

COVID-19 Information for Service Providers

**Infection Prevention and Risk Mitigation Strategies
During Coronavirus (COVID-19) Emergency**

Supportive Living Services Providers

The purpose of this training is to share pertinent information on preventing COVID-19 within the community by implementing safety measures to keep everyone safe and healthy at home.

We recommend to stay informed and continuously monitor COVID-19 websites specifically Centers for Disease Control and Prevention (CDC), and the California Department of Public Health (CDPH), for any updates.

Topics

1. Infection Control Practices
2. Risk Mitigation
3. Isolation Measures
4. Emotional Support Strategies for all
5. Strategies for Individuals who do NOT want to stay home
6. Additional Resources
7. Takeaways

1. Infection Control Practices

<http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

- Practice Hand Hygiene
 - Wash hands with soap and water for at least 20 seconds
 - Use alcohol-based hand sanitizers that contain at least 60% alcohol
- Disinfect Surfaces
 - What surfaces should you disinfect?
 - Regularly clean all surfaces that are frequently touched
 - Examples: Counters, tabletops, doorknobs, Hoyer lifts, medical equipment like thermometers and blood pressure cuffs, remote controls and cell phones)
 - Use EPA approved disinfectants.
- Reduce Transmission of Respiratory Droplets
 - Cover coughs and sneezes with an elbow or tissue (discard the tissue immediately)
 - Wash hands immediately afterwards

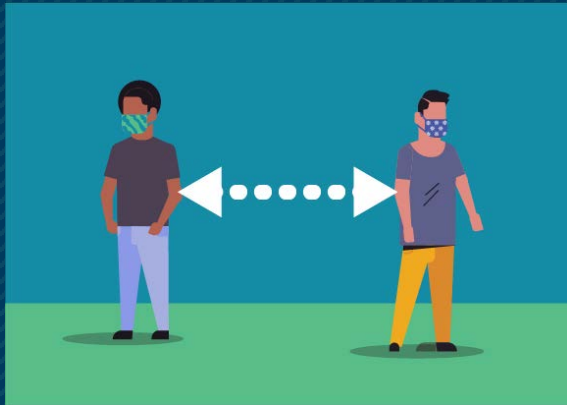
2. Risk Mitigation

✓ Visitor screening

- Conduct temperature checks, symptoms checks prior to staff entering the home
- Limit visitors entering the home [DDS Directive](#)
- Use Tele/Video conferencing alternative (Free apps such as Zoom, Houseparty, Facetime, Facebook Messenger, etc.)

✓ Social Distancing

- Practice social distancing by maintaining 6-feet away from other people
- Make use of all spaces in home; utilize different rooms and outdoor spaces



- Move furniture to create more space
- Rotate spaces/rooms;
 - ❖ Example: Person A uses living room for activities, while Person B uses dining room, and Person C is using the patio or backyard. Then each person rotates to next space; continue throughout the day.
 - ❖ Individuals can select preferred starting point based on their own interests and choice of activity
- Mealtimes
 - ❖ Create a staggered meal and space schedule for the home

2. Risk Mitigation continued...

✓ When to impose a Quarantine?

- Any individual returning from the hospital or with other outside exposure
- Monitor the individuals for signs and symptoms of COVID-19

<http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

✓ Should you wear a face mask?

<http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

• Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for unrestricted breathing
- Be machine washable/dryer safe without damage or change to shape
- Mask making tutorial video: <http://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>



3. Isolation Measures

✓ Who and When to Isolate?

- CDC Home Care Guidance: <http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

✓ Home Isolation occurs when:

- Anyone who is suspected of or confirmed as positive for COVID-19
- Prior to isolation measures individuals must be evaluated by a physician and should be in consultation with the local health department staff
- Once medical professional/public health officials make a determination that the individual requires home care in isolation from other people
- NOTE: *Individuals must be medically stable OR recently discharged to home care following a hospitalization for COVID-19 illness to safely receive care within the home*



Isolation continues...

