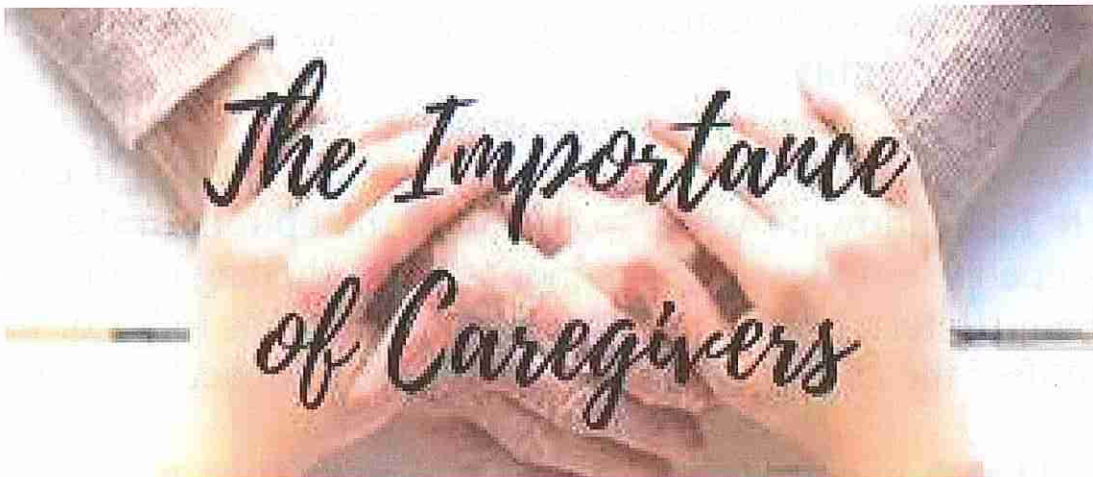




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Caregiver Assistance News



“CARING FOR YOU, CARING FOR OTHERS”

Infection Control in the Home standard Precautions

Controlling the spread of infectious germs around the house doesn't have to be an overwhelming task. Following some simple rules can drastically cut the chances of illness:

Prevent cross– contamination

Use a different implement (broom, mop, sponges) for each cleaning tasks in the kitchen and bathroom.

Disinfect cutting boards after each use

Use separate cutting boards: one for vegetables and fruits, and one exclusively for meats. Or, mark each side of one board: one side for vegetables and fruits, the other side for raw meats.

Replace sponges frequently

Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrives. Bacteria multiplies rapidly, increasing from a few to millions in a matter of hours. Between uses, clean sponges with an antibacterial cleaning product and let air dry or microwave a wet, not dry, sponge for two minutes.

Empty the vacuum

Dangerous organisms, such as Salmonella, could be multiplying in the vacuum cleaner, waiting to be released into the air every time you vacuum. Bagless vacs should be emptied after every use. For vacs with collections bags, empty at least monthly.

Disinfect the garbage can

Germs that grow in your garbage can don't always stay there. It's common for plastic liners to leak, allowing waste to collect in the bottom of the can or bin. Then, when someone empties the container and sets the bag on the floor, counter, or chair, bacteria spread to that surface, as well as to his or her hands. Clean and disinfect the garbage can weekly and use antibacterial bags.

Protect your toothbrush

Keep your toothbrush in a drawer or cabinet and away from germs.

Clean Hands Are Healthy Hands

Wash your hands. It's the single most important way to prevent the spread of infectious diseases. We all should know the importance of washing after using the toilet, yet less than 50 percent of people actually do it, and almost no one does it properly.

Wash your hands frequently. Always after toileting, after handling raw foods, whenever you've been in contact with anything or anyone "suspicious", and periodically throughout the day. Our bodies naturally carry germs. Most of these germs are harmless and some are even essential to our health!

Wash for at least 20 seconds— about the time it takes to singe happy birthday twice. Rub hands together vigorously and scrub between fingers and under nails. It's even a good idea to lather, rinse and repeat.

As important as it is to properly wash your hands, it's equally important to **dry them correctly** too. The bacteria and viruses that are left on your hands after even a good washing thrive on moist skin., so until you dry your hands thoroughly after each wash, you can't prevent germs from spreading.

Dementia Care Hand Washing

Hand washing is almost always an issue in dementia. Guide the person in your care to the sink and tell him or her , step by step how to wash their hands. Explain what you are going to do next. Watch the flow of water so it is not too strong, as it can be frightening for a person with dementia.

Memory Care

If a loved one with Alzheimer's lives in a nursing home or assisted- living facility and you'd like him or her to spend some holiday time with you at home, test the waters first with a short visit before the actual holiday bustle starts. Being removed from familiar surroundings can be disorienting and upsetting.

Taking Care of Yourself— Do You Need A Break?

As a caregiver you are around a lot of soiled laundry. Stay safe— Always use latex gloves when handling soiled laundry. Carry dirty linens away from your body. Never shake soiled linens. (Germs may contaminate the floor and be spread throughout the house on the soles of shoes). Use a leak- proof plastic bag, tied shut, for linens that contain body fluids or waste. Bag soiled laundry in the same place where it is used. Wash soiled linen separately from other others. Fill the machine with hot water, add 1/4 cup bleach and detergent, rinse twice, and then dry. Clean the washer by running it through a cycle with one cup bleach or other disinfectant. Remember, was your hands before going on to another task.

Do you know who can help me write a book about Halloween?

A Ghostwriter!



Resources to Call for Help

The local Adult Protective Services agency may be able to provide some community referrals. If the person lives in a nursing home or assisted living facility, contact the Long-Term Care Ombudsman.

Check the Eldercare Locator website for community services or call **1-800-677-1116**.
The National Domestic Violence Hotline operated 24 hours a day, 7 days a week:
1-800-799-SAFE (7233), or 1-800-727-3224



Inspiration

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~Angela Mayou