

COVID-19 Protective Actions and Plan

(Rev. 11/2022)

Covid 19: What is it:

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. It can be very contagious and spreads quickly. Over one million people have died from COVID-19 in the United States. COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease. Most people with COVID-19 have mild symptoms, but some people become severely ill. Some people including those with minor or no symptoms will develop Post-COVID Conditions – also called “Long COVID.”

How does COVID-19 spread?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. Other people can breathe in these droplets and particles, or these droplets and particles can land on their eyes, nose, or mouth. In some circumstances, these droplets may contaminate surfaces they touch. Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms. The risk of [animals](#) spreading the virus that causes COVID-19 to people is low. The virus can spread from people to animals during close contact. People with suspected or confirmed COVID-19 should avoid contact with animals.

What are antibodies and how do they help protect me?

Antibodies are proteins your immune system makes to help fight infection and protect you from getting sick in the future. A positive [antibody test](#) result can help identify someone who has had COVID-19 in the past or has been vaccinated against COVID-19. Studies show that people who have antibodies from an infection with the virus that causes COVID-19 can improve their level of protection by getting vaccinated.

Who is at risk of severe illness from COVID-19?

Some people are more likely than others to get very sick if they get COVID-19. This includes people who are older, are [immunocompromised](#), have certain [disabilities](#), or have [underlying health conditions](#). Understanding your COVID-19 risk and the risks that might affect others can help you make decisions to [protect yourself and others](#).

What are variants of COVID-19?

Viruses are constantly changing, including the virus that causes COVID-19. These changes occur over time and can lead to new strains of the virus or [variants of COVID-19](#) . Slowing the spread of the virus, by [protecting yourself and others](#), can help slow new variants from developing. CDC is working with state and local public health officials to monitor the spread of all variants, including Omicron.

EBI COVID -19 Residential Plan for Individuals Served

Risks

- People who are more likely to get very sick include older adults (ages 50 years or more, with risk increasing with age), people who are unvaccinated, and people with certain medical conditions, such as chronic lung disease, heart disease, or a weakened immune system.

Symptoms:

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.
- Possible symptoms include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- **This list does not include all possible symptoms.** Symptoms may change with new COVID-19 variants and can vary depending on vaccination status.

Testing

- When To Take an At-Home COVID-19 Test?
 - **You have any [COVID-19 symptoms](#), test immediately**
 - **If you test negative** for COVID-19 using an at-home antigen test, [repeat](#)* the test again 48 hours after your first test. Also, consider consulting a healthcare provider to see if you need to be tested for another viral infection or illness. Follow precautions on [how to protect yourself and others](#).
 - **You were exposed to someone with COVID-19.** Test at least 5 full days after your exposure.
 - **If you test negative** for COVID-19 using an at-home antigen test, [repeat](#)* the test again 48 hours after your first test. If both tests are negative, then repeat testing after another 48 hours for a total of three tests.

Test Results

- **If Your Test Is Positive**
 - A positive COVID-19 test means the virus was detected and you have an infection. [Isolate](#) and take precautions, including wearing a [high-quality mask](#) to protect others from getting infected.
 - Tell people you had recent contact with that they [may have been exposed](#).
 - Monitor your [symptoms](#). If you have any [emergency warning signs](#), seek emergency care immediately.
 - Contact a healthcare provider, [community health center](#), or pharmacy to learn about [treatment options](#) that may be available to you. Treatment must be started within several days after you first develop symptoms to be effective. You are more likely to get very sick if you are an older adult or have an

underlying medical condition. [Treatment](#) is available. Talk with your healthcare provider to determine what is the best option for you.

- **If Your Test Is Negative**
 - A negative COVID-19 test means the test did not detect the virus, but this **doesn't rule out that you could have an infection**.
 - If you have [symptoms](#): You may have COVID-19, but tested before the virus was detectable. You may have another viral infection or illness that you need to get tested for. For many diseases, including [flu](#), early diagnosis and prompt treatment is important for preventing severe illness.
 - Take [everyday preventive actions](#) to prevent spreading an illness to others.
 - Contact a healthcare provider if you have any questions about your test result or if your symptoms worsen.
 - If you do not have symptoms, but were exposed to the virus that causes COVID-19, you should continue to take [recommended steps after exposure](#).
 - If you do not have symptoms and have not been exposed to the virus that causes COVID-19, continue to take steps to [protect yourself and others](#), including monitoring for symptoms. Get tested again if symptoms appear.

