

# Infection Control: COVID-19

California Department of Social Services  
Community Care Licensing Division

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CDSS

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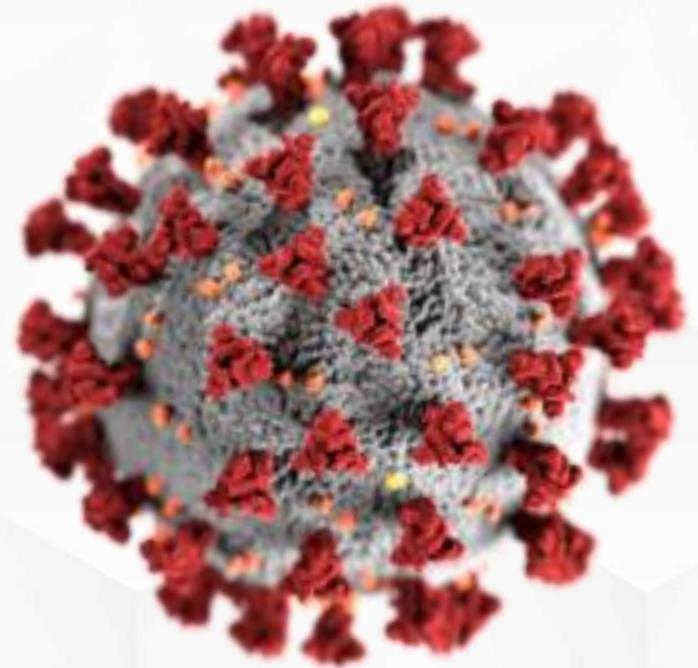
# TOPICS

- **What is COVID-19?**
- **Preventing the Spread of COVID-19**
- **Physical Distancing**
- **Isolation**
- **Disinfection**

# WHAT IS COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

Coronaviruses have been around for a long time and most often cause the common cold.



# HOW COVID-19 SPREADS

- Person-to-person contact
- Respiratory droplets via a cough or sneeze
- Close contact with an infected individual(s) within 6 feet for 10 minutes
- Contact with infected surfaces or objects



# HOW TO HELP PREVENT THE SPREAD

- Wash your hands often with soap and running water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you cannot wash your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use tissue or paper towel if you have to touch commonly touched surfaces
- Practice 6 feet of “physical distancing”
- Ensure your vehicle, work materials, and clothing are cleaned every day.
- Get your recommended vaccines e.g. flu shot.

# PHYSICAL DISTANCING

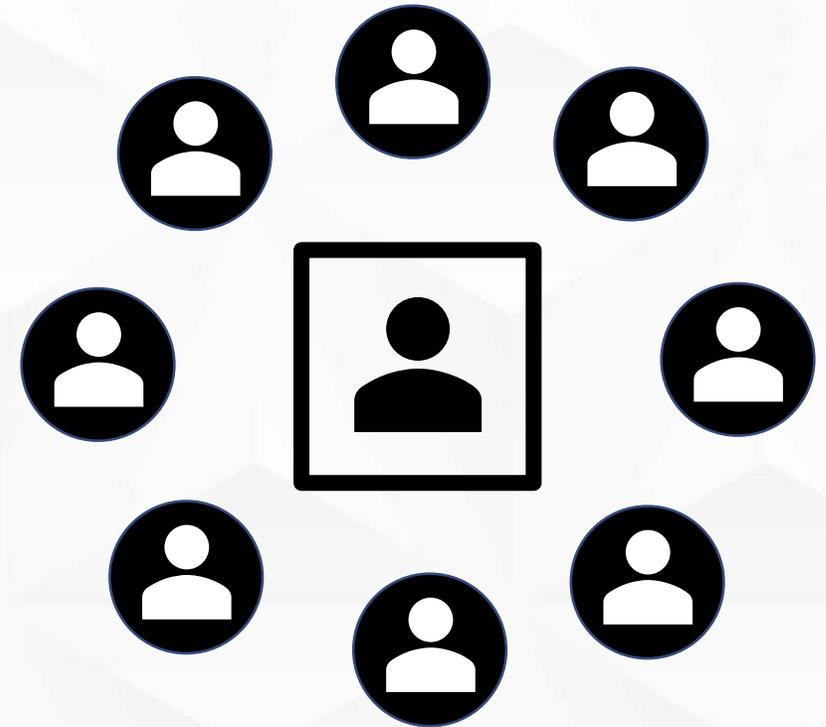
- Physical distancing is a term applied to certain actions that are taken to stop or slow down the spread of a highly contagious disease.
- Physical distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Physical distancing measures include limiting large groups of people coming together, closing buildings and canceling events.



