

Caring for People in Their Homes

NON-MEDICAL VISITS

6/30/2021

This guidance is for community organizations, families, interpreters, and faith communities for whom home visiting has been an essential way to deliver care and services. It provides additional considerations for businesses and workers, in addition to guidance for those who are not providing services through a business.

If you are caring for or visiting people in their homes to provide services or care, it is strongly recommended that you get vaccinated. If you have been fully vaccinated for COVID-19 and it has been at least two weeks since the final dose of vaccine (enough time for your body to develop immunity), you have good protection against illness for yourself. However, we are still learning how vaccines will affect the spread of COVID-19. Follow the recommendations below when visiting an unvaccinated person or a household with anyone at higher risk for severe illness from COVID-19.

Read more at [About COVID-19 Vaccine](http://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)
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Avoid home visits if:

- You have any COVID-19 symptoms. Some common symptoms include:
 - Cough
 - Fever
 - Difficulty breathing
 - Chills
 - Headache
 - Muscle pain
 - Sore throat
 - Loss of taste or smell
- You had a positive test and are still in the isolation period.
- You had contact with or were close to someone with COVID-19 and are staying home and away from others for your quarantine period.
- If you are over 65 and/or have other health conditions that could make COVID-19 worse like asthma, diabetes, or high blood pressure and you have not completed vaccination.

- If you are not able to be vaccinated, or if you are choosing not to be vaccinated against COVID-19, consider not visiting others in their homes.
- Keep in mind that not everyone with COVID-19 has symptoms. People without symptoms can still spread the virus.
- The person you are visiting or someone in the home has COVID-19, is experiencing symptoms, or is staying away from others (quarantining) due to being in close contact with someone with COVID-19.

Alternatives to home visiting

Before visiting someone in person, consider other ways to help them if you have not been vaccinated. Ask friends, family, or colleagues for ideas.

- Send a personal message or card through the mail.
- Make a phone call, send texts, or email.
- Use FaceTime or other video call options.
- Drop off supplies at the door without direct contact. If you do interact, make sure everyone wears masks that fit well.
- Stay at least 6 feet apart and hold your visit outside.

If you decide to make a home visit

Before you visit, find out if the person or anyone in the home is experiencing symptoms of COVID-19, had a positive COVID-19 test or diagnosis, or is staying away from others due to a close contact with someone with COVID-19. If any of these situations apply, avoid an in-person visit and consider the above alternatives.

If you are someone who frequently makes home visits because of your profession or your personal situation, it is strongly recommended that you get vaccinated for COVID-19. If you have concerns about vaccination, get your questions and concerns addressed by reaching out to a trusted health professional or get information from a reliable information source like the Minnesota Department of Health. Visit [About COVID-19 Vaccine \(www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html\)](http://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html).

Keep these recommendations in mind if a home visit is necessary:

- Wear a facemask and stay at least 6 feet away from people who do not live with you.
 - Review the MDH guidance for fully vaccinated people if you and all people in the home received their final dose of vaccine more than two weeks earlier. Visit [About COVID-19 Vaccine: For fully vaccinated people \(www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html#recs\)](http://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html#recs).
 - Even if everyone in the home has been vaccinated, MDH continues to recommend face coverings if you or anyone in the home have increased risk of serious COVID-19 illness.
- Wash or sanitize your hands often.
- If possible, stay in the room closest to the door instead of moving to other rooms.
- Limit the number of people in the space.

- Keep the visit as brief as possible.
- If possible, open windows and doors in the space to improve ventilation.
- If you are visiting someone who is in bed, stand at the foot of the bed. This will give you a natural distancing of about 6 feet while allowing you to connect with someone directly through eye contact.
- Always cover your coughs and sneezes and ask other people to do the same.
- If you use a tissue, throw it away right after use and then wash or sanitize your hands.
- Avoid touching your eyes, nose, mouth, face, and facemask during the home visit.
- If the person you are visiting must eat, drink, or take medication, avoid using your hands to handle items directly—use a container or dishware instead. Be sure to sanitize or dispose of the container or dishware after each use.
- If you work with an agency or organization, check to see if there are in-person visiting restrictions or protocols in place. Visit [Masks and Face Coverings \(www.health.state.mn.us/diseases/coronavirus/prevention.html#masks\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks).
- If the home visit offers physical or spiritual services, think of creative, thoughtful, and effective options to keep physical distance while supporting the person in need, when possible.

Learn more

Get the most current and reliable information on COVID-19:

- [MDH: Coronavirus Disease 2019 \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [CDC: Coronavirus Disease 2019 \(COVID-19\) \(www.cdc.gov/coronavirus/2019-ncov/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- [CDC: If You Are Sick or Caring for Someone \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- [CDC: Your Guide to Masks \(www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html)
- MDH COVID-19 Public Hotline: 1-833-431-2053



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Contact health.communications@state.mn.us to request an alternate format.