COVID-19

PREVENTION FOR RESIDENTIAL LIVING AND LONG-TERM CARE SETTINGS

CDC WEBINAR SERIES
Infection Control practices play an important role in helping to keep our residents and staff healthy and safe. On a daily basis we follow standard precautions which provide protection against bloodborne pathogens.

Today, due to our knowledge that the COVID-19 virus is spread through droplets from respiratory secretions, we have also had to implement transmission-based precautions. Droplet precautions are designed to reduce the risk of droplet transmission of infectious agents and apply to anyone known or suspected to be infected with COVID-19. Droplets may be generated through coughing, sneezing, talking or during performance of such procedures as suctioning.

Over the next thirty minutes we will review the practices you need to follow to protect your residents, co-workers and yourself and against the spread of COVID-19.
KEEP COVID OUT

IMPORTANT THINGS YOU CAN DO TO KEEP COVID-19 OUT

– Stay home if you are sick
  • New or worsened cough/sore throat
  • Shortness of breath
  • Fever
    – Other signs and symptoms
      • Headache
      • Chills
      • Muscle Aches

– Wash your hands
– Practice Social Distancing
– Wash your hands
– Limit exposure between work and home—Can someone else do your shopping, errands, etc?? If not social distancing and hand hygiene are even more important.

– WASH YOUR HANDS!!
  • ABHR When handwashing is not possible
KEEP COVID OUT

Keep COVID-19 OUT!

CDC COVID-19 Prevention Messages for Frontline Long-term Care Staff

For more information: www.cdc.gov/COVID19
I N F E C T I O N  C O N T R O L

• Minimize Chance for Exposure
  – HCP should wear a facemask at all times while they are in the healthcare facility. Adhere to Standard and Transmission-Based Precautions
    • In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.
  – **Hand Hygiene**
  – **Personal Protective Equipment**

• Environmental Infection Control
  – Develop a schedule for regular cleaning and disinfection of shared equipment, frequently touched surfaces in resident rooms and common areas;
  – Ensure EPA-registered, hospital-grade disinfectants are available to allow for frequent cleaning of high-touch surfaces and shared resident care equipment.
  – Refer to [list](#) on the EPA website for EPA-registered disinfectants that have qualified under EPA’s emerging viral pathogens program for use against SARS-CoV-2.
STANDARD PRECAUTIONS

• The minimum infection prevention practices that apply to all patient care regardless of the infection status of the resident.

• Designed to protect residents and staff
  – Hand hygiene: Handwashing/Hand-rubs
  – PPE: Gloves, Protective face/eyewear, Aprons/gowns
  – Respiratory hygiene, cough etiquette
  – Safe injection practices
  – Safe sharps handling and disposal
  – Safe handling of equipment and environment
Hand hygiene (HH) (e.g., hand washing and/or ABHR): consistent with accepted standards of practice such as the use of ABHR instead of soap and water in all clinical situations except when hands are visibly soiled (e.g., blood, body fluids), or after caring for a resident with known or suspected Clostridium (C.) difficile or norovirus infection during an outbreak, or if infection rates of C. difficile infection (CDI) are high; in these circumstances, soap and water should be used;

**NOTE:** According to the CDC, strict adherence to glove use is the most effective means of preventing hand contamination with C. difficile spores as spores are not killed by ABHR and may be difficult to remove even with thorough hand washing.

For further information on appropriate hand hygiene practices see the following CDC website: [http://www.cdc.gov/handhygiene/providers/index.html](http://www.cdc.gov/handhygiene/providers/index.html)
**Hand Rubs/Sanitizers**

Used when reasonably anticipated that your hands will not be soiled. May use every 4-5 residents before hand washing.

Does not remove all types of germs (c-diff). Not effective when hands are visibly dirty or greasy.

1. www.med.umich.edu/ice/info.htm
HAND HYGIENE

• Before and after contact with a resident, even if gloves will be worn.
• Before meals and after assisting a resident with their meal.
• Before exiting the resident’s care area after touching the resident or immediate environment.
• Before and after using the restroom (personal use or resident use).
• Before eating.
• Before donning and after glove removal.
• Before performing aseptic tasks and after handling urinary catheters or drainage bags/tubes, IV’s, Feeding tubes, or other devices.
• Before preparing or handling resident medications.

