

# COVID-19 Guidelines

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**Should any caregiver or household member experience any of the following COVID-19 symptoms, you are asked to contact the CNST management team promptly:**

Do you  
have these  
symptoms?

- Fever of 100.4 F or greater, now or in the preceding 72 hrs.
- Cough
- Sore Throat
- Muscle Aches
- Difficult Breathing

The caregiver will be required to remain out of work for 14 days unless medical clearance is provided by a physician indicating that the presenting symptoms are associated with a known non-COVID-19 illness.

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## **. Best practices caregivers are trained to adhere to:**

- Remove shoes when entering a home
- Wash hands often with soap and water; if not available, use alcohol-based hand-rub.
- Cover mouth and nose when coughing or sneezing
- Stay home if sick
- Avoid touching eyes, nose or mouth
- Disinfect frequently touched surfaces at home, school, or work
- Distance from others 6 ft or more whenever possible when not working
- Wear facemasks as required by local ordinances
- In the Golden and Evergreen agency we require face masks during care

**Our/CNST health and safety protocols are based on guidance from the CDC and local authorities.**