



COVID 19 & Community Based Infection Control Strategies

Presented by:
The Virginia Department of Behavioral Health and Developmental Services
The Office of Integrated Health
Health Supports Network

Learning Objectives

- 1. Identify 3 symptoms of COVID-19.**
- 2. Identify 3 things you can do to slow the spread of COVID-19 to others.**
- 3. Identify those at highest risk of serious complications from COVID-19.**
- 4. State ways to stop the spread of infection.**
- 5. Identify reputable agencies that have websites which offer accurate information on COVID-19.**
- 6. Describe the correct technique and time needed to wash your hands.**
- 7. Be able to state the correct techniques to clean and disinfect surfaces.**
- 8. Be able to name one disinfectant that can kill COVID-19.**

Important Terms and Definitions

- **Alcohol based hand rub-** alcohol based solution that contains between 60-95% alcohol reduces the number of organisms on the hands (CDC, 2002).
- **Antimicrobial soap-** a soap containing agents to reduce microbes (CDC, 2002).
- **Antiseptic hand wash-** using soap and water or other detergents that have an antiseptic agent (CDC, 2002).
- **Hand washing-** using plain water and soap to wash hands (CDC, 2002).
- **Hand Hygiene-** refers to performing handwashing, antiseptic hand rub, or surgical hand antisepsis (CDC, 2002).
- **Plain Soap-** detergents that lather, but contain no antimicrobials (CDC, 2002).
- **Visibly Soiled Hands-** dirt, grease, oils, and other visible materials can be seen on the hands (CDC, 2002).
- **Microbes-** small living organisms (O'Toole, 2017).
- **Vaccine-** preparation containing micro-organisms for producing immunity to disease (O'Toole, 2017).
- **Germs-** a type of microbe that can cause disease (CDC, 2002).
- **Community spread-** means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Pre-Test

1. State 3 symptoms of COVID19.

a. _____ b. _____ c. _____

2. Describe 3 actions you can take to slow the spread of COVID19 to others.

a. _____
b. _____
c. _____

3. Older adults and people with underlying health conditions are at highest risk of serious complications from COVID19?

a. True
b. False

4. To lower your risk of contracting COVID-19, please refrain from touching your _____, _____ and _____ with unwashed hands. (*Choose 3 answers*)

a. Eyes b. Feet c. Nose d. Mouth

Pre-Test

5. Identify trusted reputable sources offering accurate information on COVID19.

- a. Virginia Department of Health (VDH).
- b. Department of Behavioral Health and Developmental Services (DBHDS).
- c. Centers for Disease Control and Prevention (CDC).
- d. Social Media.
- e. Saturday Night Live.

6. To effectively clean your hands, you must wet your hands with soap and water and rub all surfaces of your hands briskly for at least ____ seconds.

- a. 5
- b. 180
- c. 60
- d. 20

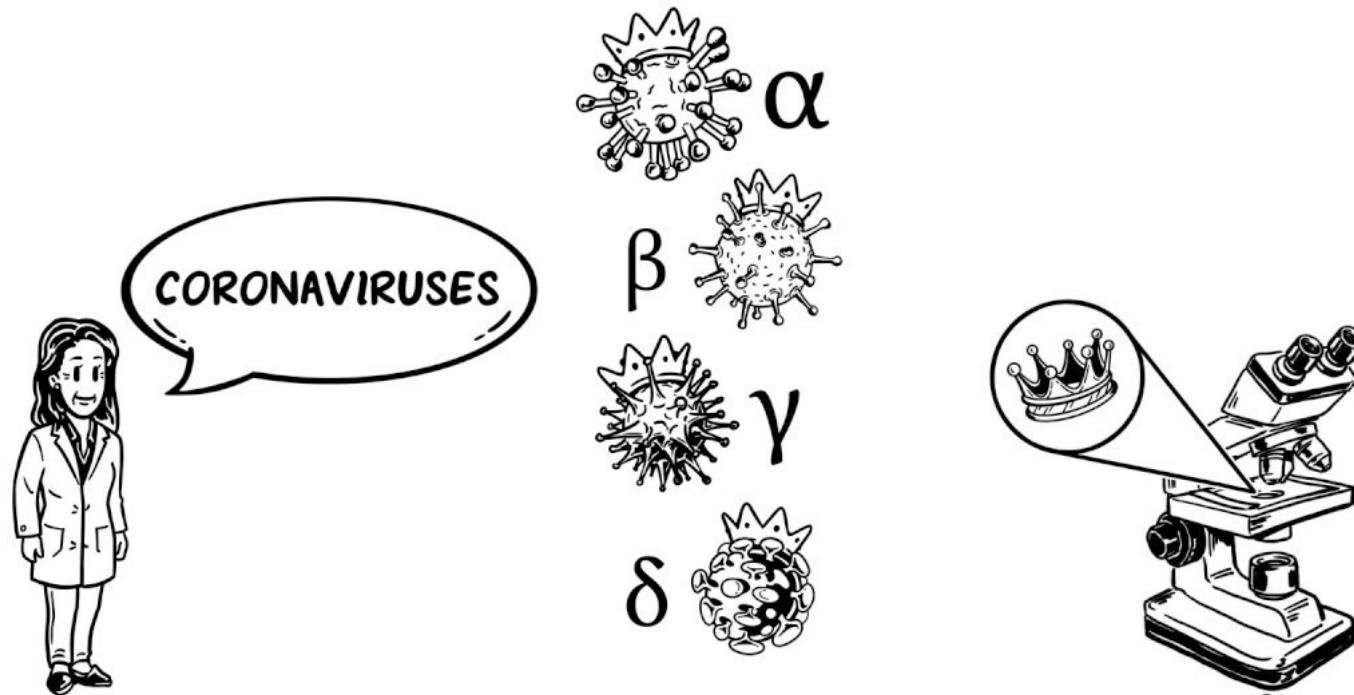
7. Routinely clean and disinfect surfaces you touch frequently, such as:

- a. Cell phones.
- b. Computers.
- c. Door knobs and handles.
- d. Light switches.
- e. All of the above.

8. You should use hand sanitizer with at least ____% alcohol to kill COVID19.

- a. 20%
- b. 10%
- c. 100%
- d. 60%

CDC Video: What is a Pandemic?



Note: To play video or follow the link <https://www.youtube.com/watch?v=aZDY5T5oZPc>.

What is COVID-19?

COVID-19 is a Coronavirus

- COVID-19 is an acronym that stands for coronavirus disease of 2019.
- COVID-19 is a *new/novel* coronavirus that has not been previously identified.
- COVID-19 is the name of the disease caused by the SARS-CoV2 virus.
- The COVID-19 virus was first identified in Wuhan, China.
- COVID-19 is *not the same* as the coronaviruses that circulate among humans and cause mild illness like the common cold.
- COVID-19 is a respiratory illness that can spread from person to person.

