT “FRAGILE OR AT RISK HEALTH”



Guide for all who are assisting home-bound people who are not self-sufficient or are experiencing difficulties

- 1 - Always wear a face-mask that covers nose and mouth when you are near the subject/patient.
- 2 - Avoid sneezing or coughing in places frequented by people at-risk.
- 3 - Wear gloves even when in the house, change gloves and wash your hands frequently
- 4 - Wear clean clothes when in the house of the person you are assisting. Wash your clothes daily and changed them if you have been outside
- 5 - Do not go out to shop for groceries and ask a neighbor to help
- 6 - Remember that everything arriving from outside the house is potentially infected. Therefore, wash your hands before preparing food and do not share cutlery or glasses
- 7 - If you go outside to shop for groceries, wear gloves and a mask. Ask the storekeeper to be able to disinfect with appropriate sanitary products before you begin shopping and when you are done (**Note that the shopping cart might have become infected by other people who are less careful than you**)
- 8 - When returning to your house, avoid coming in contact with other persons even with family
- 9 - Ensure for follow proper hygienic practice and keep all surfaces you or other may touch clean
- 10 - If you have the cough, cold, fever or overall feeling poorly contact your physician and stop any activity of assistance to subject in need.
- 11 - If you notice any worsening in breathing or other manifestation in the person you are assisting, contact health officials or physicians.

