

COVID-19 REOPENING CHECKLIST & SAFETY FAQs



COVID-19

REOPENING CHECKLIST

- Reschedule doctors' appointments.
 - Primary Care/Checkup
 - Any missed specialist appointments
 - Dermatology
 - Dentist
 - Missed/due screening tests (Check with your primary care doctor if you're not sure. Set up your MyMedicare.gov portal to keep records and track what's needed. You can print a report for your doctor.)
- Purchase or make a mask(s)/face covering, or consider getting an extra for alternating/washing between uses.
- Prepare a little "safety on the go" kit to have handy when you go out in public. This should include your mask, hand sanitizer and wipes.
- Stock up on fresh, healthy foods, especially if you have not been eating so well these past couple months. Eating a variety of whole foods helps keep your immune system strong.
- Stay hydrated! Make sure you always drink plenty of liquids, especially as the weather gets hot. Water is ideal, but you can also get flavored waters, juice, and even hydrating foods like many fruits and vegetables.
- Get some fresh air and exercise (but be safe, and check with your doctor if you are starting a new exercise program). This is good for your mental and physical health and tends to be quite low risk, especially if you can stay distanced from crowds.
- Get the house cleaned.
- Check if any home or outdoor maintenance is needed.
- Schedule personal care appointments. Talk to your doctor or seek telehealth advice if you have high-risk conditions or are concerned about which activities might be safe. Prioritize medical care and essential activities and use safe practices to minimize risk.
- Review calendar for missed appointments (attorney, financial advisor, CPA, other) to see what you need to reschedule. Contact their offices to find out if you can do a remote appointment or when it is best to come in.
- Check on any upcoming travel or entertainment plans. Have they been cancelled? Do you need to reschedule or cancel? Have you followed procedures for refunds?



SAFETY FAQs

Is it safe to go to doctors and dentist appointments?

It is important not to overlook health maintenance. You can talk to your providers about the precautions they are taking and what they recommend, given your personal situation. Providers will typically have precautions in place such as PPE (personal protective equipment), extra sanitizing, and reducing appointments and setting up logistics for social distancing from other patients. For certain needs, you may be able to use telehealth services to minimize risk. Most providers now offer telehealth where appropriate.

Is it safe to go shopping?

Practice the precautions mentioned below anytime you go out and may be around other people. The more you can practice social distancing, the less risk you face. So, if possible, it is still wise to use delivery or pickup services, help from an EasyLiving caregiver, or visit stores at less crowded times/during senior hours.

How can I stay safe when I start to go out again, go to appointments, etc.?

Follow the guidelines below regarding face coverings, even if the place of business does not require one. Practice social distancing. Be vigilant about hand washing. Stay home when sick, even if it is not COVID-19. Consider which appointments are most essential. You may want to seek a telehealth consultation to discuss these matters with your doctor or a nurse helpline.

Do I need to wear a mask?

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations. While people who are sick should stay at home, COVID-19 may be spread by people who do not realize they are sick. Wearing cloth face coverings provides an extra layer to minimize the potential spread of respiratory droplets. Some businesses may also require you to wear a face covering to enter.

Should I wear disposable gloves?

The CDC recommends wearing gloves when you are cleaning or caring for someone who is sick. In most other situations, like running errands, wearing gloves is not necessary. Instead, practice everyday preventive actions like keeping social distance from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a cloth face covering when you have to go out in public. Improper use and removal of gloves can actually cause the spread of germs, so when you do use them be sure to understand proper use and disposal.

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