# ISOLATION

**Isolation** separates sick people with a contagious disease from people who are not sick.

Isolation helps protect the public by preventing exposure to people who have or may have a contagious disease.



# ISOLATION: Symptomatic Clients

If a client exhibits symptoms of a respiratory virus but is otherwise normal (alert, no shortness of breath, etc.), the client should be isolated from others in the home:

- In a single-person room
- With the door closed
- With their own bathroom
- With signage

HCAAs should:

- Wear gloves, disposable gown, facemask, and eye protection when entering the room
- Contact their health provider immediately

# **ISOLATION: Clients with confirmed COVID-19**

Clients with confirmed COVID-19 should remain in isolation, either at home or in a healthcare facility as determined by clinical status, until they are determined by state or local public health authorities in coordination with CDC to no longer be infectious.

# ISOLATION: Symptomatic Individuals

**Visitors:** HCAs should encourage clients to not accept visitors to their home.

- Any person with cold or flu-like symptoms should not visit.

**Staff:** Any staff who have symptoms should not come to work.

- Staff who are sick or have any of symptoms (fever, cough, sore throat, shortness of breath) should not be at work for at least 72 hours without the use of fever-reducing medicines, other symptoms have improved (for example, cough or shortness of breath have improved) AND at least 7 days have passed since their symptoms first appeared..
- Staff who are still able to work must self screen for respiratory infection symptoms before they start their shift.

## Universal Precautions

Applied universally in caring for all patients

- Hand washing
- Decontamination of equipment and devices
- Use and disposal of needles and sharps safely (no recapping)
- Wearing protective items
- Prompt cleaning up of blood and body fluid spills
- Systems for safe collection of waste and disposal



## FOLLOW STANDARD PRECAUTIONS

- WASH HANDS
- WEAR GLOVES
- WEAR MASK
- WEAR GOWN

For all staff

## Droplet Precautions

In addition to Standard Precautions

Before entering room



Perform hand hygiene



Put on a surgical mask

On leaving room



Dispose of mask



Perform hand hygiene

## Standard Precautions

And **always** follow these **standard precautions**

- Perform hand hygiene before and after every patient contact
- Use PPE when risk of body fluid exposure
- Use and dispose of sharps safely
- Perform routine environmental cleaning
- Clean and reprocess shared patient equipment
- Follow respiratory hygiene and cough etiquette
- Use aseptic technique
- Handle and dispose of waste and used linen safely

# Take the Following Precautions!

# DISINFECTION

**Disinfecting** refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can lower the risk of spreading infection.

Frequently touched areas, including but not limited to, doorknobs, hand & bed railings, remote controls, faucets, toilets, playing cards, etc., should be disinfected regularly.



# DISINFECTION: Guidelines on how to disinfect

**Use diluted household bleach solutions** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

**Follow manufacturer's instructions** for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or;
- 4 teaspoons bleach per quart of water

# DISINFECTION: Guidelines on how to disinfect cont.

**Alcohol solutions** with at least 70% alcohol.

**Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Follow the instructions on the label to ensure safe and effective use of the product. Many products recommend:

- Keeping the surface wet for several minutes to ensure germs are killed.
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Most EPA-registered household disinfectant should be effective.

# DISINFECTION: Surfaces

**Wear disposable gloves** when cleaning and disinfecting surfaces.

- Gloves should be discarded after each cleaning
- If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes
- Consult the manufacturer's instructions for cleaning and disinfection products used
- Clean hands immediately after gloves are removed

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

# DISINFECTION: Surfaces cont.

**For soft (porous) surfaces** such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

After cleaning:

- Launder items as appropriate in accordance with the manufacturer's instructions
- If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or
- Use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces

# POLICIES, PROCEDURES AND REPORTING

Licensees should have policies, procedures, and protocols in place for taking care of sick or symptomatic clients. This is especially important during the current COVID-19 pandemic. Licensees should also confirm that HCAs are aware of the COVID-19 symptoms and have a means to report to the HCO when a client shows symptoms or tests positive for COVID-19.

Immediately contact the following agencies or individuals if a client or employee exhibits symptoms or tested positive for COVID-19:

- Local health department
- Client's representative, if any



**QUESTIONS?**

