

Preparing for COVID-19 in Residential Care Facilities

California Department of Social Services
Community Care Licensing Division

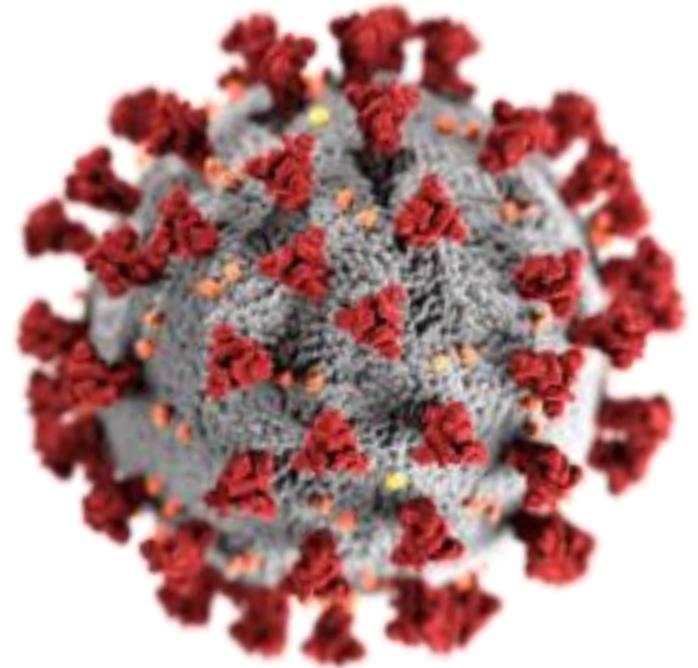


CDSS

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What is the Coronavirus Disease 2019?

- 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 is COVID-19 Spread?

- 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





**KEEP
CALM
AND**

**WASH YOUR HANDS
#CORONAVIRUS**

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How To Help Prevent the Spread of COVID-19 In Your Facility

- Wash your hands often with soap and running water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 70% 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 (phones, toilet/door handles and counters).
- Practice 6 feet of “social distancing” with colleagues, friends, and clients.
- Ensure your vehicle, work materials, and clothing are cleaned every day.
- Get your recommended vaccines e.g. flu shot.

Supplies for Infection Control

- Thermometers with disposable probe covers
- Regular surgical masks
- Gowns
- Disposable gloves
- Trash bins and bags
- Alcohol based hand sanitizer
- Tissues
- Soap/detergent
- Disinfect wipes and sprays
- Lysol or other disinfectant e.g. bleach



Cleaning and Disinfecting your Facility

Suggested Tools and Supplies:

- Protective Clothing
 - *Latex gloves*
 - *Face mask*
 - *Goggles*
- Soap/Detergent
- Disinfectant e.g. bleach
- Disinfectant spray e.g. Lysol
- Bucket of warm water
- Plastic trash bags
- Towels

• Suggested Cleaning Routine:

- Isolate the cleaning area/room
- Follow product label instructions
- Mix soap with warm water in bucket
- Dip towel in warm soap/water to clean affected area(s)
- To disinfect surfaces, follow the label instructions and leave 10 minutes on surface to effectively kill the virus, rinse with water and air dry
- Launder bedding, towels, etc. in hot water and dry on high heat setting

Universal Precautions

1. **Use Barrier Protection:** Cover up any open wounds or sores before proceeding.
2. **Wear Gloves** when handling bodily fluids or contaminated materials and other waste.
3. **Wear a Face Mask/Gown**
4. **Use Caution** when handling sharp objects, needles, and waste.
5. **Discard Contaminated Materials.** Follow biohazard procedures for disposal.
6. **Clean Area** thoroughly with disinfectant
7. **Wash Hands Thoroughly** with soap and water for at least 20 seconds.
8. **Wash Clothing** in hot water.

Standard Precautions

<p>Hand hygiene Wash hands after: touching blood or body fluids and immediately after removing gloves. Wash or use handgel between physical cares or handling contaminated items.</p>	
<p>Mask, eye protection, face shield Worn to protect mucous membranes of eyes, nose and mouth during procedures and care activities likely to generate splashes or sprays of blood or body fluids.</p>	
<p>Care equipment Soiled care equipment should be handled in a way that prevents skin and mucous membrane exposure, contamination of clothing and transfer of micro-organisms to others and to the environment. Reusable equipment must be cleaned and reprocessed before use in the care of others</p>	
<p>Sharps * DO NOT recap, remove, bend or break needles. ✓ Place sharps in a yellow sharps container.</p>	
<p>Gown/plastic apron Wear to protect skin and prevent soiling of clothing during procedures and care activities likely to generate splashes or sprays of blood.</p>	
<p>Environment Clean toilets after use with alcohol wipe cloths. Clean up blood spills with paper towels then Virkon the area (in Delivery Suite Virkon the whole room). Line linen bag with a soluble alginate bag.</p>	
<p>Resuscitation Use mouthpieces, resuscitation bags or other ventilation devices to avoid mouth to mouth resuscitation.</p>	

Droplet Precautions

	<p>Personal Protective Equipment (PPE) Don a mask upon entry into the patient room or cubicle.</p>
	<p>Hand Hygiene according to Standard Precautions.</p>
	<p>Patient Placement Private room, if possible. Cohort or place patient as far away from other patients as possible if private room is not available.</p>
	<p>Patient Transport Limit transport and movement of patients to medically-necessary purposes. If transport or movement in any healthcare setting is necessary, instruct patient to wear a mask and follow Respiratory Hygiene/Cough Etiquette. No mask is required for persons transporting patients on Droplet Precautions.</p>

Take the Following Precautions!

Take the Following Precautions cont.

Contact with Contaminated Surface or Bodily Fluids:

- Put on and take off disposable gloves when enter/exit resident room.
- Put on and take off disposable gown when enter/exit resident room.
- Do **not** wear the same gloves and gown to care for more than one resident!
- Clean and disinfect reusable equipment before use on another person.



Facility Visitors

- All visitation to facilities should be restricted, except for certain compassionate care situations, such as end of life situations. In end of life situations, try to limit to one visitor at a time and have the visitor go straight to the resident's room, thereby minimizing unnecessary access to other parts of the facility.
- Facilities are recommended to make alternate means of communication and visitation such as phone calls and video conferencing e.g. FaceTime or Skype.
- Limit deliveries to the front or back door as only points of access.



What To Do if a Resident Displays Symptoms

1. Isolate the individual(s)
2. Implement precautions
3. Seek necessary medical attention
4. Report to the Local Health Department i.e. County
5. Report to CCLD

COVID-19 and The Hidden Cost to Seniors

COVID-19 in addition to illness *if* contracted can bring feelings of the following: depression, loneliness, sadness and despair which are the unforeseen effects of this disease mainly due to the social isolation which *may* be experienced.

We must be mindful it's crucial for the mental and physical well-being of our seniors to know **"It's important for life to go on."** And in communities with few or no cases of the virus seniors should continue to socialize and maintain good spirits.



Engage In Diversional Activities

- That are creative based on skill level
- That will maintain the use of hand and visual skills
- That will help with mood swings, orientation and memory
- That encourages expression, laughter and communication
- That will provide meaning and purpose to life through involvement



Questions?