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

KeepCalmAndPosters.com
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
Take the Following Precautions!

**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.
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.

- **Gown/plastic apron**
  - Wear to protect skin and prevent soiling of clothing during procedures. 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.

**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.
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?