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



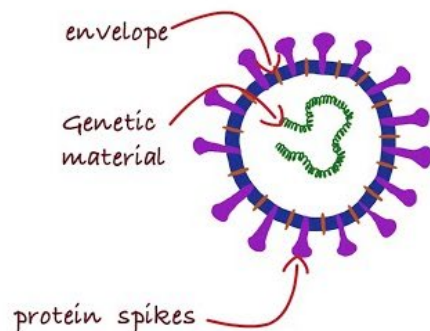
cdc.gov/COVID19-symptoms

- Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.
- These symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).

WHO Video: Novel Coronavirus Overview

2019 NOVEL CORONAVIRUS

large group of viruses



crown = "corona"

circulate in a range of animals



respiratory

↓
common cold
pneumonia

some cause severe disease

SARS - COV	China - 2003
MERS - COV	Saudi Arabia - 2012
2019 N- COV	China - ?



Hundreds of cases
spread within China
and other countries



To play video or follow this link <https://youtu.be/mOV1aBVYKGA>.

Please note: in this 1/30/2020 video the WHO refers to the spread of COVID-19 globally as "limited".
However, the WHO officially declared COVID-19 a global pandemic on 3/19/2020.

How are Viruses such as COVID-19 Spread?

Spreading of Infections in General

There are three things that must occur for infections to spread:

- 1. SOURCE** - Refers to a virus, bacteria, germs.
- 2. A HOST** - A person/environment.
- 3. TRANSMISSION** - A vehicle
(i.e. a way for germs, bacteria,
or a virus to be moved (CDC, 2016)).



*** Remember : germs, bacteria, or viruses cannot move themselves. They depend on us to touch surfaces, cough, sneeze, or exchange bodily fluid.***

How Does COVID-19 Spread?

Person-to-person spread

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).

Respiratory droplets of a cough or sneeze

- The virus is produced when an infected person coughs or sneezes.
- These droplets can land in the mouth, noses, or eyes of people who are nearby or possibly be inhaled into the lungs.

Contact with infected surfaces or objects

- The virus may spread to a person by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Does COVID19 Spread Easily?

- How easily a virus spreads from person-to-person can vary.
- Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily.
- Another factor is whether the spread is sustained (continued over time).
- The virus which causes COVID-19 *seems to be* spreading easily and it's "community spread" is being sustained in some geographic areas.
- *Community spread* means people have been infected with the virus in a geographical area, and they may be unsure how or where they became infected.
- How easily COVID-19 can spread is dependent on specific infection control measures such as social distancing, hand hygiene, cough/sneeze etiquette.

How Covid-19 spread through a Hunan bus



Who is at Risk of Contracting COVID-19?

Everyone is at Risk of Contracting COVID-19!



EVERYONE

Who is at Highest Risk of Severe Illness from COVID-19 Infection?

Individuals with pre-existing (“comorbid”) medical diagnoses/conditions are considered to be at higher risk for developing severe illness if infected by COVID-19.

(This is not an all inclusive list)

- Heart Disease
- Hypertension
- Obesity
- Diabetes
- Lung Disease
(Asthma, COPD)
- The Elderly
- Individuals with Disability
(CDC, 2019)

People with disabilities experience high rates of chronic health conditions (diabetes, obesity, heart disease) (Scott & Haverkamp, 2014).

All chronic health conditions affect quality of life and can weaken the body's immune response (Scott & Haverkamp, 2014).

Therefore, individuals with developmental disabilities may be more likely to experience more severe illness if infected with COVID-19.

*Healthy individuals are at relatively low risk for serious complications.*¹⁸

Who is at Highest Risk of Becoming Infected with COVID-19?

Individuals with Disabilities...

- Who have limited mobility or who cannot avoid coming into close contact with others who may be infected, such as direct support providers and family members.
- Who have trouble understanding information or practicing preventive measures, such as hand washing and social distancing.
- Who may not be able to communicate symptoms of illness.
- Who live in congregate settings (group homes, etc.).

Isolate the individual and notify the individual's physician as soon as first signs of the illness are observed.

How do we lower the Risk of COVID-19 Spread in the Community?

General Strategies to Prevent all Types of Infections

- Regularly wash hands.
- Use hand sanitizer, if hand washing is unavailable.
- Avoid touching your eyes, nose, and mouth.
- Use your elbow when coughing or sneezing.
- Thoroughly cook meat and eggs.
- Avoid crowds.
- Avoid close contact with anyone if you are sick.
- Avoid close contact with anyone showing symptoms of any respiratory illness (i.e. coughing and sneezing), even if they have not been diagnosed with COVID-19.

PREVENTION OF CORONAVIRUS



DISINFECT



WASH HANDS



STAY HOME, WHEN SICK

- Frequent cleaning of habitually touched surfaces (*i.e. tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks*) with household cleaners and EPA-registered disinfectants (CDC, 2020; WHO, 2020).

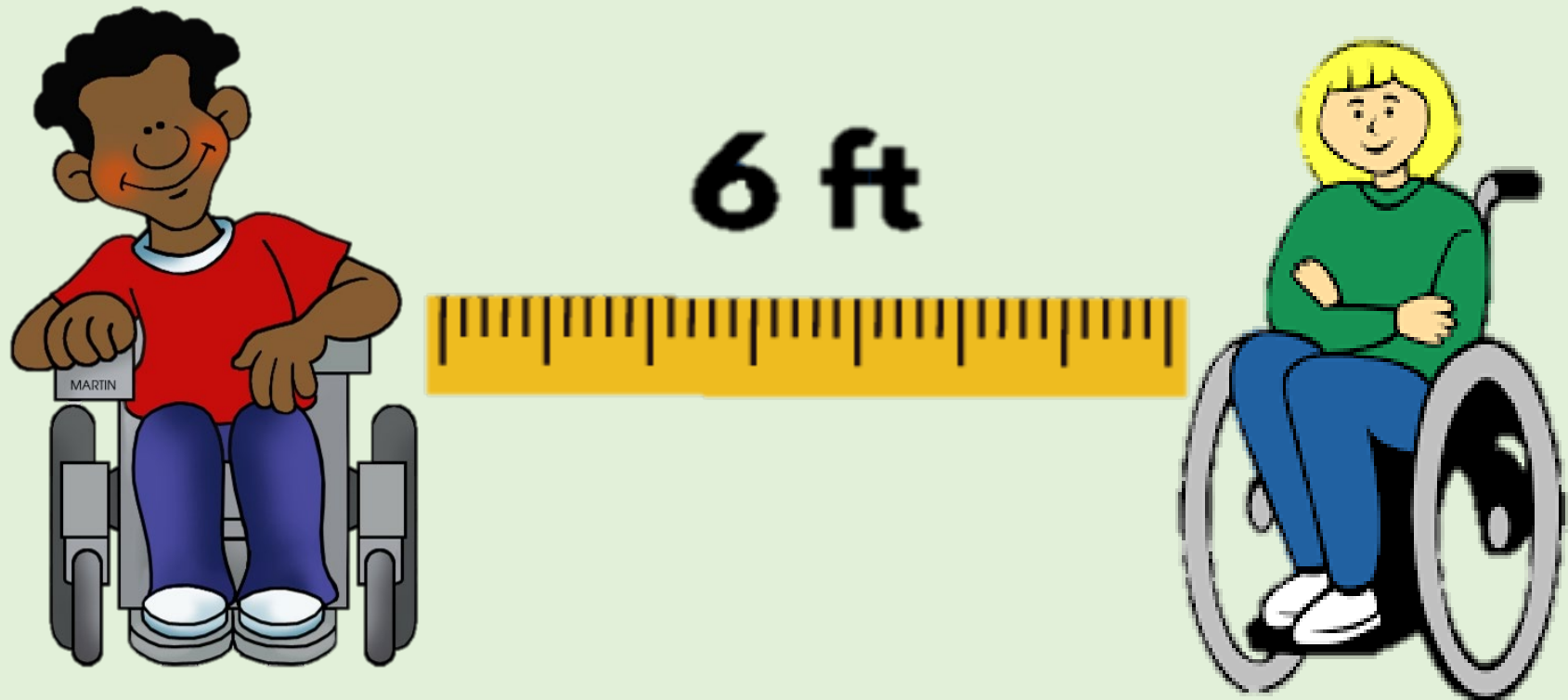
How do we lower the Risk of COVID-19 Spread from Person to Person in the Community?

