



## WHAT YOU NEED TO KNOW, INFORMATION ON COVID-19 FROM THE IRIS NURSE CONSULTANT TEAM

You can help stop the spread of the COVID-19 by knowing the signs and symptoms.

Fever	Cough	Shortness of breath
<b>Call your doctor</b> if you develop symptoms or have been in close contact with a person known to have COVID-19. Do not go to a clinic or to the hospital to be treated without first calling. You may be asked to stay at home if you are ill. If you are having a health emergency, <b>dial 911</b> .		

### Protect You and Your Caregivers:

- Stay Home! Especially If you are an older adult or have a serious underlying health condition.
- Caregivers may still provide care as they are considered essential workers.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, going to the bathroom, and before eating or preparing food.
- Provide plenty of soap and towels for your caregivers and remind them to wash their hands frequently. There is a worldwide shortage of hand sanitizer gel. Hand washing is still the best method for killing germs!
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect surfaces many times during the day.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not let visitors in your home other than your caregivers.
- Call your doctor if you have concerns about COVID-19 and your underlying condition or if you are sick.
- If you need gloves for personal care, use them for assistance with toileting, and oral care. Gloves are not needed for dressing, washing hair, transferring, etc. Have caregivers use reusable rubber gloves for cleaning and save disposable gloves for needed cares.

**If you are enrolled in IRIS and need help,  
contact your IRIS Consultant or the  
IRIS Call Center at 888-515-4747.**

**For more information visit**

Wisconsin Department of Public Health COVID-19 [www.dhs.wisconsin.gov/disease/covid-19](http://www.dhs.wisconsin.gov/disease/covid-19)  
Centers for Disease Control [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



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<b>Incontinence Supplies and Gloves</b>	
<p>Individuals who require gloves for incontinence care and incontinence supplies should contact <b>J&amp;B Medical Supply</b> for any questions. <b>(866) 674-5850</b> 8:00am - 6:00pm EST Mon-Fri</p>	
<b>Prescription Medications</b>	
<ul style="list-style-type: none"> <li>• Plan on how you would get medications and medical supplies in an emergency.</li> <li>• Keep an additional week's worth of prescription medication on hand for emergencies.</li> <li>• Find a pharmacy that can deliver or mail medications to your home if needed.</li> <li>• Have on hand enough prescribed medical supplies such as glucose monitoring and diabetic supplies.</li> <li>• Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.</li> </ul>	
<b>Face Masks</b>	
<ul style="list-style-type: none"> <li>• <b>If you are sick:</b> You should wear a face mask when you are around other people and before you enter a healthcare provider's office.</li> <li>• If the person who is sick is not able to wear a face mask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a face mask.</li> <li>• When masks are not available, the CDC is stating you can use a bandana or scarf to cover your mouth if needed. While this is not ideal, it may provide some protection when there are no other options.</li> </ul>	
<p align="center"><b>Cleaning With White Vinegar</b></p> <p>You can clean C-Pap, Bi-Pap, nebulizer cups, and urinary bags and other equipment/items with white vinegar and water. Disinfect by soaking in a solution of 2 parts white vinegar to 3 parts water (for example, 1 cup white vinegar to 1½ cups water), then rinse thoroughly and allow to air dry. Discard the vinegar/water solution after each use.</p> <p align="center"><b>NEVER MIX CLEANERS</b></p>	<p align="center"><b>Cleaning Surfaces With Bleach</b></p> <p>Disinfect surfaces with a solution of bleach and water at a 1:10 ratio. To make a 1:10 solution, you'll need 1-part bleach for every 9 parts water. A good amount to start with is 1/4 cup bleach and 2¼ cups of water.</p> <p align="center">Discard the solution after 24 hours.</p> <p align="center"><b>NEVER MIX CLEANERS</b></p>
<b>Food and Supply Deliveries</b>	
<p>Contact your local Aging and Disability Center for resources in your area <a href="https://www.dhs.wisconsin.gov/adrc">https://www.dhs.wisconsin.gov/adrc</a></p>	

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