Hygiene – Stop the Spread of Disease

Health experts note that seniors or people with serious health problems are more prone to severe cases of Covid.

The Covid pandemic is not over, so protect yourself and the person in your care. It’s possible you could have Covid, and not show symptoms. Follow these basic rules, outlined by the CDC.

Wash your hands and cover your face when coughing: Stay extra vigilant about personal hygiene.

Don’t touch your face: Generally avoid touching your face unless you just washed your hands.

Stay a minimum of six feet from others and avoid groups: Try to stay away from people when out and about and avoid indoor spaces with large groups of people to avoid spreading or catching the disease.

Wear a face mask outside the house: Wear face coverings when traveling out in public or when you expect to be with a vulnerable person.

Clean your house: Make sure that all high-touch surfaces like doorknobs, faucet handles, and the refrigerator door handle are cleaned daily with a disinfectant.

Wash and Moisturize Your Hands

Wash your hands after you cough, sneeze, touch your face, use the restroom, or are about to leave one place for another. You should wash your hands when you leave and return from the grocery store, for instance. Picking up COVID by touching surfaces isn’t as much of a risk as we once worried it was, but it’s still a risk.

Hand sanitizer is a fast cleaning method that works wonders. It’s no substitute for washing your hands, though. Soap and water won’t necessarily kill all pathogens, but it will wash them off.

Moisturizing your hands is also important. Dry, cracked skin is at greater risk for all kinds of infections, so apply a little moisturizer after you wash.

Universal Precautions

Universal precautions refers to certain infection-control steps that health care professionals take to reduce the risk of transmitting infectious diseases. The scientific basis of universal precautions is that individuals should treat any blood or bodily fluid as though it contains an infectious agent. Universal precautions assume that all bodily fluids are dangerous and to treat them accordingly. This not only protects caregivers, but also, by applying the same procedures to everyone, removes the stigma or embarrassment that might be associated with glove-and-mask use around highly infectious patients.
Hand Washing—Do It Right!

Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health. However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common cold, flu and food poisoning.

Hand washing is the single most important way to prevent the spread of infectious diseases.

If the person in your care has an infection, use a bottle-dispensed antimicrobial soap.

1. Rub your hands for at least 30 seconds (about the time it takes to sing Happy Birthday slowly) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed and free of chips.
3. Wash front and back of hands, between fingers and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel.

Hand sanitizer gels can be used to kill germs, but they should not replace hand washing. Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use.

As important as it is to properly wash your hands, it's equally important to dry them correctly too. The bacteria and viruses that are left on your hands after even a good washing thrive on moist skin, so until you dry your hands thoroughly after each wash.

Hot-air hand dryers are not always the best way to dry hands, primarily because most people give up before their hands are really dry. Do not wipe damp hands on your clothes to dry them. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on a clean towel or paper towel.

Source: WebMD; Centers for Disease Control
Aging
Information…913-715-8861

…Your Key to Aging Services in Johnson County

Johnson County Area Agency on Aging, through Human Services, offers a single point of entry for services. Aging Information Specialists are your starting point for locating resources such as in-home services, congregate and home-delivered meals, transportation, legal assistance, insurance, housing and more. In addition to phone assistance, you can receive resource directories, booklets and brochures via mail to further address your informational needs.

Johnson County Aging Information Specialists have voice mail to take your message when they are on another line. Please be sure to include your phone number when you leave a message. If you don’t hear back, please do not hesitate to call again.

Additional information may be requested when calling in a referral for department-provided services:

➢ Name, address and phone number of the person needing services
➢ Physician and phone number
➢ Emergency contact(s) and phone numbers
➢ Health information - important for assessing needs
➢ A Social Security number to keep multiple records in order
➢ Income and asset information to help determine appropriate services

After an initial intake, an in-home assessment will be arranged to gain further insights regarding needs and resources available.

Our philosophy is client centered. Agency staff visit and talk with each client before services begin. Each call or visit is handled in a confidential and timely manner.

We welcome your calls and the opportunity to assist with your needs.

Simply call (913) 715-8861
(If you reach a recording, please leave your name and phone number)

Visit our website at www.jocogov.org/hsd
Then click on Area Agency on Aging link at left.