Modify Visitation Policies

- Restrict visitors & volunteers to minimize the risk of introducing the virus into the home/group home.
- Send letters or emails to families advising them that no visitors will be allowed into the home/group home until further notice.
- Post signs at the entrances to the facility advising that no visitors may enter the home/group home.
- Implement alternative methods for visitation with family and friends using a tablet or smart phone video conferencing device, etc.



Practice Social Distancing as Much as Possible



Social Distancing Tips

- Creating social distance may include cancelling planned events.
 - Avoiding crowded events.
 - Staying home.
 - Working from home.
 - Avoiding sick people (those who are coughing, sneezing).
 - Staying home when you do not feel well.
 - Limiting trips into stores by shopping on-line.
 - Connecting with family via electronically, instead of in-person (Johns Hopkins, MD).
- **Social distancing is recommended because people who have COVID-19 may not show any symptoms, but can still infect other people.**

Promote Safe Greetings

To prevent COVID-19 it is
safest to avoid physical
contact when greeting.
Safe greetings include a
wave, a nod, or a bow.

How should I greet
another person to avoid
catching the new
coronavirus?



Discourage/ Avoid Shaking Hands

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



Provide Adequate Cleaning Supplies

- **Be sure to provide adequate supplies for good hygiene, including handwashing stations with soap and water, paper towels, and lined trash cans.**
- **Institute routine cleaning and disinfection of surfaces, especially those that are frequently touched. Include surfaces throughout the facility, including kitchens, bathrooms, and common areas.**
- **Refer to List N on the EPA website for EPA-registered disinfectants that have been qualified for use against SARS-CoV-2, the coronavirus that causes COVID-19.**

Find it here:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds.
- Soap and water should be used preferentially if hands are visibly dirty.
- Clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Frequently Wash Your Hands

One of the best ways to protect yourself and others from any infection is to frequently wash your hands.

- After removing gloves.
- After coughing or sneezing.
- After blowing your nose.
- After cleaning anything.
- After taking out the trash.
- After using the bathroom.
- BEFORE & after handling any raw meat.
- BEFORE & after preparing any food.
- BEFORE eating.
- After handling a pet or pet food.
- After providing care to someone.
- After helping an individual use the toilet.
- After changing a diaper or incontinence brief.
- After providing medical care (CDC, 2019).



How to Properly Wash Your Hands

There are five basic steps recommended by the CDC for hand washing:

- 1) Wet hands with warm running water and apply soap.
- 2) Lather up! Rub hands together, rub in-between fingers and finger nails.
- 3) Rub hands together for at least 20 seconds. If you need a way to time yourself, sing “Happy Birthday or Twinkle, Twinkle Little Star” twice.
- 4) Rinse hands with running water until all soap is gone.
- 5) Dry hands by using a clean paper towel or air dryer (CDC, 2019).

Finger nail length increases pathogens on finger tips and under nails (CDC, 2002).



Help staff and individuals by utilizing posters in restrooms detailing proper hand hygiene.

Handwashing Before & After PPE

**The first and last step in the use of
Personal Protective Equipment**



To play video follow this link- <https://youtube/eZw4Ga3jg3E>.

How to use Hand Sanitizer

- Apply the correct amount of gel to the hand. Read the instructions to determine how much is appropriate for that product.
- Rub hands together vigorously.
- Spread gel over all surfaces of the hand (front, back, in-between fingers, around finger nails.) (CDC, 2019)
- **Do not blow on hands to dry.**



DANGER !

Hand sanitizer is not meant for oral consumption! It can cause alcohol poisoning (CDC, 2019).

**How do we lower the
Risk of Virus Spread
via
Respiratory/Droplet
in the Community?**

Cover Your Coughs & Sneezes

- Sick individuals should cover their noses and mouths with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available).
- Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds.



Use Fabric Face Coverings

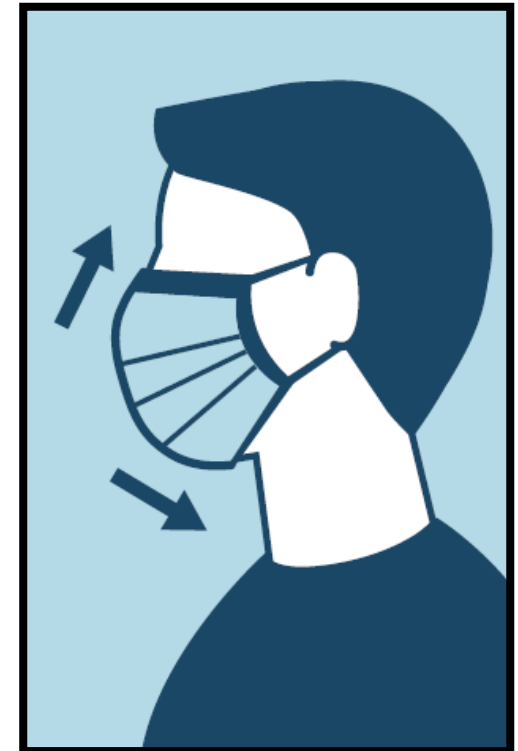
CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.



