

Southeastern Colorado

AHEC Newsletter

January-February 2021



Social distancing greeting. (Photo: GettyImages)

Sanitation during COVID-19: (CDC reference)

- Disinfect with a household disinfectant that eliminates the virus that causes COVID 19.
- Follow the instructions on the label to ensure safe and effective use of the product.

You should never eat, drink, breathe or inject these products into your body or apply directly to your skin as they can cause serious harm. Do not wipe or bathe pets with these products or any other products that are not approved for animal use.



- Many products recommend:
 - ◊ Keeping surface wet for a period of time (see product label).
 - ◊ Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - ◊ Always read and follow the directions on the label to ensure safe and effective use.
 - ◊ Wear skin protection and consider eye protection for potential splash hazards
 - ◊ Ensure adequate ventilation
 - ◊ Use no more than the amount recommended on the label
 - ◊ Use water at room temperature for dilution (unless stated other wise on the label)
 - ◊ Avoid mixing chemical products
 - ◊ Label diluted cleaning solutions
 - ◊ Store and use chemicals out of the reach of children and pets.

CAREGIVER INFORMATION

Providing care for an elder can be complicated. There are many things to consider. It is a critical role. Every family has their own person or circumstances to consider. The following issues should be considered.

1. **In-home or facility type care** (bathing, dressing, toileting, meal preparation)
2. **Transportation** needs. Can the elder tolerate being mobile for doctor visits is important to determine. Is there a capable person that can facilitate this?
3. **Will responsibilities be shared?** How will this be facilitated and organized? Is there back up care? What local resources and programs are available. Think about how many individuals are needed to care for the needs without getting overwhelmed physically and mentally. Share the responsibilities and rotate them if possible. This minimizes over taxing the caregivers. Reassess the needs periodically and regularly to consider if things need to change. Health needs change.
4. **Prioritize:** think in terms of what are the most needed tasks. What does the client needs most and how frequent? Safety is always high on the list. Good hydration and a balanced meals are essential. This can be tricky depending on the tolerance of various foods. Keep communicating with the health team members. Keep the client oriented. Calendars, simple seasonal

decorations around them helps. Ask the health team to assist with the prioritizing and what to be aware of to avoid complications.

The health care team can give guidance. Medication administration is essential. Take it seriously. Even the most basic and common of over the counter medications have side effects. Have a plan for how things should take place on a daily basis.

COVID-19 Updates (Fottrell, 2021)

- ♦ As of Thursday morning, 5.9 million people in the U.S. had received their first vaccine dose and 21.4 million doses had been distributed in total, according to the CDC.
- ♦ Dr. Fauci suggests that a greater interaction and cooperation between the federal government and the states, will allow us to not only develop plans, but also obtain the necessary resources.
- ♦ Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases and chief medical advisor to the president, noted that people have COVID-19 fatigue and a national lockdown is not feasible, but keeping an eye on everything that's going on and always keeping all options open is still important.
- ♦ Dr. Fauci expects open season for the vaccine to begin around April. This means that the vaccine will be readily available to all. By that time it is recommended that 70% to 85% of the population is vaccinated in order to obtain a good herd immunity.

1. Fottrell, Quentin. "Dr. Fauci on COVID-19 Infections: 'Things Will Get Worse as We Get into January'." *MarketWatch*, MarketWatch, 9 Jan. 2021, www.marketwatch.com/story/dr-fauci-on-covid-19-infections-things-will-get-worse-as-we-get-into-january-2021-01-08.