AAA programs are funded by the Older Americans Act and state funds through the Kansas Department on Aging, Johnson County government, agency matching funds, and individual participant donation. Johnson County government does not discriminate on the basis of race, color national origin, sex, religion, age or disability in employment or the provision of services. If you feel that you have been discriminated against, you have the right to file a complaint with Human Services. (913) 715-8800/Voice or (913) 894-8822/TTY.
Taking Care of Yourself — A Happy Mouth Is a Healthy Mouth

We all know that too much stress can lead to headaches, neck pain and stomach upsets, but did you know that depression and persistent stress can also affect your oral health? Anxiety and worry—feeling like there’s never enough time to get things done—can make you skip important oral hygiene routines like regular brushing, flossing and rinsing. Besides inviting cavities, this can also lead to gum disease and mouth sores, which can then affect your overall health. Depressed people tend to crave sweets, and this increases the chances for tooth decay. In addition, stress can cause clenching and grinding of teeth, which can wear down enamel.

No matter how stressed out you feel, remember that it is important to take care of your oral hygiene, and exercise and eat healthy foods, especially fresh fruits and vegetables. Grab an apple and go for a walk. Your mood—and your mouth—will thank you!

Source: WebMD

Inspiration

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.
— Charles Darwin

LiveLife Laughing!

For me, the first 5 days after the weekend are the hardest.

Memory Care - Hand Washing

Hand washing is almost always an issue in dementia. Guide the person in your care to the sink and tell her step-by-step how to wash her hands. Explain to her what you are going to do next. Watch the flow of water so it is not too strong, as it can be frightening for a person with dementia.
The Aging Network

As a result of 1973 amendments to the 1965 Older Americans Act, federal funding is provided for a network of agencies to coordinate services for the growing population of older Americans. This network includes the federal Administration for Community Living (ACL), state administrative units on aging, more than 655 nationwide Area Agencies on Aging (AAA), and thousands of community-based senior centers and nutrition sites.

The Kansas Department for Aging and Disability Services (KDADS) is the state administrative unit that oversees the operation of 11 state AAAs. Although most AAAs are private, not-for-profit agencies operating in multiple counties, the Johnson County AAA is a public not-for-profit operating as a unit of Johnson County Human Services.

For detailed information, visit www.jocogov.org/hsd.

Aging and Disability Resource Center

The Area Agency on Aging hosts your local Aging and Disability Resource Center (ADRC), where people can turn for information, assistance, and a single point of entry to public long-term support programs and benefits. ADRCs provide unbiased, reliable information and options assistance to persons eligible for Medicaid Home and Community-Based Services (HCBS) for Frail Elderly, Physical Disabilities and Traumatic Brain Injuries, as well as assessment services for persons considering a move to a nursing facility.

Receive services or be of service. Both are easy!

Begin receiving aging services. To learn more about any of the services provided through the Johnson County AAA, call an aging information specialist at 913-715-8861.

Become a volunteer. Consider joining the network of dedicated volunteers who help senior adults live in the Johnson County community with independence, dignity, and hope. Volunteers may choose activities that meet their interests and time schedules. The AAA’s priority volunteer program is Meals on Wheels. Call the coordinator of Volunteer Services at 913-715-8859 to learn more or to become a volunteer.

AAA Programs

• **Aging Information and Assistance.** Aging information specialists provide timely, updated facts about aging issues and services over the phone, through email, or in person by appointment.

• **Publications about Aging.** A variety of print and electronic materials provide important information of interest to senior adults and family caregivers.

• **The Best Times,** a quarterly newsmagazine, is available to Johnson County residents 60 and older. The Best Times provides vital information about aging services, programs, organizations, activities, and issues. The publication is also available online. Contact 913-715-8930 concerning subscriptions.

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Area Agency on Aging
11811 South Sunset Drive, Suite 1300,
Olathe, KS  66061-7056
913-715-8860 phone   913-715-2285 Fax
www.jocogov.org/hsd
AAA Programs

• **Caregiver Support.** Services to support non-paid caregivers of frail older adults who need services to maintain independent living.