Placement of Fabric Face Coverings

How to Wear Cloth Face Coverings

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 breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



Cleaning Fabric Face Coverings

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Practical Tips for Disinfecting a Fabric Face Mask

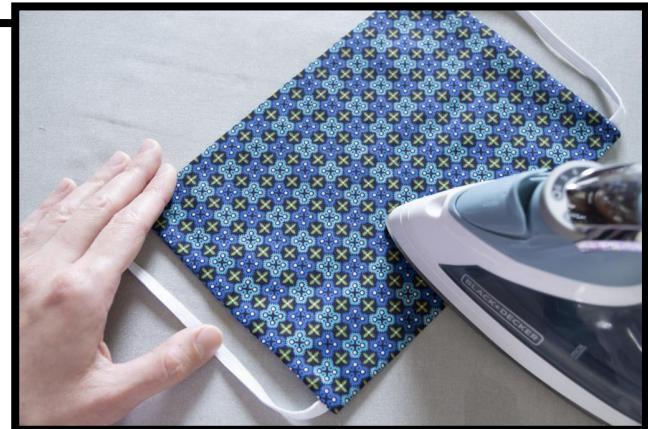
Launder & Iron Fabric Face Masks

**Typical Steam Iron Temperatures Are
Capable of Killing Most Germs**

Average Temperature of Steam Irons Per Setting

Textile		
Cotton	204 °C / 400 °F	180–220 °C
Linen (flax)	230 °C / 445 °F	215–240 °C

**Boiling Point of Water to
Produce Steam is 212
Degrees Fahrenheit.**

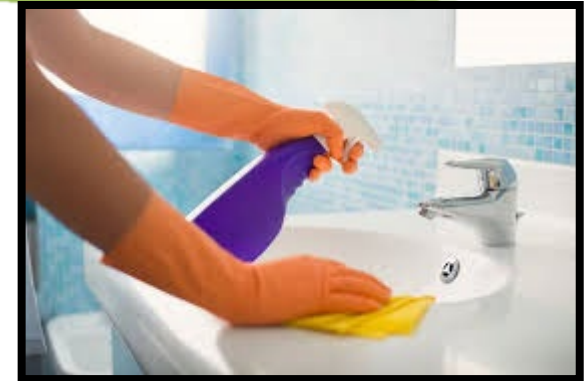


How do we lower the Risk of Virus Spread via Surface Contact?

Clean All

“High-Touch” Surfaces Everyday

- High touch surfaces include working counters, tabletops, doorknobs, steering wheels, keys, vehicle door handles, tools, cell phones, keyboards, and tablets.
- Clean any surfaces that may have come in contact with items that might have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.



Clean Soft Surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- **Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.**
- **Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.**

OR

- **Disinfect with an aerosol EPA-registered household disinfectant. All products on this [EPA list meet criteria](#) for use against SARS-CoV-2, the virus that causes COVID-19.**



Cleaning Electronics

For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a wipe able cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting.
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

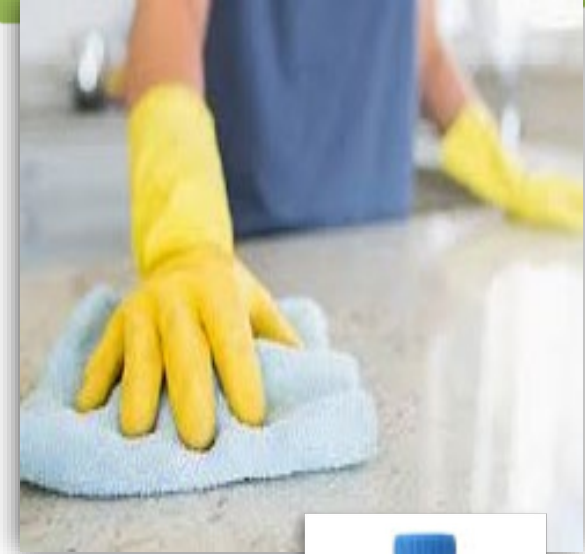


Cleaning and Disinfection Tips

- Wear gloves when cleaning and disinfecting surfaces.
- When surfaces are visibly dirty, they should be cleaned using a detergent or soap & water prior to disinfection.
- Diluted household bleach can be used (if appropriate for surfaces). Follow manufacturer's instructions for application and proper ventilation.
- Never mix household bleach with ammonia or any other cleanser (CDC, 2020).

Prepare bleach solution by mixing:

- 5 tablespoons (1/3 cup) bleach per gallon of water or
- 4 teaspoons bleach per 1 quart of water (CDC, 2020).



Laundry Recommendations

- Hot-water laundry cycles should be used, wash with detergent in water $\geq 160^{\circ}\text{F}$ ($\geq 71^{\circ}\text{C}$) for ≥ 25 minutes.
- Hot-water laundry cycles and 1 cup of bleach can be used for white fabrics (towels, wash cloths, etc.). An extra rinse cycle can help get rid of any bleach residue.
- Package, transport, and store clean textiles and fabrics by methods that will ensure their cleanliness and protect them from dust and soil during inter-facility loading, transport, and unloading.
- Do not leave damp textiles or fabrics in machines overnight.
- After washing, put in clothes dryer and dry on hottest setting each fabric will tolerate.



Laundry Tips

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- Remove gloves, and wash hands right away.



Donning PPE

Demonstration of How to Put On and Take Off PPE



To play the video follow this link - <https://vimeo.com/399525901/9b6cacca09>

Practical Tips for Coming & Going

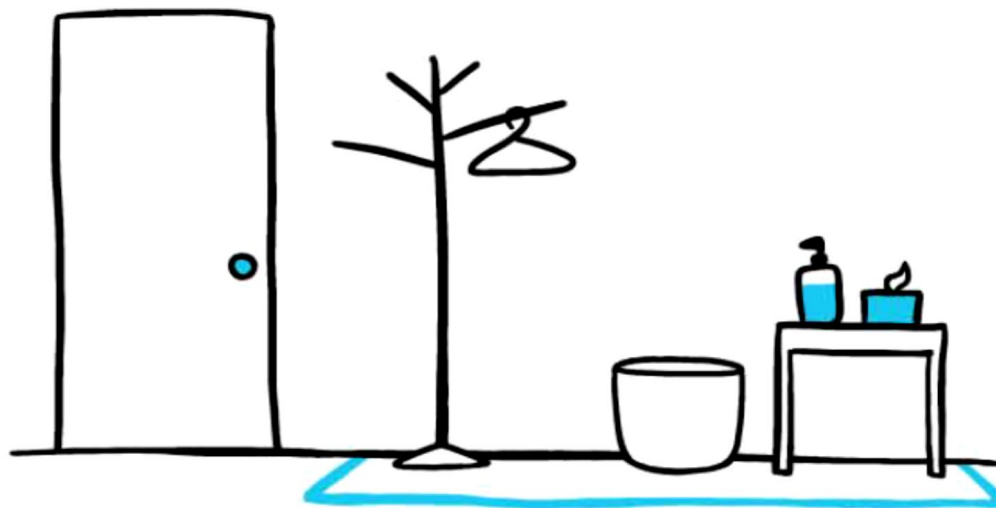
Coming & Going

Prep: Create and Mark a Hot-Zone near your home entrance.

Using tape, mark off a hot-zone (contaminated area) outside front door, inside garage, or inside and near the first entry point to your home.

Place the following materials inside:

- A basket for clothes and loose items.
- Hand sanitizer (at least 70% alcohol).
- Sanitizing wipes (if unavailable, use baby wipes and alcohol).
- Coat rack or hook for outerwear/coat.



Coming & Going

Leave Shoes Outside or at the Door.



Use Shoes that Can Be Laundered.



Coming & Going

Step 1: Disrobe and Sanitize in Hot-Zone upon returning home each day.

- Stand in hot-zone.
- Sanitize hands.
- Carefully remove clothes to avoid contaminating surroundings.
- Place jacket and bag on hook or rack, and hospital clothes into basket.
- Remove shoes, and leave in hot-zone.
- Disinfect phone, keys, and other loose items.
- Disinfect door knob and any other surface touched while entering.



