

CHRYSALIS SPECTRUM



118 Vintage Park Blvd Ste. W449
Houston, TX 77070

COVID-19: Quarantine Preparation & Contingency Plan

Chrysalis Spectrum Family:

Coronavirus (COVID-19) is changing the way we move around the world. During this time of uncertainty, we suggest preparing for the worst case scenario. The information that I am about to present to you is what to do in case COVID-19 enters your immediate environment. The information is a helpful suggestion to ease the transition of a home quarantine in case a family member becomes exposed to the virus.

We are asking all Chrysalis Spectrum family members to write down a contingency plan for their household and to place it near the front entrance.

Contact list: An emergency contact list that includes the medical power attorney, a DNR (if applicable), a specific agency that you want to continue to provide service, a backup agency if first choice isn't available, an email address that is forwarded to medical power of attorney email address (to receive information from medical professionals and for teleconference purposes).

A hospitalization plan: Write down which hospital your loved one prefers to stay at if they become too ill to remain at home. On average 80% of people recover from COVID-19 therefore a home plan should be in place for if they return home.

Families should also research preferred hospice agencies. This may seem grim but for health purposes can immensely impact the level of care for your loved one at home. Medicare covers hospice 100% and the loved one can receive the following from the agency: a weekly registered nurse visit, 2-3 a week bed baths/showers, medical supplies (diapers, wipes, skin barriers, bed pans, lifts, oxygen, and wheelchairs), medication management, and chaplain visits. Some hospice agencies even provide 24/7 care for up to 5 days or longer. A hospice agency also allows family members to bypass using medical emergency services (for example calling 9-1-1) at the time of death.

This is an example of items that Chrysalis Spectrum consider beneficial during a quarantine.

- Thermometer
- Medication list including allergies
- A designated room: Select a specific room for quarantine, a specific bathroom in close proximity to the room, a couple days of comfortable clothes, hygiene products, Tylenol, bottled water, a calendar, and two sets of fresh linens.

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- Hand sanitizer and soap
- Bath towels (4) and hand towels (4) (bathing and makeshift for feet elevation if needed)
- Supplies: Supplies are essential during quarantine and should include adult diapers, wipes, face mask, disposable gowns, gloves, Vaseline, water bottle and a trash can (that is placed outside the room to discard all items after assisting with client care).

We hope you find this information is beneficial during this time of uncertainty. Our Chrysalis Spectrum family safety is our number one priority. If you have any questions or concerns do not hesitate to contact us via phone, text or email. We will have limited availability at our office location due to the current circumstance.

Respectfully,



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