Preparing for COVID-19 in Residential Care Facilities

California Department of Social Services
Community Care Licensing Division
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
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 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 (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

- **Hand hygiene**
  - Wash hands after touching blood or body fluids and immediately after removing gloves.
  - Wash or use handgel between physical contact of the hands or handling contaminated items.

- **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 or body fluids.

- **Mask, eye protection, face shield**
  - Wear 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.

- **Gloves**
  - Should be worn for touching blood, body fluids, mucous membranes, non-intact skin and contaminated items.

- **Environment**
  - Clean toilets after use with alcohol wipe-cloths.
  - Clean up blood spills with paper towels then Virkon the area.
  - Once Virkon the whole room, Line line bag with a soluble alginate bag.

- **Sharps**
  - DO NOT recap, remove, bend or break needles.
  - Place sharps in a yellow sharps container.

- **Resuscitation**
  - Use mouthpieces, resuscitation bags or other ventilation devices to avoid mouth to mouth resuscitation.

### Droplet Precautions

- **Personal Protective Equipment (PPE)**
  - Don a mask upon entry into the patient room or cubicle.

- **Hand Hygiene**
  - according to Standard Precautions.

- **Patient Placement**
  - Private room, if possible. Cohort or place patient as far away from other patients as possible if private room is not available.

- **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.

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**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.
• Limit visits to close family and medically necessary visits.
• Educate visitors about the facility’s infection control practices.
• Maintain hand sanitizer for visitors.
• Limit deliveries to the front or back door as only points of access.
• Screen visitors entering the facility for signs/symptoms e.g. fever, cough or shortness of breath.
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 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?