

THINGS TO KEEP IN MIND:

A lot of your questions will be answered in this website: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

When to use the disposable gowns, goggles and surgical masks?

When assisting individual who is symptomatic or who is a high risk population with direct care an close assisting at less than arms-length such as toileting, bathing, or similar. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- Pregnant females.

When caring from someone who has been asked to self-quarantine.

When to use the specialized N95 or PFF@ mask I received?

Reserve the use of N95 or PFF2 masks only when you need to care for some who has received confirmed diagnosis of COVID19+ and has been asked to self-quarantine. You may also use this specialized mask to provide close care contact for someone confirmed COVID 19+ for the next 72 hrs following their discharge from the hospital.

If the person you are caring for doesn't fall in this category you do not an specialized mask and you could be able to help them to stay protected and protect yourself by using a regular surgical mask.

Once you are assigned a mask you may reuse it for as long as the mask is kept clean, in a storage plastic bag and it has not become in contact with any bodily fluids from an external source.

Strategies to optimize PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>

We encourage the provider that once their masks are no longer reusable, they recycle them all in a plastic bag and save them. The organization is exploring into the possibility of decontaminating the masks via a recently approved FDA process with a Lab in Ohio, however this is at this time a potential option only.

How to fit a specialized N95 or PFF2 mask? <https://www.youtube.com/watch?v=05wyH1-mLGk>

Daily life and coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Clean and disinfect: <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html>

How to put on Gowns, gloves, goggles and masks?

<https://www.youtube.com/watch?v=quwzg7Vixsw>

What residents can do?

Residents can follow the recommendations for persons at higher-risk of COVID-19 to protect themselves and others:

- Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place/common area.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, and eyes.
- Additionally, they can avoid close contact:
- Stay in your homes or outdoors away from groups of people, as much as possible.
- Limit visitors to persons essential to maintaining their health, well-being, and safety. Social interaction is important; however, in-person social interactions are associated with increased risk of infection.
- Learn and practice alternative ways to interact, including replacing in-person group interactions with video or telephone calls.
- Learn more about managing stress and anxiety during COVID-19.
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Visitors: The CDC recommends:

Consider limiting the number of non-essential visitors.

Retirement communities, specialized residential, and ILF may want to consider limiting visitation (e.g., maximum of one visitor per resident per day, restricting visitors with recent travel and those with symptoms of COVID-19), especially in common areas, to workers, volunteers, and visitors who are

essential to preserving the health, including mental health, well-being, and safety of residents. Advise persons that maintaining social distancing (at least 6 feet) can help reduce coronavirus transmission.

Clean and disinfect: The CDC recommends us to clean and disinfect all common areas and shared facilities.

- Clean and disinfect common spaces daily
- Give special attention to high-touch surfaces, including, but not limited to, door handles, faucets, toilet handles, light switches, elevator buttons, handrails, countertops, chairs, tables, remote controls, shared electronic equipment, and shared exercise equipment.
- Ensure staff follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, necessary personal protective equipment, etc.). A list of products that are EPA-approved for use against the virus that causes COVID-19 is available here at this link <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>