

## PHASE TWO

# VISITING AND RECEIVING VISITORS CHECKLIST



**June 8 marks the beginning of Phase Two** which means that people with severe asthma and severe COPD will be able to have visitors in their home, or visit others in their home, for the first time in months. This can be both an exciting and a daunting time. The Asthma Society wants to ensure that you are prepared receive visitors to your home and/or visit others in their home.

## MANAGE YOUR ASTHMA

- Download an Asthma Action Plan from [asthma.ie](http://asthma.ie) and fill it in with your GP or asthma nurse specialist over the phone
- Familiarise yourself with the 5 step rule available from [asthma.ie](http://asthma.ie)
- Continue to take your medication as prescribed
- Speak to an **Adviceline** nurse on 1800 44 54 64, or send a message to our new **WhatsApp** messaging service on 086 059 0132

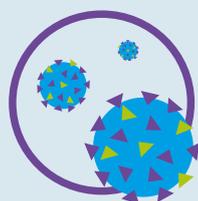
## ACTIONS FOR HOSTS

- Hosts should wash their hands thoroughly with soap and warm water for 20 seconds
- Limit visitor numbers according to guidelines
- Keep a record of who you meet
- Hosts should practice good cough and sneeze etiquette i.e. Cover nose/mouth with a tissue when coughing/sneezing and dispose of used tissues. If no tissue is available, cough or sneeze into elbow / upper sleeve
- Hosts should wear a mask if they are comfortable and able to do so (see ASI face coverings guidance)

- Host guests in outdoor spaces such as gardens where possible
- Hosts should limit the amount of items and surfaces in areas where guests are e.g. remove decorative cushions, remote controls etc.
- Following the visit, hosts should disinfect touched surfaces including door handles, table tops etc.

## ACTIONS FOR GUESTS

- Guests should wash their hands thoroughly with soap and warm water for 20 seconds upon arrival
- Guests should practice good cough and sneeze etiquette i.e. cover nose and mouth with a tissue when coughing or sneezing and carefully dispose of used tissues. If no tissue is available, cough or sneeze into elbow or upper sleeve
- Guests should wear a mask if they are comfortable and able to do so (see ASI face coverings guidance)
- Guests should not remove any unnecessary items for their pockets or bags such as wallets, phones, keys
- Guests should practice social distancing and stay two meters apart where possible
- Guests should limit contact with surfaces in another person's home including door handles



**FIGHTING  
CORONAVIRUS  
WITH EVERY  
BREATH**

[asthma.ie](http://asthma.ie)

CHY no: 6100

ASTHMA ADVICELINE

**1800 44 54 64**

COPD ADVICELINE

**1800 83 21 46**

ASTHMA & COPD BEATING BREATHLESSNESS  
WHATSAPP PATIENT SERVICE

MESSAGE **086 059 0132**

[nurse@asthma.ie](mailto:nurse@asthma.ie)