

Guidelines for Residents

Medication

- Do you have any medication that needs to be refilled?
- Do you have an emergency supply of medication?
- Do you need help getting your prescription refilled?

Helpful tips:

- Refill your prescription as soon as possible.
- Ask your healthcare provider if you can get an emergency supply of prescribed medication.
- Ask about using mail-order for medications. This is when your medication is mailed directly to you, so you don't have to go to the pharmacy.
- Think about getting extra over-the-counter medicine and other supplies (ex. tissues).

Cleaning and Disinfecting

- Do you have proper cleaning and disinfecting supplies? Do you have extra?
- Do you need help getting cleaning supplies?

You do not need to buy special products! There are some common products you probably already have that can fight COVID-19.

Recommended supplies:

- Hand soap (does not need to be antibacterial soap, wash hands for 20 second)
- Sanitizer with 60% alcohol
- Disinfecting wipes or spray

Check the labels!

The label should say if it kills coronavirus. Some brands like Lysol and Clorox do kill coronavirus and are EPA-approved. Labels will also tell you **how long you should keep the surface you are cleaning wet** for the disinfectant to do its job! They often suggest keeping it wet with disinfectant for a few minutes.

What to clean:

- Areas you touch a lot like door handles, phones, remote controls, light switches, toilet handles, wheelchairs and walkers
- Flat surfaces around your home where cough droplets could land, like countertops and kitchen tables

How to clean:

- Read the instructions on the label to see how to properly use the product

- We are not sure how long COVID-19 can stay on surface. Some sources say it can live for several days. That is why it is important to clean surfaces you use often (ex. door handles, remote controls, light switches)
- It is important to wipe or rub surfaces, not just spray surfaces
- Do not reuse wipes to wipe down multiple surfaces
- Do not dry the surface after using disinfecting wipes or spray

If you are ill but do not have health insurance, visit <http://www.211info.org> or call 2-1-1 to find out about resources to get care. You can find more information at Multnomah County's website, <https://multco.us/novel-coronavirus-covid-19>.

Germs are everywhere!

You can pick up germs from things you do every day.



Wash your hands so you don't get sick.

Accessible version: www.cdc.gov/handwashing



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