Coming & Going

Step 2: Wash Clothes and Shower as soon as possible.

- Place clothes in washing machine or laundry bag designated for contaminated clothes. Wash clothes when appropriate for your context.
- Wash hands with soap and water for 20 seconds.
- Shower as soon as possible.
- Put on clean clothes.



Practical Tips for Grocery Shopping

Grocery Shopping During the COVID19 Pandemic

Wash your hands immediately when you get home.

- Create a “dirty” space on your counter and a “clean” space. Start with all the groceries on the “dirty” side.
- Wash your produce with soap and water.
- Throw away all grocery bags, or wash and sanitize reusable bags.
- Wipe down your refrigerator door handles, pantry and cabinet handles that you touched while putting away the groceries. It’s a good idea to also wipe down the handles of the door you entered your home in, (you touched that handle to come inside).
- Wipe down other items that you may have touched while in the store, like your phone, keys, wallet, credit cards and purse (Leaving your purse in the car is a better idea).

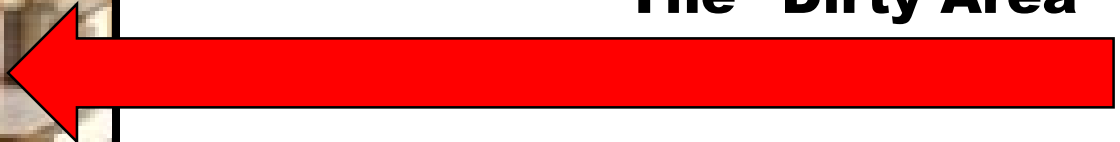
When you’re done, make sure to wash your hands again.

Clean Groceries Before Putting them Away



One area for bringing the bags in.

The “Dirty Area”



**One area for food that has
already been wiped down.**

The “Clean Area”



Shopping Tips

- Appoint **a designated person** for grocery shopping, so multiple staff members are not exposed to COVID19 in the community.
- Use reusable fabric tote bags that can be laundered in hot soapy water.
- If you use soap and water on vegetables, **make sure to rinse them very well.**
(Ingestion of soap residue can cause diarrhea.)



Dealing with COVID 19 Illness

If You Feel Sick – Stay Home

If you feel ill, stay home to prevent further spread of COVID-19

- **Persons who have symptoms of acute respiratory illness are recommended to stay home and not gather in groups, (i.e. school, church, day programs, work) until they are free of:**
 - **Fever (100.4° F [37.8° C] or greater using an oral thermometer) for at least 72 hours*. * *Without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants, acetaminophen, etc.)***
- **Employees should notify their supervisor and **stay home if they are sick.****

If You Get Sick at Work

- The CDC recommends that employees who appear to have acute respiratory illness symptoms (i.e. cough, shortness of breath) upon arrival to work or those who become sick during the day, **should be separated from other employees and be sent home immediately.**
- Each provider/manager plays a key role in continuously **assessing the health of staff and clients and implementing measures to prevent disease.**

When You are Sick

Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Follow guidance of Public Health Authorities such as Virginia Department of Health
<http://www.vdh.virginia.gov/coronavirus/>

When You are Sick

Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.



See COVID-19 and Animals if you have questions about pets.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>

Follow guidance of Public Health Authorities such as Virginia Department of Health

<http://www.vdh.virginia.gov/coronavirus/>

When You are Sick

- **Call your Primary Care Provider as soon as possible and tell them all of the symptoms you are experiencing. Schedule an appointment, if recommended.**
- **Ask the scheduler about any special instructions you may need to know in order to prepare for your appointment. (Some Primary Care Providers are asking patients to wait in their cars in the parking lot, to avoid possible spread of infection from patient to patient within their waiting rooms.)**
- **Many Primary Care Providers (and even some Medical Specialists) are now offering telehealth options. Ask your physician, if he/she is offering telehealth appointments.**

Consider Instituting a COVID-19 Symptom Screening Policy

- **Passive Screening Strategy**

Staff self-assess for fever and/or a defined set of newly present symptoms that are indicative of COVID-19.

- **Enhanced Passive Screening Strategy**

Staff self-assess for fever and/or a defined set of newly present symptoms that are indicative of COVID-19, but receive automated email, text or phone call reminders to do so.

- **In-Person Active Screening Strategy**

All staff are assessed (in-person) for symptoms prior to each shift.

- **Remote Active Screening Strategy**

All staff are required to self-assess and report the presence or lack of symptoms remotely prior to their shift.

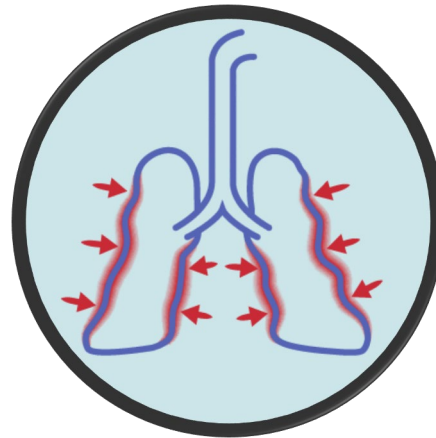


Watch for Symptoms in Others

- Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.
- These symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).



Fever



Shortness of breath



Cough

Practical Tips for Household Management When Someone is Ill

Bedroom and Bathroom

- Keep separate bedroom and bathroom for a person who is sick (if possible).
- The person who is sick should stay separated from other people in the home (as much as possible).
- If you have a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
 - Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate).
 - Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants. If they feel up to it, the person who is sick can clean their own space.
- If shared bathroom: The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

When Someone is Sick

Food

- The person who is sick should eat (or be fed) in their room if possible.
- Wash dishes and utensils using gloves and hot water: Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.



When Someone is Sick

Trash

- If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands with soap and water afterwards.



WHO Video Seven Steps to Avoid the Spread of the Virus

CORONAVIRUS



7 STEPS TO PREVENT THE SPREAD OF THE VIRUS

Dealing with Emergencies

When to Call 911

Emergency warning signs include*:

- **Trouble breathing.**
- **Persistent pain or pressure in the chest.**
- **New confusion or inability to arouse.**
- **Bluish lips or face.**

***This list is not all inclusive. Please consult the individual's medical provider for any other symptoms that are severe or concerning.**

Recovery from COVID-19

When is it Safe to be Around Others Again?

