

Working with Your Personal Attendant (PA) to Keep You Both Safe from COVID-19

Planning for a Home Visit

Check with your PA before they come to make sure that they are COVID-free and able to provide you with the support you need.

Ask your Personal Assistant (PA):

- To put on a clean cloth face mask before entering your home.
- If they have been in close contact with someone diagnosed with COVID-19.
- If they say yes, you should not let the PA enter your home, just to be safe.
- If they can use personal transportation to reduce exposure.
- If your PA can only use public transportation, ask them to wear a face mask during trips to protect them and you from COVID-19, even if they don't feel sick.



Created by Gregor Cresnar
from Noun Project

When your PA Arrives at Your Home

- If you can, put on a clean face mask before your PA enters your home.
- Your PA should put on a clean face mask before they come in your home.
- Your PA should wash their hands with soap and water as soon as they enter your home (for at least 20 seconds).
- Your PA should wear clean gloves during the entire visit, especially when they touch you.
- Avoid contact as much as possible and, if possible, stay 6 feet apart.
- Make a safety plan with your PA, if they have to be closer than 6 feet to help you with activities like dressing, bathing, and toileting.
- Keep your face and your PA's face as far apart as possible when doing personal care activities.
- If your PA helps you with mouth or tracheostomy care, they should wear a face shield.

During Your PA Visit

Your PA can help you:

- Wash your hands with soap and water for at least 20 seconds
 - This is important if you have a hard time doing this on your own.
 - Wash your hands **before and after** touching your face mask, food, and face, as well as before and after going to the bathroom.
- Make sure that you have access to food and supplies.
- Safely dispose of used tissues and single use personal care items.



Created by Becca O'Shea
from Noun Project



Your PA can help you:

- Clean surfaces and objects in your home that you use every day.
- Examples are:
 - Counter tops
 - Doorknobs
 - Sink taps and faucets
 - Computer keyboards
 - Cellphone
 - TV remote
 - Adaptive equipment and mobility devices



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If you are sick

- Let your PA know you are sick before they arrive so they can make an informed decision about how to protect themselves and you.
- Wear a face mask to decrease the risk of passing the virus on to your PA or visitors.
- Stay home and stay at least 6 feet from others (if possible).
- Call your doctor to let them know you are sick and see what steps you should take.
- If you get worse or have trouble breathing, call your doctor or call 911 right away to seek emergency assistance.



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If your PA is sick or has been around other people who are sick:

Most PAs do not get paid if they do not work and may feel pressure to keep working.

- You can tell them not to come into your home.
- Do not feel pressured to have them come. Remember your health and well-being are at stake.

Make a back-up plan in case your PA cannot come to work.

- Illinois has an emergency PA back-up program administered through the Illinois Network of Centers for Independent Living (INCIL)
- Call your local Center for Independent Living for more information on back-up PAs during COVID-19.
 - Access Living (in Chicago): at 1-312-640-2100
 - Progress Center for Independent (Suburban Cook County) : 1-708-209-1500, ext. 21
- If you currently receive home services through Illinois and need an emergency PA due to COVID-19, call INCIL at 1-800-587-1227 for help.