



June 30, 2022

Interim COVID-19 Infection Control Guidance for Workers Providing In-home Personal Care

This guidance applies to:

- In-home care agencies licensed under ORS 443.305-443.355; and
- Individuals providing in-home personal care where no individual or agency license is required under state or federal law.

In-home care agencies are required to:

- Train and educate their caregivers about the symptoms of COVID-19 and the proper use of personal protective equipment (PPE).
- Prohibit caregivers with COVID-19 [symptoms](#), from providing in-home care services until the danger of their being contagious has passed (see requirements for in-home caregivers below)
- Provide appropriate PPE for its caregiver employees.
 - Surgical masks, [gloves, and eye protection](#) should be worn when providing direct services and support to an individual, such as helping with personal care, and when in the individual's home.
 - A medical respirator is not required, though may be recommended in some circumstances, including times of substantial or high [community COVID-19 transmission](#). N95 (NIOSH-approved) filtering facepiece respirators or KN95 masks provide the best well-fitting protection. Oregon OSHA does not require fit testing or a medical evaluation for the voluntary use of an N95 filtering facepiece respirator. However, agencies must ensure that when their caregivers use any respirator it is done in accordance with Oregon OSHA's requirements and workplace advisory memo 10.1.2021. Additional information on Oregon OSHA's

COVID-19 rule, and their respiratory protection standard can be found at [osha.oregon.gov](https://www.osha-oregon.gov).

- If employers cannot obtain PPE through usual means, they should contact their [local public health authority](#) for assistance.
- PPE may not be reused and must be disposed of immediately after use. Immediately after touching or removing PPE and after contact with respiratory secretions, clean hands with soap and water or alcohol-based hand sanitizer.

In-home caregivers are required to:

- Follow applicable Oregon Health Authority [rules](#).
 - Masks are [required](#) to be worn by healthcare personnel working for licensed in-home, home-health, and hospice agencies when providing care.
 - Masks should be [well-fitting](#), cover both mouth and nose, and have minimal gaps between the face and the mask.
- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (60–95% alcohol content), covering all surfaces of the hands and rubbing them together until dry. Soap and water should be used if hands are visibly dirty.
- Isolate if caregiver has COVID-19. Isolation should be for [10 days](#) after their symptoms began or positive test, including at least 24 hours after a fever has resolved and other symptoms are improving, without the use of medications.
 - Caregivers may isolate for 7 days, as symptoms permit, if they have a negative COVID-19 test within the 48 hours before returning to work.
 - If the caregiver lives with the client, the caregiver [may isolate](#) for 5 days after symptom onset or positive COVID-19 test; and wear a well-fitting mask when around household members for another 5 days.

In-home caregivers should:

- Seek testing and consider contacting a health care provider if a caregiver develops [symptoms of COVID-19](#), including fever or chills, new cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. They should tell their provider that they provide healthcare for populations at risk for severe COVID-19.
- If close contact with someone with confirmed or [presumptive](#) COVID-19 has occurred, contact your employer and follow [quarantine](#) recommendations.
 - Caregivers who are [not up to date](#) with their vaccination and booster should [quarantine](#)

- Caregivers who reside in the home should quarantine according to the [general population](#) recommendations
- If close contact with a client who has [symptoms of respiratory illness](#) cannot be avoided, follow standard infection prevention practices as recommended by the [Centers for Disease Control and Prevention \(CDC\)](#) and [Oregon Occupational Safety and Health Administration \(OR-OSHA\)](#).
- Avoid touching eyes, nose, and mouth with unwashed hands. Avoid touching face mask.
- Cover coughs and sneezes with a flexed elbow instead of hands. If using a tissue, throw tissue away immediately and wash hands.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day. Also, clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
- Do not reuse PPE and dispose of PPE immediately after use.
- Request that clients wear a mask or other face covering while caregivers are in their home unless they have a medical condition that prevents use of a mask or face covering.
- Limit time with clients in an enclosed space to the time necessary to comply with the needs and services identified in the client service plan.
- Assist and remind the client to practice good hand hygiene and cough etiquette.
- Make sure that shared spaces in the home have [good airflow](#) (e.g., an air conditioner or an opened window, weather permitting).
- Minimize face-to-face interactions with other individuals in the client’s household and maintain a distance of at least 6 feet except as necessary to provide services to the client.
- Assist clients in gathering resources, such as medication refills & groceries, they would need to stay at home for up to 2 weeks if they become sick.
- If a client is showing symptoms of respiratory illness:
 - Contact the client’s health care provider and case manager, if applicable.
 - Notify the In-Home Care Agency of the situation so that the agency can arrange to continue care using appropriate precautions.
 - Reach out to relevant community and social service [resources](#) for additional supports as needed.

Resources

If the caregiver does not reside with the client: OHA Interim [guidance for Healthcare Personnel](#)

If the caregiver lives with the client: CDC recommendations for people who have close contact in a home setting with a person who has COVID-19 are available [here](#).

Contact your [local public health authority](#) in Oregon for more information.

If you have additional questions, please visit Oregon Health Authority's COVID-19 [webpage](#) and review the Frequently Asked Questions (FAQ) section. Specific health-related concerns not addressed in the FAQs may be sent to OrESF8.Liaison@dhsoha.state.or.us

If you have regulatory or workforce questions as they relate to developmental disabilities, please contact ODDS.FieldLiaison@dhsoha.state.or.us

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