- The decision to discontinue isolation should be person-centered and be made in the context of local circumstances. Please consult the individual's Primary Care Provider (PCP) for specific care guidelines and recommendations to ensure the individual's continued health and safety and reduce the risk of any set-backs to their recovery.
- For general reference, please refer to the COVID-19 care guidelines published by the Virginia Department of Health. The printable resource is located in the resources section of this presentation, or you can download it at this link:
https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf
- For general reference, please refer to the COVID-19 care guidelines published by the Centers for Disease Control and Prevention. You can download it here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Coping with Stress



World Health
Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean

Coping with stress during the COVID-19 outbreak



Virginia Department of
Behavioral Health &
Developmental Services



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Stay Informed

Caregivers/Providers Have a Responsibility to Stay Informed

- COVID-19 is a rapidly evolving situation.
- Caregivers, providers, and program managers need to keep up with the latest guidelines from VDH and the Centers for Disease Control and Prevention (CDC). *(See the RESOURCES section for all links.)*
- Post signs for staff and visitors to keep them informed.
- You can find printable resources here:
 - CDC: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>
 - VDH: <http://www.vdh.virginia.gov/coronavirus/resources-and-support/>
 - VDH Interim Guidance for Group/Congregate Settings:
http://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/COVID_19_Congregate-Residential-Programs-Guidance_Final.pdf
 - VDH Optimization of Personal Protective Equipment in Long Term Care Facilities:
<http://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/PPE-shortage-in-LTCFs-final.pdf>

DBHDS Resources

Answering your questions:

1. Please refer to our [Frequently Asked Questions](#) (4/29/2020) for DBHDS-licensed providers.
2. To submit a new question or request additional information, please email rr-eoc_providers@dbhds.virginia.gov

Send your questions regarding:

- Requirements and guidance for DBHDS-licensed providers
- DBHDS-funded programs and services including REACH, ACT, and more
- Community Services Boards operations

Specific questions regarding potential cases of COVID-19 should be directed to your local health department.

Communicate & Report

How to Communicate with Program Staff and Individuals You Serve...

- **Be First:** Quickly sharing information about a virus can help stop the spread of that virus, and prevent and reduce illness and even death. People often remember the first information they hear in an emergency, so the first information they receive should be simple, clear and come from health experts whenever possible!
- **Be Right:** Accuracy establishes credibility.
- **Be Credible:** Honesty, timeliness, and scientific evidence encourage staff and the individual they serve to trust your information and guidance. Acknowledge when you do not have enough information to answer a question and then work with the appropriate experts to get an answer.
- **Express Empathy:** Disease outbreaks can cause fear and disrupt daily lives.
- **Promote Action:** In an infectious disease outbreak, public understanding of and action on disease prevention is key to stopping the spread. Keep plans and directions simple.
- **Show Respect:** Respectful communication is particularly important when people feel vulnerable. Respectful communication and active listening promotes cooperation within program staff and the individual they serve. Be mindful of stigma when someone is infected or sick. We are all doing the best we can – avoid placing blame.

Finally, Do not dismiss fears or concerns and give people a chance to talk and ask questions.

Reporting to the Office of Licensing

**All presumptive positive and
laboratory confirmed cases of
COVID-19 are to be reported in the
DBHDS incident management
system: CHRIS**

For guidance from the Office of Licensing follow the link:

<http://www.dbhds.virginia.gov/assets/doc/El/serious-incident-reporting-of-covid-19.pdf>

Thank you!!

**The End...
Additional
Resources and
Pre-Test
Answers to follow**

Answers to the Pre-Test

Pre-Test Answers

1. State 3 symptoms of COVID19.

a. Fever

b. Cough

c. Shortness of breath

2. Describe 3 actions you can take to slow the spread of COVID19 to others.

a. If you feel sick, stay home.

b. Wash your hands frequently.

c. Practice social distancing- stay 6 ft. away from other people.

3. Older adults and people with underlying health conditions are at highest risk of serious complications from COVID19?

a. True

b. False

4. To lower your risk of contracting COVID-19, please refrain from touching your _____, _____ and _____ with unwashed hands. (*Choose 3 answers*)

a. Eyes

b. Feet

c. Nose

d. Mouth

Pre-Test Answers

5. Identify trusted, reputable sources offering accurate information on COVID19.
- a. Virginia Department of Health (VDH).
 - b. Department of Behavioral Health and Developmental Services (DBHDS).
 - c. Centers for Disease Control and Prevention (CDC).
 - d. Social Media.
 - e. Saturday Night Live.
6. To effectively clean your hands, you must wet your hands with soap and water and rub all surfaces of your hands briskly for at least ____ seconds.
- a. 5
 - b. 180
 - c. 60
 - d. 20
7. Routinely clean and disinfect surfaces you touch frequently, such as:
- a. Cell phones.
 - b. Computers.
 - c. Door knobs and handles.
 - d. Light switches.
 - e. All of the above.
8. You should use hand sanitizer with at least ____% alcohol to kill COVID19.
- a. 20%
 - b. 10%
 - c. 100%
 - d. 60%

Additional Resources

Fabric Face Mask Tutorial

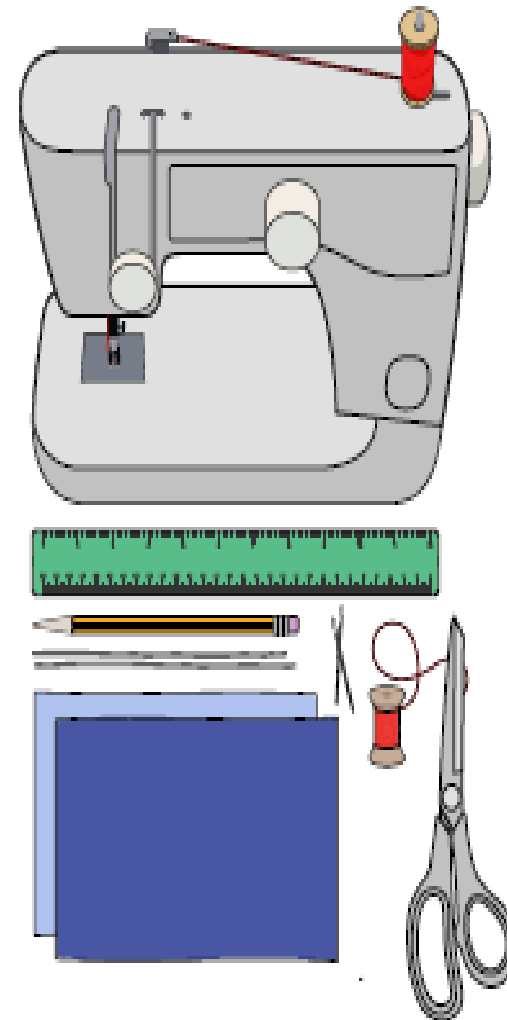
Sewing

Fabric Face Coverings

Sewn Cloth Face Covering

Materials

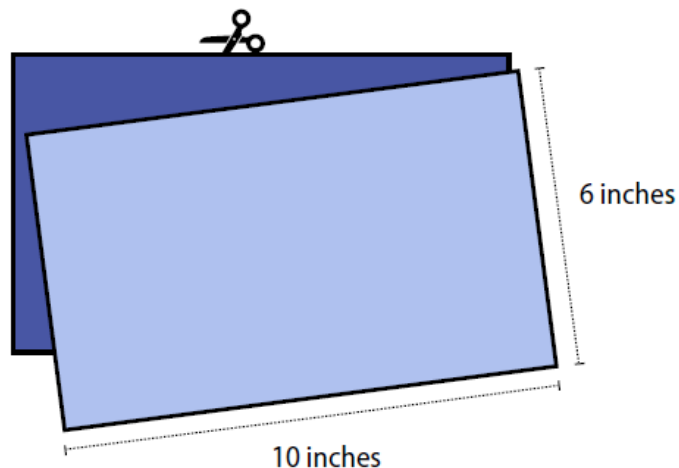
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic
(or rubber bands, string,
cloth strips, or hair ties)
- Scissors
- Sewing machine



