

ATTACHMENT A

National COVID Ready Caregiver Course Content:

Coronavirus (COVID-19) Basics

- How did coronavirus (COVID-19)
- What are the symptoms of coronavirus (COVID-19)
- How can I get coronavirus (COVID-19)
- Top 5 tips for caregivers in the age of coronavirus (COVID-19)

Protecting Yourself and Others From Coronavirus (COVID-19)

- What do social distancing, quarantining, and shelter in place mean
- Essential PPE + Hand Hygiene Advice During COVID-19 Pandemic
- Job Aid: PPE + Hand Hygiene
- When should those receiving care wear a face mask?
- Hygiene Tips For Those You Are Caring For
- What if I don't have masks?
- Job Aid: DIY Cloth Face Covering from CDC
- What if I don't have gloves, goggles, gowns?
- Don't Bring Coronavirus (COVID-19) Home: What should I do after my shift?
- Common Mistakes In Using PPE

Caregiver Refresher: PPE and Temperature Taking

- How do I clean my hands?
- What are Transmission-Based Precautions?
- What are Standard Precautions?
- Job Aid: Sequence To Put On / Take Off PPE
- How do I put on / take off gloves?
- How do I put on / take off masks and goggles?
- How do I put on / take off gowns?
- How do I take an oral temperature? Tools To Reduce Stress and Anxiety
- Tips For Using Mindfulness Tools to Reduce Stress and Anxiety & Guided Meditation Links

Caring for The Elderly and At Risk

- Who is most at risk for getting or dying from the coronavirus (COVID-19)
- How to Protect Elderly and People At Risk
- How should I change bathing, toileting, cooking, feeding practices?
- How should I change laundry practices?

- Should I get stocked up on extra food and medications?

Cleaning Surfaces

- What surfaces should I clean and what cleaning solution kills coronavirus (COVID-19)
- Job Aid: EPA Registered Disinfectants for COVID-19
- How should I clean food products?
- How should I clean my mobile phone?

If You Get Sick and Getting Updates

- What if I am sick, but I have to provide care anyway?
- How can I stay up to date as things change?

Knowledge Check

- Take the Quiz and Get Your National Caregiver COVID Ready Certificate!