• **Homemaker/chore programs.** Ongoing assistance with the upkeep and cleanliness of the home, shopping, and occasional heavy-duty cleaning are available through these programs.

• **Medication management.** Nurses visit private homes regularly to setup medications and monitor their use.

• **Assessment.** An in-home meeting with a potential client to determine needs for services. Additional assistance may be provided to coordinate multiple services if needed.

• **Nutrition Services.** Adults 60 and older in Johnson County have three dining options, based on their needs and preferences. Each meal provides a minimum of one-third of the daily nutritional requirements.

  **CHAMPSS:** A senior dining option to augment meals at Senior Nutrition Centers, CHAMPSS provides greater time flexibility and more extensive menu selections at local grocery stores. Call 913-715-8894 for information regarding enrollment.

  **Meals on Wheels:** Volunteers deliver nutritious meals Monday through Friday to senior adults who are homebound.

  **Senior Nutrition Centers:** Nutritious meals are served at 11:30 a.m. five days a week at six centers. The centers offer friendship, education, fitness, and opportunities for socializing.

  • De Soto
    32905 W. 84th St.  913-585-1762
  • Gardner
    128 E. Park St.  913-856-3471
  • Lenexa
    13425 Walnut St.  913-888-6141
  • Merriam/Shawnee
    6040 Slater St.  913-322-5550
  • Olathe
    1425 E College Way  913-782-6131
  • Overland Park 8101
    Marty St.  913-826-3139
  • Spring Hill
    401 N. Madison St.  913-592-3180

• **Legal services.** Seniors receive access to legal consultation and representation, education, and assistance with access to government benefits.

• **Personal care.** Attendants help senior adults with bathing, grooming, and other personal care.

• **Respite care.** An in-home substitute caregiver or adult day care can provide temporary relief for non-paid caregivers.

• A **private pay care management service** is offered through the ADRC. This service assists those who need help in setting up services for seniors in Johnson County.
QUICK QUIZ

It is important to wash hands with soap and water before and after physical contact with the person in your care. Answer True or False to the questions below.

1. The scientific basis of *universal precautions* is that individuals should treat any blood or bodily fluid as though it contains an infectious agent.
   T F

2. Keeping hands clean is the first line of defense for keeping infection causing germs from reaching your mouth, nose, or eyes, where they can make you sick.
   T F

3. Hand washing is the single *most important way to prevent the spread of infectious diseases.*
   T F

4. If you or the person in your care is bitten by a dog or cat, take care of the wounds properly, as even minor bites can cause infection.
   T F

5. Dry, cracked skin is at greater risk for all kinds of infections, so apply a little moisturizer after you wash.
   T F

6. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on a clean towel or paper towel.
   T F

7. Depressed people tend to crave sweets, and this increases the chances for tooth decay. In addition, stress can cause clenching and grinding of teeth, which can wear down enamel.
   T F

8. Hand sanitizer gels can be used to kill germs, but they should *not* always replace hand washing.
   T F

9. Hand washing is not an issue in dementia care.
   T F

10. Running water can be scary for a person with Alzheimer's.
    T F

Name__________________________________________________________

Signature______________________________________________Date________________________

SAFETY TIPS—Dog Bites

Pets enhance lives. However, even small dogs can be threatening if they’re worked up, and any size dog can inflict a painful bite. In the US, nearly 5 million people are attacked by dogs every year. Almost one in five of those who are bitten require medical attention.

Always wash your hands after contact with pets. People with weakened immune systems should not empty litter boxes. If you or the person in your care is bitten by a dog or cat, take care of the wounds properly, as even minor bites can cause infection. See a medical professional promptly if you suffer serious wounds or if you haven’t had a tetanus shot in the past 5 years.

- Apply gentle pressure to stop minor bleeding. Use a clean cloth or sterile gauze pad. If bleeding is serious or if it won’t stop after several minutes of applying pressure, seek medical attention.
- Use warm water and soap to gently cleanse the wound.
- Use a sterile band-aid (for very small cuts) or sterile bandages.
- Apply fresh bandages and apply antibiotic ointment at least 1 or 2 times a day.

Source: WebMD; CDC.