



Leaving your house during the COVID-19 outbreak



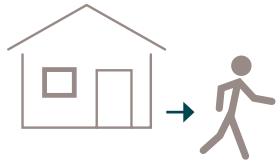
1 Look after yourself and others

Freevent® XtraCare™

Provox® Protector



2 Leaving the house



3 Getting back home



4 Wash your hands



5 Dispose of single-use products like HME and mask¹²



6 Wash your hands



7 Apply a new HME



TrachPhone®



Freevent® DualCare™

Before leaving your house, ensure you are protected and prepared:

- Wear Freevent XtraCare, covered by a protector ('bib'). You can also wear a mask over your stoma and one on your face.
- Bring a sealed **zipper bag** with you to keep any dirty tissues or used products sealed until you can dispose of them.
- Consider wearing a **medical alert** or neck breather bracelet.
- Carry **hand sanitizer** – at least 60% alcohol content to be effective, to be used when you are not able to wash your hands with soap and water.

Freevent XtraCare combines an HME with a highly effective electrostatic filter that protects against airborne particles, including viruses and bacteria, with a filtration efficiency of more than **99%***

*Please note: Since pathogens can enter and leave the human body in other ways (such as the mouth, nose, and eyes), Freevent XtraCare can never guarantee complete protection. Freevent XtraCare has not been tested specifically for protection against COVID-19. Protective measures against the Coronavirus as communicated by the World Health Organization (WHO) among others, also apply for people using Freevent XtraCare. Please discuss with your clinician if Freevent XtraCare is right for you. Freevent XtraCare is a prescription-only product in the United States. Please read the Instructions for Use for guidance.





Leaving your house

during the COVID-19 outbreak

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Tips for when you are leaving your house:

- Bring a **sealed zipper bag** with you to keep any dirty tissues or used products sealed until you can dispose of them.
- Consider wearing a **medical alert** or neck breather bracelet.
- Carry **hand sanitizer** – at least 60% alcohol content to be effective, to be used when you are not able to wash your hands with soap and water.
- For protection, wear **Freevent XtraCare**, covered by a protector ('bib'). You can also wear a **mask over your stoma and one on your face**.

Tips for when you are getting back home:

- **Wash your hands** for at least **20 seconds** with warm water and soap. Always wash your hands before and after caring tracheostomy.
- Dispose of single-use products, such as HME and mask. If a clothing scarf, reusable face mask or bib was used, wash in hot water.
- Wash your hands for at least 20 seconds with warm water and soap.
- Use **only clean devices** and equipment when caring for your tracheostomy.
- Use **disposable cleaning products** and equipment where possible.
- Wear an **HME 24 / 7** if you can. HMEs help to humidify the inhaled air, thereby reducing coughing and mucus.

1. Hennessy M, Bann D, Patel V, Saadi R, Krempf G, Deschler D, et al. A Commentary on the Management of Total Laryngectomy Patients. Special Collection: COVID-19 Preprints. Authorea; 2020.
2. Coronavirus outbreak and how laryngectomee and neck breathers can prevent getting the infection. Posted by Itzhak Brook MD, 25th January 2020 on: <http://www.dribrook.blogspot.com>

