

COVID-19 Advisory #14 for Westbrook Residents
Westbrook Emergency Preparedness Committee
August 3, 2020

Handling a Home Service Call During the Pandemic: As the pandemic continues, many of you will need to let people into your home to make repairs or service equipment. Generally, repair and service workers must meet safety standards to protect themselves. Here are some things you should consider to ensure your safety as well:

- When making arrangements for repairs, ask what the company's COVID-19 protection policies are. If you don't feel they're adequate, find someone else to do the work.
- Before they arrive, plan a path for them to follow and make access to the work easy. If there are furniture pieces and other items blocking access to the job, move them yourself before the repair workers come (except heavy appliances). Once they arrive, make sure they know what path they're supposed to follow.
- Wear a mask and maintain 6 feet distancing. If possible, once they've arrived and know where to work, stay in another room away from where they're working or outside if weather permits. If practical, open windows and keep air circulating. If you are very high risk, ask someone in your bubble to manage the process for you while you stay in a room with the door closed, on your patio, or somewhere else away from the house.
- Once they've finished the work, try to avoid passing germs when paying or tipping. Wash hands before handling checks or cash. Avoid exchanging pens. If possible, make arrangements ahead of time to pay by card.
- Once they've left, clean and sanitize everywhere they've been. Wipe down door handles (inside and outside), equipment and surfaces they've touched, etc. If you have aerosol sanitizer, spray the rooms they've passed through. If you've had to spend time in the same area with them while they worked, remove your clothing for laundering, take a shower, and put on clean clothing.

Source: <https://www.consumerreports.org/home-maintenance-repairs/how-to-handle-a-home-service-call-during-coronavirus-pandemic/>

List of Toxic Hand Sanitizers Continues to Grow: The FDA has found more hand sanitizer brands that contain methanol. This article from AARP describes the symptoms of methanol exposure and the latest list of 94 brands of hand sanitizer to avoid: https://www.aarp.org/health/conditions-treatments/info-2020/methanol-hand-sanitizer-recall.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-073120-TS2-4750403&ET_CID=4750403&ET_RID=27962867&encparam=D8budqNsdCDG%2fOcQFT%2b5HG%2bwO1PqVUOy75RssSxWQxY%3d

25 Smart Ways to Stay Safe From Coronavirus: Also from AARP, here's a good compilation of safe practices in a variety of situations: https://www.aarp.org/health/healthy-living/info-2020/how-to-lower-coronavirus-risk.html?cmp=EMC-DSO-NLC-RSS---CTRL-072220-P1-4729491&ET_CID=4729491&ET_RID=27962867&encparam=D8budqNsdCDG%2fOcQFT%2b5HG%2bwO1PqVUOy75RssSxWQxY%3d. You can't hear these too many times!

More Details on Face Mask Requirements from OHA: For face mask requirement details and good information on their value, see: <https://content.govdelivery.com/accounts/ORDHS/bulletins/296e6e4>

Hydroxychloroquine Not Recommended for COVID-19: While we learn more every day about COVID-19 and progress is being made toward effective treatments and vaccines, hydroxychloroquine is still not considered a valid treatment for COVID-19.

Source: <https://content.govdelivery.com/accounts/ORDHS/bulletins/297f03f>

Sign Up for COVID-19 Updates from Oregon Health Authority: www.oregon.gov/dhs.

If You Need Help: If you need help getting groceries or medications delivered or finding face masks, or if you'd like a hard copy of the articles referenced above, please call or email Melody Brawley at 530-310-1511 or melbrawley@yahoo.com. The EPC has a list of volunteers waiting to help.

Stay safe—WEAR a face covering, WATCH your distance, and WASH your hands!