

Home Visits During Severe Weather
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Weather in Alabama

- FLOOD SEASON
- TORNADO SEASON
- HURRICANE SEASON
- TORNADO SEASON 2
- SNOW AND ICE SEASON

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Disaster Plan

- Develop plans for all-hazards
- Identify safe places
- Listen to local news and check weather forecast

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Disaster Plan

- Know your county and the county you are making home visits
- Keep an emergency kit in your car including food and water

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Disaster Plan

- Become familiar with the emergency plans of your community, school, caregivers and workplace.

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Reminders Before You Make Visits

- Fill up car gas tanks
- Charge cell phones and back up charger
- Get some extra cash

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Reminders if There is a Threat for Bad Weather

- Check on your children
- Check on your elderly parents or grandparents

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Reminders if There is a Threat for Bad Weather

- Check prescriptions
- Buy extra perishable foods
- Extra batteries

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Evacuation Plan

- Decide on transportation and routes to take
- Allow plenty of time to escape
- Have your basic emergency kit ready to travel

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COVID-19 Precautions for Home Visits

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Identifying Risk

- What are your risk for transmitting infections to those you are seeing.
- Signs and Symptoms of the patient or client that is being seen.

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Identifying Risk

- Signs and Symptoms of anyone in the home where you are visiting.
- Contact with infected persons within the past 14 days by those in the home.

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Daily Self-Assessment for Infection

- Temperature > 100.0 degrees F
- Cough/Sore throat
- Shortness of breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache

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Signs and Symptoms of a Respiratory Infection of Patient

- Fever
- Cough / sore throat
- Chills
- Shortness of breath
- Muscle pain

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Signs and Symptoms of a Respiratory Infection of Patient

- New loss of taste or smell
- Runny nose or congestion
- Fatigue and tiredness
- Nausea, vomiting and diarrhea

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Assessment of Patients With Close Contact

- Contact with someone under investigation for COVID-19 in the last 14 days
- Contact with someone that has symptoms consistent with COVID-19 within the last 14 days

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Assessment of Patients With Close Contact

- Is the patient or client residing in a community where community-based spread of COVID-19 is occurring?
 - Assisted Living
 - Senior Housing
 - Group Home
 - Transitional Home or Setting

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Precautions for Home Visitors

- Perform measurement of temperature for fever and assessment of symptoms of infections before entering the home
- Maintain a distance of 6 feet from patient and others in the home

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Precautions for Home Visitors

- Visit outside if possible
- Use cloth mask or covering to prevent asymptomatic spread of disease
- Use universal precautions

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Precautions for Home Visitors

- Minimize contact with frequently touched surfaces in home
- Wash your hands for at least 20 seconds before and after entering the home

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Precautions for Home Visitors

- Use hand sanitizer that is at least 60% ethanol alcohol if soap and water are not available
- Avoid touching your eyes, nose and mouth

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Providing Care to Patients That Are Ill

- Notify state public health authorities about the presence of persons under investigation for COVID-19
- Place facemask over patient's nose and mouth if not already done.

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Providing Care to Patients That Are Ill

- Use appropriate PPE
 - Gowns
 - Respirators such as N-95 mask or surgical mask
 - Alcohol-based hand sanitizers
 - Gloves
 - Face mask or goggles

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Providing Care to Patients That Are Ill

- PPE should be removed outside of patient's home when possible
- If not possible, keep face covering and eye covering on until outside of home
- Place used PPE in an external trash can

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Self-Care and Managing Stress

- Talk to your general practice physician about taking the COVID-19 vaccination that is best for you
- Any home visitor with signs or symptoms of respiratory illness or other related illness should not report to work

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Self-Care and Managing Stress

- If a home visitor develops symptoms while on the job, they should stop working, notify their supervisor and follow state and local isolation and quarantine protocols.

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Self-Care and Managing Stress

- Staff at higher risk of severe COVID-19 complications should not conduct in-person home visits with patients that are sick or showing signs of infection.

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Self-Care and Managing Stress

- Emotional reactions to a world-wide pandemic and outbreak are expected.
 - Anxiety concerning your health status, patients, family members, and friends can occur

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Self-Care and Managing Stress

- Emotional reactions to a world-wide pandemic and outbreak are expected.
 - Uncertainty or frustration of the current situation
 - Anger that others are not taking it seriously
 - Loneliness
 - Depression

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Self-Care and Managing Stress

- Practice Self Compassion
- Validate the emotions you might be feeling
- Get plenty of rest
- Get some exercise and sunshine

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Self-Care and Managing Stress

- **Make sure you are eating a well-balanced meal**
- **Reach out to others**
- **Seek professional assistance if needed.**

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References

- <https://mchb.hrsa.gov/Home-Visiting-Information-During-COVID-19>
- <https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>
- <https://www.alabamapublichealth.gov/covid19/index.html>
- <https://www.alabamapublichealth.gov/cep/index.html>

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