

# *Preparing for COVID-19 in Residential Care Facilities*

California Department of Social Services  
Community Care Licensing Division

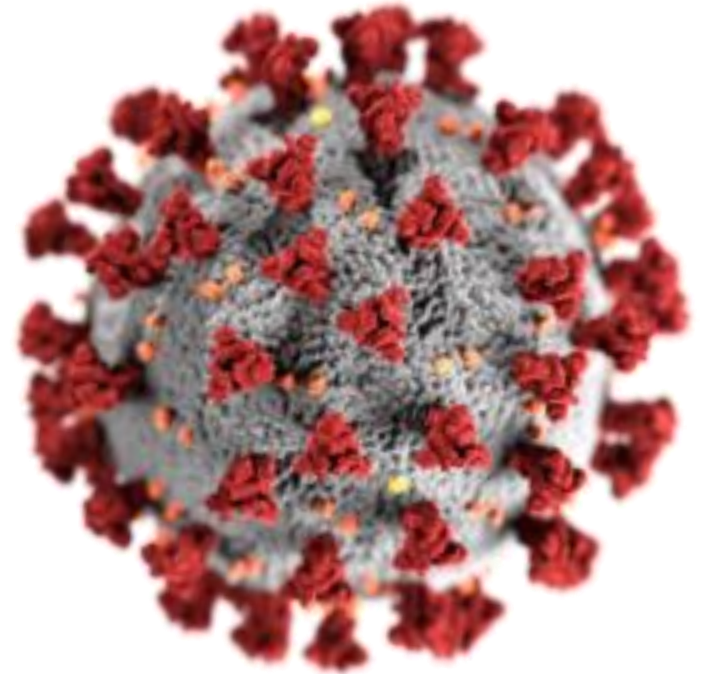


CDSS

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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 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

<p><b>Hand hygiene</b> 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><b>Gown/plastic apron</b> Wear to protect skin and prevent soiling of clothing during procedures and care activities likely to generate splashes or sprays of blood.</p> 
<p><b>Mask, eye protection, face shield</b> 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><b>Gloves</b> Should be worn for touching blood, body fluids, mucous membranes, non intact skin and contaminated items.</p> 
<p><b>Care equipment</b> 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><b>Environment</b> 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. Change the curtains if blood splattered For blood spills on carpeted areas blot up &amp; contact the cleaning supervisor to arrange for carpet shampooing.</p> 
<p><b>Sharps</b> * DO NOT recap, remove, bend or break needles. ✓ Place sharps in a yellow sharps container.</p> 	<p><b>Resuscitation</b> Use mouthpieces, resuscitation bags or other ventilation devices to avoid mouth to mouth resuscitation.</p> 

## Droplet Precautions

	<p><b>Personal Protective Equipment (PPE)</b> Don a mask upon entry into the patient room or cubicle.</p>
	<p><b>Hand Hygiene</b> according to Standard Precautions.</p>
	<p><b>Patient Placement</b> Private room, if possible. Cohort or place patient as far away from other patients as possible if private room is not available.</p>
	<p><b>Patient Transport</b> Limit transport and movement of patients to medically-necessary purposes.</p>
	<p>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.



# Family and Friends

- 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 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?