- ✓ What to do when someone is in isolation:
 - Use standard and transmission-based precautions
 - [CDC - Basic Infection Transmission Precautions](#)
- ✓ Use Personal Protective Equipment (PPE)
- ✓ Optimize PPE Supply
 - [CDC - Optimizing PPE Supply Strategy](#)
- ✓ PPE donning/doffing:
 - ***PPE is only effective with proper use!***
 - ***Learn CDC tips for proper use PPE:***
 - [CDC - Proper Use of PPE \(COVID-19\)](#)
 - [CDC - Proper Use of Respirator Mask \(FAQ\)](#)
 - More videos on proper donning N95/Respirator mask:
 - [Video 1 \(3M 1870\)](#)
 - [Video 2 \(3M 1860/1860S\)](#)



3. Isolation continued...

- ✓ Monitor the person for worsening symptoms.
- ✓ Know the emergency warning signs.
- ✓ Ensure proper hydration.
- ✓ If indicated and at the advice of the physician, provide over the counter medications to help with symptoms.
- ✓ Limit contact with the individual

[CDC - What to do if you are sick or caring for someone who is sick?](#)



Isolation continues...

- ✓ When does Isolation end?
 - [CDC - What to do if you are sick or caring for someone who is sick?](#)
- ✓ People with COVID-19 can stop isolation when there is no fever for 3 full days (without medication), symptoms have improved and either the person was tested twice negative, or at least 7 days passed since symptom onset.
- ✓ This means the person is not likely to be contagious anymore.
- ✓ Please also follow the direction of the consumer's physician and the local public health department.

4. Emotional Support Strategies

Ideas:

- ✓ Remember Whole Person Planning
- ✓ Focus on Self-care
- ✓ Take intentional breaks
- ✓ Heathy eating and good nutrition is important for healing
- ✓ Exercise (Use videos online or just put on music and dance!)
- ✓ Avoid boredom and stay busy
- ✓ Arts, Crafts, Puzzles and Games
- ✓ Stay connected to people with family or friend using virtual/social media
- ✓ Assist Individuals with virtual connections to engage with loved ones (family, friends or favorite staff members)
- ✓ Organize a Zoom Dance Party with Individuals
- ✓ Contact your Regional Center to see if there are any community vendors offering free virtual classes
- ✓ Assist Individuals to start new hobbies such as gardening or cooking

<http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Emotional Support Strategies continues...

10 Tips to Support Someone During Times of Change

- Create structure
- Lower demands and participate in familiar and preferred activities
- Provide a quiet space
- Increase physical activity
- Create a list of “break” activities



- Create a picture album
- Write comforting words or phrases
- Journaling
- Keep a list of phone numbers
- Have a plan

5. Strategies for Individuals who do NOT want to stay home



- Encourage and educate individuals about the risks of COVID-19 and exposure
- Discuss safe alternatives such as walks in their neighborhood
- If individuals must go out into the community, educate to ensure they are being responsible by wearing masks, social distancing and washing hands properly
- Communicate often to determine if the individual has been exposed or if they need assistance. Do they have a mask?

6. Additional Resources

COVID-19 Training Resources

- <https://www.dds.ca.gov/corona-virus-information-and-resources/>
 - Coronavirus Information and Resources
- https://covid19.ca.gov/img/wp/california-surgeon-general-stress-busting-playbook-draft-v2clean_ada-04072020.pdf
 - Stress relief during COVID-19
- <https://www.relias.com/topic/coronavirus>
 - How to prepare for Coronavirus and Influenza
- <https://www.who.int/westernpacific/news/multimedia/video/covid19>
 - COVID-19 videos from the World Health Organization
- https://palms-awss3-repository.s3-us-west-2.amazonaws.com/Shared_Content/BAS/VTT/2020+VTT/COVID+and+Communication+webinar+April+2020.pdf
 - Supporting individuals that are deaf or hard of hearing
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
 - Disinfecting your home
- <http://www.gmsavt.org/3665-2/>
 - A Self-Advocate's Guide to COVID-19

7. Takeaways

- Health Passport Examples: A Health Passport is a one-page document that tells doctors about the individual you are serving medical needs

[Health Passport Example #1](#)

[Health Passport Example #2](#)

[Health Passport Example #3](#)

[Health Passport Example #4](#)

[Health Passport Example #5](#)

[Spanish](#)

- [Educational Infographics from World Health Organization](#)
 - When sharing these infographics, include accompanying text to complete the message
- [Example of a Communication Profile and Care Needs Form](#)
- http://www.gmsavt.org/wp-content/uploads/2020/05/Part_2_Tips_For_Working_With_Support_Staff_During_COVID-19.pdf
 - Tips For Working With Support Staff During Covid-19
- http://www.gmsavt.org/wp-content/uploads/2020/05/Part_1_Basic_Covid-19_Information.pdf
 - Basic Covid-19 Information By And For People With Disabilities



Questions?

What questions have people asked you?

What COVID-19 Myths have you heard?

