

L.A. FOUND

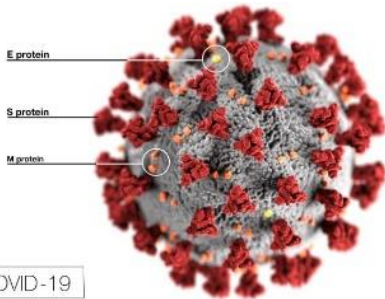
WORKFORCE DEVELOPMENT
AGING
COMMUNITY SERVICES

Taking care of someone with Autism, Dementia, or Alzheimer's?

They may wander...

LAFound.LACounty.gov

The Department of Workforce Development, Aging and Community Services (who administers the LA Found Program) is committed to ensuring that the health and safety of our community is protected.



As we continue to monitor what is happening with the Coronavirus (COVID-19), it is important that caregivers of children and older adults of those with Alzheimer's, Dementia, Autism or other cognitive impairments are taking care of themselves and are proactively trying to stay healthy.

Prevention is Key! The Centers for Disease Control recommend the following:



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

Avoid close contact with people who are sick

Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



Take steps to protect others

Stay home if you're sick

Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).



Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

Clean AND disinfect [frequently touched surfaces daily](#). This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Children

The Los Angeles County Department of Public Health has [issued guidance for parents of young children](#) with dealing with COVID-19, which can be found under "[Information for Families](#)" in the website.

[Frequently asked questions](#) regarding the Coronavirus and Children can be found in the Centers for Disease Control website.

Older Adults and People at Risk for Serious Illness

The CDC recommends that [people at risk for serious illness](#) (including older adults) remain at home during a COVID-19 outbreak in their community and **stay home** as much as possible to further reduce the chances of being exposed.

For those at a higher risk, the CDC recommends the following:

- [Stock up on supplies](#).
- Take [everyday precautions](#) to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- [Avoid crowds](#) as much as possible.
- Avoid [cruise travel](#) and non-essential air travel.
- During a COVID-19 outbreak in your community, [stay home](#) as much as possible to further reduce your risk of being exposed.
- Know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.