Guidelines for Domestic Workers during COVID-19

- Talk with your Employer

  - Ask about the availability of additional supplies that would better protect yourself and the people in your care.
  - Ask if personal protective equipment, e.g. masks and gloves, will be provided.
  - Ask that your employer inform you if anyone in the home has any flu-like symptoms or may have been exposed to COVID-19.

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- Personal Protective Equipment (PPE)

  - **Face coverings**
    - Follow local authorities’ recommendations
    - A mask is not required when working in the home of persons without symptoms or exposure, unless required to do so by your employer or local authorities
    - Use a medical mask or N95 respirator if working within 1-2 metres of a person with symptoms

  - **Gloves**
    - Use gloves when handling infectious material such as body waste, and when using cleaning agents
    - Wash hands before putting on clean gloves
    - If gloves become torn or heavily contaminated, wash hands and change gloves
    - Remember to wash hands after changing gloves

  - **Gowns**
    - A clean disposable gown should be worn when:
      - working in a household with a potentially ill person
      - handling or cleaning body waste from an ill person
    - Change the gown if it becomes soiled and discard disposable gowns after use

**Remember:**
- Wash your hands frequently with water and soap; or use an alcohol-based hand rub for at least 20 seconds
- Change your clothes when you return home from work
- Avoid carrying cleaning supplies between homes

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**Food Preparation and Storage**

- Set the refrigerator to the right temperature. Ideally, it should be set at or below 40°F (4°C)
- Cook food thoroughly to appropriate temperatures; cover and store ready to eat foods and leftovers safely

**Cleaning and Disinfection**

- Clean and disinfect frequently touched surfaces daily, e.g. tables, doorknobs, light switches and countertops
- Follow the instructions for the cleaning agents properly
- Clean and disinfect bathroom and toilet surfaces at least once daily
- Use household disinfectants, e.g. dilated bleach solution or 70% ethanol
- Place waste in double bags before placing in waste containers; ensure it is collected by the waste disposal authorities

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• **Working with someone that has COVID-19 Symptoms**

- Wear PPE and continue to thoroughly clean and disinfect facilities and items used
- The ill person should wear a surgical mask when in close contact with other household members and the domestic worker

When handling dirty linen:
- Double bag contaminated fabrics and label bags as appropriate
- If hot water laundry cycles are used, wash with detergent in water >160°F (>71°C) for >25 minutes

• **Monitor your Health**

- Monitor for fever, cough, shortness of breath, or other symptoms of COVID-19
- Wear a face mask once entering the household of your employer and when running errands
- Wash hands with soap and water, or use an alcohol based rub* 
  *60-80% ethanol or isopropanol
- Cough or sneeze into your elbow, or use a disposable tissue; perform hand hygiene after


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