

In-Home Health & Safety Tips For Adults

Infection Control

- Keep your home well-ventilated.
- Clean up after pets regularly.
- Clean up body substances right away.
- Wash hands often.
- Don't share utensils, cups, or other personal items.
- Never reuse or share syringes.
- Caregivers must clean their hands before and after giving care including: changing bandages, handling soiled linens, giving mouth care.
- Be especially cautious of infection control around newborns, older adults, people w/diabetes, HIV or cancer, people using invasive devices, and caregivers.

Living Areas

- Keep a phone near where you sit most.
- Keep emergency numbers by all phones or on speed dial.
- Remove throw rugs so you don't trip.
- Use maximum wattage bulbs for bright lighting.
- Move furniture so walkways are clear and direct.

Bedrooms

- Change linens once a week, or if soiled.
- Wear gloves to change soiled linens.
- Never shake out soiled linens.
- Keep a night light on.
- Use a bed rail if it is difficult to get out of bed.
- Keep a bedside commode if needing help with nighttime toileting.
- Keep a phone next to the bed

Bathroom

- Install a night light in the bathroom.
- Change towels daily.
- Clean/disinfect the bathroom often.
- Keep liquid soap available at all sinks.
- Use non-skid mats or carpet on the floor.
- Install a bath bench, hand-held shower, raised toilet and/or grab bars.
- Set water heater temp to 120 degrees or less.

Kitchen

- Wash sponges and washcloths often to avoid food poisoning.
- Store food carefully and label leftovers with the date they were put in the fridge.
- Keep work surfaces clean and disinfected.
- Don't share utensils or cups.
- Mop up spills immediately.
- Don't use stools or chairs to reach high objects.
- Sit down if possible when cooking or doing other large jobs.
- Turn off stove and oven after use.

Your Home's Entrance

- Keep & maintain handrails on all stairs.
- Install a ramp if stairs become a problem.
- Use good lighting at entrances.
- Use a solid deadbolt on doors for easy exit and entry to the home.
- Keep stairs and walkways free of snow and ice (employ neighbors or a service if necessary).

In-Home Health & Safety Tips For Adults

Medication Safety

- Know what medications you take and why.
- Check with doctor before taking a new over-the-counter or natural medicine.
- Keep a current list of all your medications
- Remember to refill prescriptions before you run out.
- Keep medications in a cool, dry place.
- Don't drink while taking medication.
- Place contaminated waste like needles and razor blades in puncture resistant containers.

Medical Appointments

- Have your vision & hearing checked regularly.
- Get regular checkups.
- Take a medication list to all appointments.
- Get pneumococcal vaccinations as recommended by your doctor.
- Maintain an exercise program as directed.

Avoiding The Flu

- Get a flu vaccine. Check with your doctor.
- Avoid contact with ill individuals.
- If you visit someone who is sick, try to stay at least 3 feet away.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when sneezing or coughing.
- Instruct those around you to cover noses and mouths with tissues when coughing or sneezing.
- Used tissues go in the trash.

Avoiding Falls

- Wear appropriate footwear at all times, especially when outdoors or on ice & snow.
- Stand up slowly to avoid dizziness.
- Wear shoes and not just socks in the house.
- Use a cane or walker for added stability.
- Remove throw rugs and extension cords from walkways.
- Make sure furniture and obstacles are cleared from walkways.
- Keep a night light on.
- Make sure lighting is bright.

Fire Precautions

- Install smoke detectors and carbon monoxide detectors on every floor of the home.
- Limit use of portable heaters and extension cords.
- Map out an escape plan for every room.
- Don't smoke.
- Have a good fire extinguisher and know how to use it.

Oxygen Safety

- No smoking.
- Keep oxygen at least 10 feet away from open flame and 5 feet away from electrical equipment.
- Don't use flammable products like aerosol hair spray or other chemicals.
- Oxygen cylinders should be stored lying down or secure in a carrier.
- Be aware of and careful around tubing to avoid trips and falls.