

Working with Your Personal Attendant to Keep you Safe from Coronavirus

Make a plan with your PA to keep you both safe from the coronavirus (also called COVID-19).

Planning for a Home Visit

- Ask if your PA can use personal transportation instead of public transportation to reduce exposure.
- Ask if anyone who lives with your PA's or who they have been in close contact with has been diagnosed with COVID-19, if so, you should not let them enter your home just to be safe.



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Upon Arrival at Your Home

- Your PA should wash their hands with soap and water (for at least 20 seconds or about the time it takes to hum the alphabet song)
- If possible, avoid contact (this will depend on the kind of activities you need help with) and stay 6 feet apart.
- The amount and type of contact you have with your PA depends on your care needs.

NOTE: Some PAs help with activities, like dressing, bathing, and toileting. In these cases, it is not possible to avoid contact but good safety practices can help.

- Ask your PA to wear gloves during entire visit, even if care/tasks don't usually require it
- Reposition your body or the PA body during care activities to keep your faces as far apart as possible



Created by Katie Westbrook from Noun Project

During your visit

Your PA can help you:



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- Wash your hands with soap and water for at least 20 seconds, this is especially important for people with decreased hand function for whom thorough hand washing can be hard. Try to do this before and after you touch food, go to the bathroom, or touch your face.
- Clean surfaces and object in your home like: counter tops, door knobs, sink taps and faucets, computer keyboards, cellphone, TV remote, adaptive equipment, and mobility devices.
- Make sure that you have access to food and supplies
- Safely dispose of used tissues and single use personal care items.



If you are sick

- Let your PA know you are sick before they arrive so they can make informed decisions about how to protect themselves and you (they might need special gear, like a face mask)
- Wear a mask to decrease the risk of passing the virus on to your PA
- Call your doctor to let them know you are sick and see what steps you should take.
- Stay home and stay at least 6 feet from others (if possible).
- If you get worse or have trouble breathing call the doctor or call 911 and seek emergency assistance.



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If your PA is sick or has been around people who are sick

Most PAs do not get paid if they do not work and may feel pressure to keep working.

- Tell them not to come into your home.
- Do not feel pressured to have them come. Remember your health and well-being are at stake.
- Tell your care coordinator or the Department of Rehabilitation Services (www.dhs.state.il.gov/page.aspx?item=29738 or call 1-800-843-6154)
- Make a back-up plan in case your PA cannot come to work. This could include finding out if there is a PA working in your neighborhood or with a friend that you might be able to “share” for a specific period of time.



**Program for Healthcare Justice
for People with Disabilities**