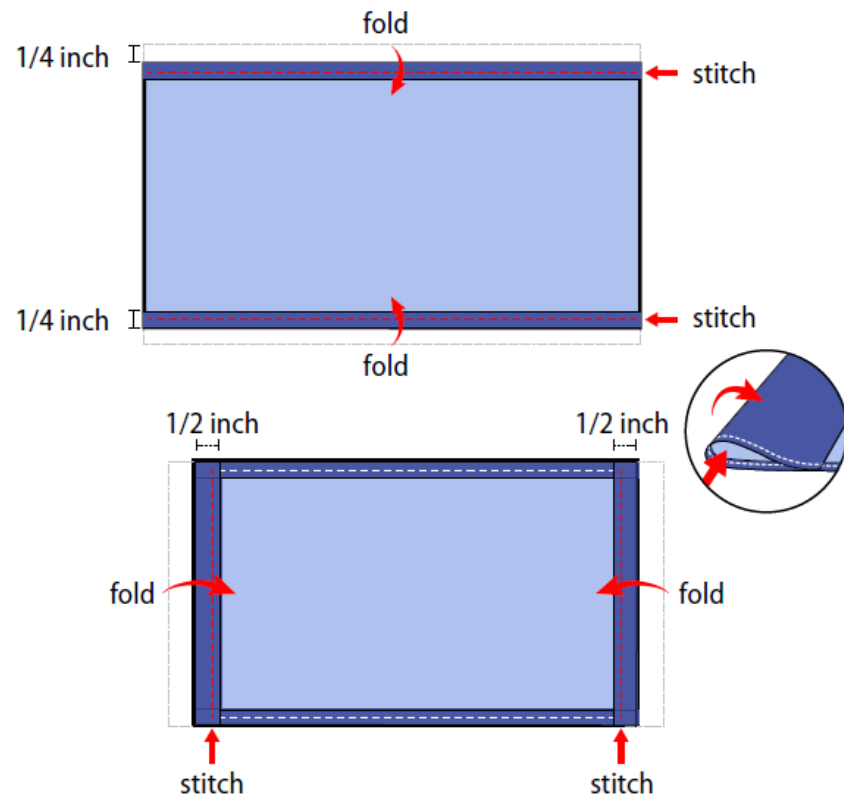
Tutorial: Fabric Face Coverings

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.

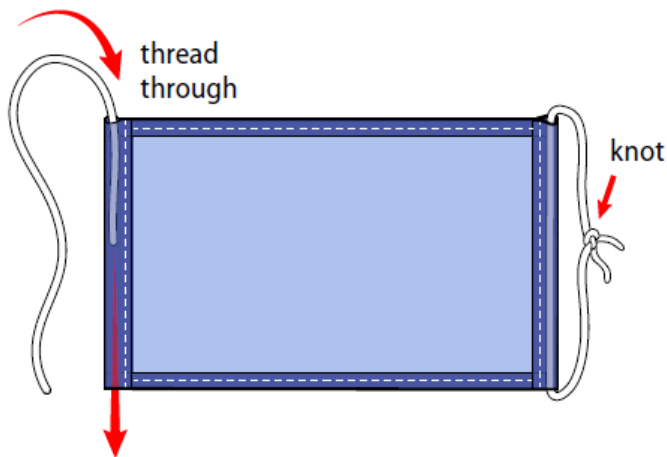


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

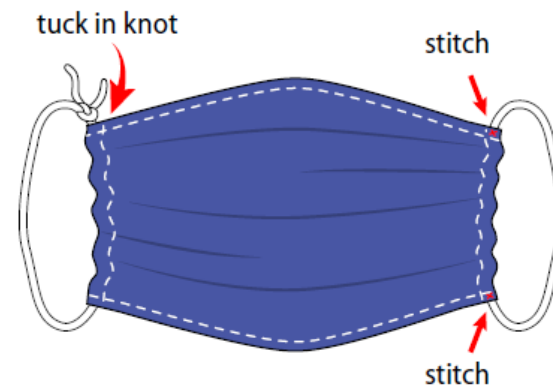


Tutorial: Fabric Face Coverings

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



Tutorial: Fabric Face Coverings

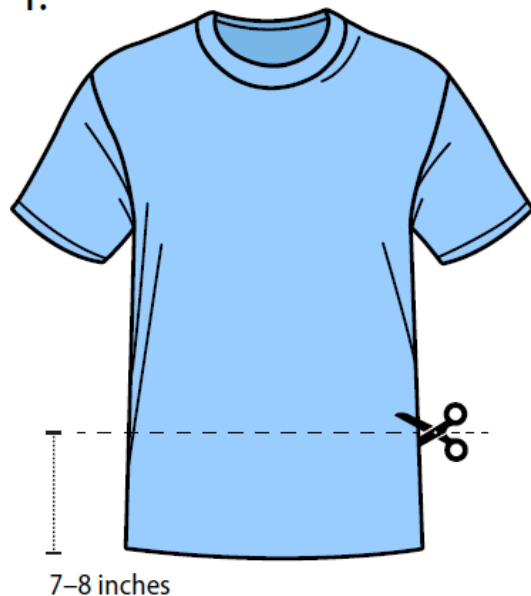
Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

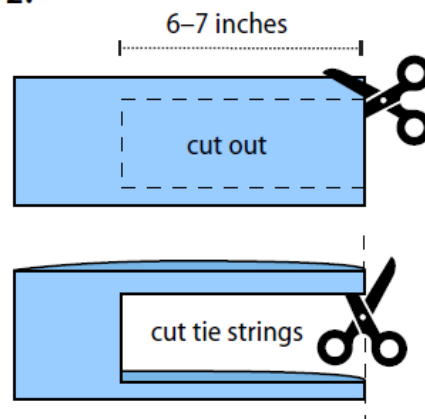
- T-shirt
- Scissors

Tutorial

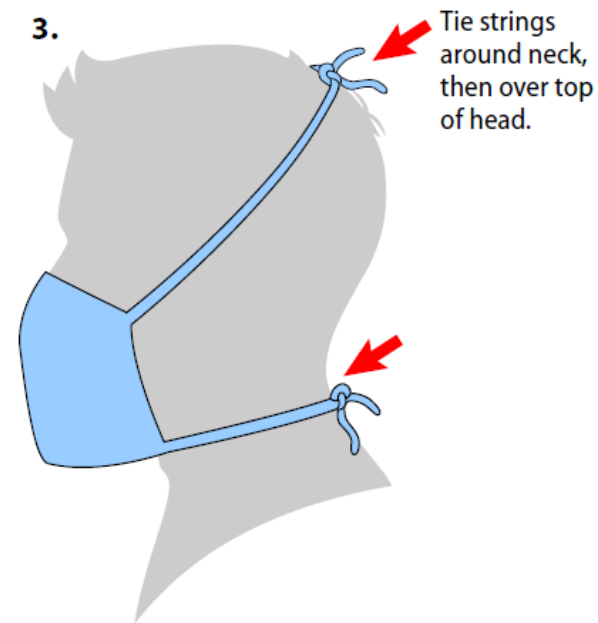
1.