Before You Begin
Cover your cough

Cover your nose and mouth with a tissue every time you cough or sneeze

Throw the used tissue in a waste basket

If you cannot use a tissue, sneeze or cough into your sleeve

After coughing or sneezing, always clean your hands with soap and water or an alcohol-based hand cleaner

Stay home when you are sick

Do not share eating utensils, drinking glasses, towels or other personal items.

Wear a mask to protect others if you are coughing

Get vaccinated! Influenza (flu)/Pneumonia vaccine
Let’s talk PPE

• Donning (putting on) PPE
  – **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct (based on training).
  – **Perform hand hygiene using hand sanitizer.**
  – **Put on isolation gown.** Tie all of the ties on the gown. Assistance may be needed by other healthcare personnel.
  – **Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available).** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.*
  – **Respirator:** Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
  – **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
  – **Put on face shield or goggles.** Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
  – **Perform hand hygiene before putting on gloves.** Gloves should cover the cuff (wrist) of gown.
  – **Healthcare personnel may now enter patient room.**
CDC Donning PPE

How to Safely Put On Personal Protective Equipment (PPE)
Let's talk PPE

• Doffing (taking off) PPE
  – **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
  – **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.*
  – **Healthcare personnel may now exit patient room.**
  – **Perform hand hygiene.**
  – **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
  – **Remove and discard respirator (or facemask if used instead of respirator).** Do not touch the front of the respirator or facemask.*
  – **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
  – **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.
  – **Perform hand hygiene after removing the respirator/facemask and before putting it on again if your workplace is practicing reuse.**
How to Safely Take Off Personal Protective Equipment (PPE)
**Environmental Tips-Role of Surfaces**

Surfaces can be classified as high, medium, and low-touch, but any surface that is touched poses a risk of HAI transmission

Just because a surface is less high touch, does not mean that it does not have a very high contamination level (e.g.; toilets, sinks/sink surrounds are less high touch, but VERY high contamination. Risk can exceed that of bed rails)

<table>
<thead>
<tr>
<th>Examples of High-Touch Surfaces</th>
<th>Examples of Medium- and Low- Touch Surfaces</th>
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<tbody>
<tr>
<td>Bed rails/ bed surfaces</td>
<td>Toilets</td>
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<tr>
<td>Call buttons</td>
<td>Sinks/sink surrounds</td>
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<tr>
<td>Doorknobs</td>
<td>Control panels and electronic equipment, such as mounted monitors,</td>
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<tr>
<td>Intravenous Pumps</td>
<td>mobile workstations, and person cell phones</td>
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<td>Light Switches</td>
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<td>Over-bed tables</td>
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<td>Supply carts</td>
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ENVIRONMENTAL TIPS—MORE EXAMPLES
HIGH TOUCH POINTS

Back of the House Examples:
• Door handles and push plates
• Handles of all the equipment doors
• Handles of the dispensers
• Telephone keypad and handset
• Microphone and point of sale register
• Breakroom tables and chairs
• Display screens on equipment
• Laundry and Housekeeping carts

• Dining Area & Front of House & Lobbies
• Door handles, push plates, hand railings
• Chairs
• Trash receptacle touch points
• Front counter
• Drink and condiment dispensers

Restrooms
• Door handles
• Sink faucets and toilet handles
• Towel dispenser handle
• Soap dispenser push plates

For an approved list of disinfectants, please refer to the CDC list:
CDC Sparkling Surfaces

Sparkling Surfaces: Stop COVID-19’s Spread

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Keeping you Healthy!

• Take care of yourself and your community
• Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

• Ways to cope with stress
  – Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
  – Take care of your body.
    • Take deep breaths, stretch, or meditate
    • Try to eat healthy, well-balanced meals.
    • Exercise regularly, get plenty of sleep.
    • Avoid alcohol and drugs
    • Make time to unwind. Try to do some other activities you enjoy.

• Connect with others. Talk with people you trust about your concerns and how you are feeling.

Take care of you!!!