

# SICKNESS PREVENTION



Sometimes, people in my home might get sick. There are many things I can do at home to stop sickness from spreading.



Some steps I can do to keep sickness from spreading are: washing my hands often (such as before I eat, after I come back from outside), wearing masks (especially when I am sick), and keeping distance from others when I am sick or they are sick.



If someone in my home is sick, there is a chance that it can spread to others. To prevent this, they might need to keep distance from others until they feel better.



It is important that I follow staff's instructions on how to keep my area clean, and to help where I can. This includes cleaning tools/devices such as nail clippers and blood pressure cuffs.



It is important to follow these steps to keep everyone safe and healthy!