2.



3.



Tutorial: Fabric Face Coverings

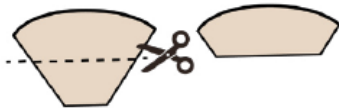
Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

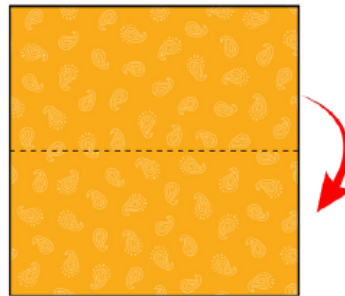
Tutorial

1.

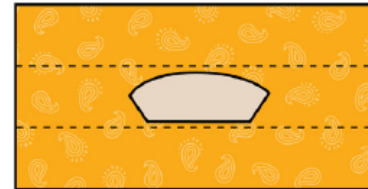


cut coffee filter

2.



3.



Fold filter in center
of folded bandana.

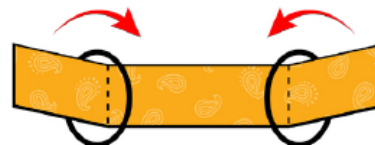
Fold top down. Fold bottom up.

4.



Place rubber bands or hair ties
about 6 inches apart.

5.

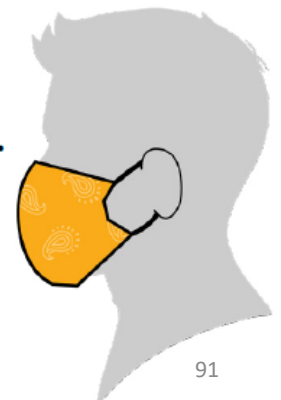


Fold side to the middle and tuck.

6.



7.



Additional Resources

Check out the link below for info on proper food preparation:

<https://www.mayoclinic.org/diseases-conditions/infectious-diseases/symptoms-causes/syc-20351173>

For a list of EPA registered disinfectants:

<https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>

Printable CDC Poster for Contact Precautions:

<https://www.cdc.gov/infectioncontrol/pdf/contact-precautions-sign-P.pdf>

Printable CDC Poster for Droplet Precautions:

<https://www.cdc.gov/infectioncontrol/pdf/droplet-precautions-sign-P.pdf>

Printable CDC poster for Airborne Precautions:

<https://www.cdc.gov/infectioncontrol/pdf/airborne-precautions-sign-P.pdf>

For a list of preventable disease and vaccines:

<https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html#vpd>

For more information on vaccines:

<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

For more information and tips on handwashing:

<https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

Printable CDC Posters on handwashing:

https://www.cdc.gov/handwashing/pdf/handwashingPoster_B_8x11_ENG-p.pdf

https://www.cdc.gov/handwashing/pdf/handwashingPoster_A_8x11_ENG-p.pdf

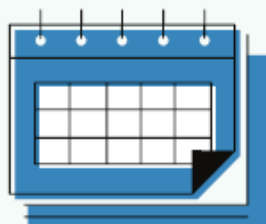
Printable hand sanitizer fact sheet:

<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING ISOLATION IN NON-HEALTHCARE SETTINGS

For persons with confirmed COVID-19 or suspected COVID-19 to know when they are no longer contagious:

WITHOUT TESTING



If you had COVID-19 symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You have had no fever for at least 72 hours (that is 3 full days of no fever without fever-reducing medicine), AND
- ✓ Other symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ At least 7 days have passed since your symptoms first appeared.

If you tested positive for COVID-19 and never had any symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after:

- ✓ At least 7 days* have passed since the date of your first positive COVID-19 diagnostic test.
- However, take extra precautions for at least 3 more days:
- ✓ Keep your distance (at least 6 feet) from others and wear a cloth face covering whenever you are around others (including at home).

*Healthcare personnel in this group should be excluded from work until at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and adhere to return to work practices and work restrictions (see below**).

WITH TESTING



If you will be tested to determine if you are still contagious, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You no longer have a fever (without fever-reducing medicine), AND
- ✓ Other symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ You received two negative COVID-19 tests in a row, 24 hours apart***.

**after returning to work, healthcare personnel should follow [return to work practices and work restrictions](#) until 14 days after illness onset (e.g., restrict contact with severely immunocompromised patients, wear a facemask at all times and self-monitor for symptoms).

***all test results should be final before isolation is ended.

Preferred for:

- Healthcare personnel**
- Persons that have a condition or take medication that weakens the immune system
- Persons who work in critical infrastructure or with high-value human assets (e.g., military)

WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING QUARANTINE AND RETURN TO WORK FOR EXPOSED PERSONS

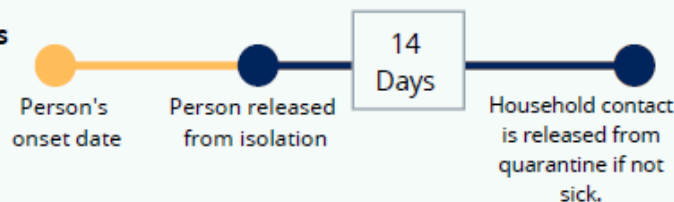
A potential exposure means being a household contact or having close contact within 6 feet of a person with confirmed or suspected COVID-19 for at least 10 minutes, or shorter in a healthcare setting, while the person was sick and 48 hours before the person became sick.

HOUSEHOLD CONTACTS



Self-quarantine (stay home) and monitor for symptoms while the person is home sick and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house).

Note: This means the household contacts may need to remain at home longer than the initial case.



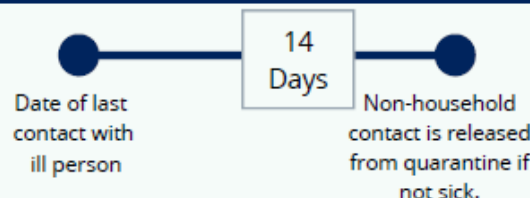
Examples:

- A person is well 3 days after onset and can be released from isolation on day 7. The household contact must remain quarantined until day 21.
- A person is well 5 days after onset and can be released from isolation on day 8. The household contact must remain quarantined until day 22.

NON-HOUSEHOLD CONTACTS



Self-quarantine (stay home) and monitor for symptoms until 14 days after the date of last contact with the case.



HEALTHCARE PERSONNEL

Healthcare facilities should consider foregoing contact tracing for exposures in healthcare settings in favor of **universal source control** for healthcare personnel and **screening** for fever and symptoms of COVID-19 before every shift. Additional infection prevention and control recommendations, including more [details about universal source control in healthcare settings](#) are available.



CRITICAL INFRASTRUCTURE WORKERS

Personnel filling essential critical infrastructure roles (as defined in [CISA Framework](#)) may continue to work following potential COVID-19 exposure if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).

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