When to seek emergency medical attention:

- Look for emergency warning signs* for COVID 19:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- If someone is showing any of these signs, call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.
- This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

When to Isolate:

- When to Isolate:
 - Regardless of vaccination status, **you should isolate from others when you have COVID-19**.
 - You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results**.
 - If your results are positive, follow the full isolation recommendations below.
 - If your results are negative, you can end your isolation.
 - When you have COVID-19, isolation is counted in days, as follows:
 - **If you had no symptoms**
 - **Day 0** is the day you were **tested** (not the day you received your positive test result)
 - **Day 1** is the first full day following the day you were tested
 - If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
 - **If you had symptoms**
 - **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
 - **Day 1 is the first full day** after the day your [symptoms](#) started.

Isolation:

- If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.** You are **likely most infectious during these first 5 days.**
- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.

Ending Isolation:

- If you had no symptoms, you may end isolation after day 5.
- If you had symptoms and your symptoms are improving, you **may end isolation after day 5** if you are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are not improving, **continue to isolate** until you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- If you had symptoms and had Moderate illness (you experienced shortness of breath or had difficulty breathing), you need to **isolate through day 10.**
- Severe illness (you were hospitalized) or have a weakened immune system, you need to **isolate through day 10.** **Consult your doctor** before ending isolation.
- Regardless of when you end isolation, until at least day 11, avoid being around people who are more likely to get very sick from COVID-19. Remember to wear a high-quality mask when indoors around others at home and in public. Do not go places where you are unable to wear a mask until you are able to discontinue masking.

Removing your Mask:

- **After you have ended isolation, when you are feeling better** (no fever without the use of fever-reducing medications and symptoms improving), wear your mask through day 10; **OR**
- With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Taking Precautions

- **COVID-19** in the community. Check COVID-19 by County through the website. Follow recommendations based on the community level.
- Stay up to date on vaccines and know when to get a booster.
- Spend time outside and improve indoor air quality by opening windows and using adequate filtration.
- Wear masks when recommended. Masks are recommended for those at high risk when COVID-19 community levels are medium and for everyone when levels are high. EBI's DM and DC will regularly check community levels and post signs when masks should be worn.

Protective Actions in Response to COVID-19

- **Assessing County COVID-19 Community Levels:**

- EBI's DM or DC will assess the level of COVID-19 in St. Louis County, and in the neighboring counties at least once a week. EBI's DM or DC, will educate staff and residents about any additional precautions that need to be taken. Community levels mean the following:
 - **LOW, MEDIUM, AND HIGH** - At all COVID-19 Community Levels:
 - [Stay up to date](#) on vaccination, including recommended booster doses.
 - Maintain [ventilation improvements](#).
 - Avoid contact with people who have suspected or confirmed COVID-19.
 - Follow recommendations for [isolation](#) if you have suspected or confirmed COVID-19.
 - Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.
 - If you are at [high risk of getting very sick](#), talk with a healthcare provider about additional prevention actions.
 - Provide communications and messaging to encourage isolation among people who test positive.
 - Ensure access to testing, including through point-of-care and at-home tests for all people.
 - **MEDIUM AND HIGH** - When the COVID-19 Community Level is Medium or High:
 - If you are at [high risk of getting very sick](#), wear a high-quality mask or respirator (e.g., N95) when indoors in public
 - If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them.
 - Implement screening testing in high-risk settings where screening testing is recommended.
 - **HIGH** - When the COVID-19 Community Level is High:
 - Wear a high-quality mask or respirator.
 - If you are at high risk of getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

- **Promoting Immunity to COVID-19 through vaccinations:**

- EBI will offer vaccination information to all EBI staff upon hire and when vaccination boosters are available. If staff are interested in vaccination, EBI's DM and DC will assist the staff in finding out how to obtain vaccination. EBI's DM and DC will follow recommendations made by the CDC and each residents health care team regarding vaccination schedules. EBI will educate these individuals served and arrange for Falk's Pharmacy to come to the home to provide any necessary vaccines when they are due.

