

**Monday, March 23, 2020**

## Latest on How to Protect Yourself & Your Family During COVID-19

### **Taking Care of Individuals with Suspect or Confirmed COVID-19 in Non-Healthcare Setting**

If you are healthy, you only need personal protective equipment, if social distancing cannot be accomplished, and you have prolonged contact while **taking care of a person with suspected or confirmed COVID-19 infection at home, in residential communities or other non-healthcare settings**. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), the caregiver should wear a mask when in the same room as the patient. In addition, caregivers need to wear a disposable facemask and gloves when touching or having contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, or urine.

### **Healthy Individuals**

CDPH does not recommend that the general public routinely use PPE to prevent respiratory illness, including COVID-19. Instead, CDPH recommends that we take precautionary measures such as:

- Washing hands with soap and water.
- Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or your elbow.
- Avoiding close contact with people who are sick.
- Staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.
- Following guidance from public health officials such as staying home if you are over the age of 65 or have underlying health conditions.

During this time of PPE shortages, we all need to do our part to conserve and use PPE appropriately so that it is available where it is most needed - for healthcare workers and other caregivers so that they can safely take care of you and your loved ones.

## Medical Records

Medical Records will be temporarily closed to walk-ins to observe social distancing. We will still be working and processing all requests for records including patient requests. If a patient is requesting a copy of their records, please call 661-949-5011 and we will direct you on how to obtain their records depending on their specific circumstances.