- **Modifying the immediate environment:**

- Each EBI home has working windows with screens and circulating fans to help promote good air flow and to meet optimal ventilation and air quality. These methods of ventilation, such as opening windows and turning on fans, will be used regularly and when there is a virus present to help clear out virus particles in the home faster. This may also be done after visitors come to the home.
- During warmer weather, EBI staff will be instructed to follow a plan to bring fresh air into the home as much as possible by opening doors and windows to bring in fresh air. Fans will be encouraged to be used regularly. EBI staff will also follow a plan to clean fans and air filters at least monthly by wiping them down with an appropriate cleaning chemical.
 - When using fans, EBI staff will follow a plan to place fans as close as possible to an open window so that it blows outside. Fans will not be pointed at people as this can blow contaminated air directly at them. Ceiling fans will be turned on as much as possible.

- **Denfeld and Berkeley** – Staff will be instructed to use the HVAC system to ventilating the home to promote good air flow when needed, such as when there is or may be a virus present. Staff will follow this operation by:
 - Locate the HVAC thermostat on the wall;
 - **Set the fan** to the “On” position instead of “Auto” as this will allow the fan to run continuously. Keep in this position until directed otherwise.
 - Plans will be in place to change the filter monthly and to have the system inspected annually.
- **All houses** – Portable air cleaners will be encouraged to be used for those who own them, who reside at the home. EBI staff will be encouraged to follow a plan to keep the air filters on and to change/wash the air filter out at least monthly or as recommended by the manufacture.
- **Guidance and Education:**
 - Each EBI home will have posted signs about actions they should take to prevent disease transmission for the following:
 - They have had a positive viral test in the past 10 days.
 - They have any symptoms of COVID-19.
 - They have had close contact (less than 6 feet for longer than 15 minutes) in the past 10 days with someone with COVID-19 infection.
 - EBI staff will receive training upon hire and at least annually in disease transmission, cleaning plans, COVID-19, and PPE use.
- **Testing, Isolation, and Precautions after exposure**
 - **Staff** – Anyone who have had any of the following will follow the recommended plans posted below:
 - 1) Positive viral test in the past 10 days.
 - 2) Symptoms of COVID-19.
 - 3) Had close contact (less than 6 feet for longer than 15 minutes) in the past 10 days with someone with COVID-19 infection.

Plan for Healthcare Personnel:

- **Get Tested** - If using an antigen test, a negative result should be confirmed by either a negative NAAT (molecular) or second negative antigen test taken 48 hours after the first negative test.
- **Wear a mask through day 10, or longer if needed. With two sequential negative tests 48 hours apart, you may remove your mask soon than day 10.**
- **Isolate until you can return to work.**
- **Return to work criteria:**
 - HCP with mild to moderate illness who are not moderately to severely immunocompromised could return to work after the following criteria have been met:
 - At least 7 days have passed since symptoms first appeared if a negative viral test is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7), and
 - At least 24 hours have passed since last fever without the use of fever-reducing medications, and
 - Symptoms (e.g., cough, shortness of breath) have improved.
 - HCP who were asymptomatic throughout their infection and are not moderately to severely immunocompromised could return to work after the following criteria have been met:
 - At least 7 days have passed since the date of their first positive viral test if a negative viral test is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7).

- HCP with severe or critical illness – Return after doctor clearance.
- HCP who use test based strategy:
 - HCP who are symptomatic could return to work after the following criteria are met:
 - Resolution of fever without the use of fever-reducing medications, and
 - Improvement in symptoms (e.g., cough, shortness of breath), and
 - Results are negative from at least two consecutive respiratory specimens collected 48 hours apart (total of two negative specimens) tested using an antigen test or NAAT.
 - HCP who are not symptomatic could return to work after the following criteria are met:
 - Results are negative from at least two consecutive respiratory specimens collected 48 hours apart (total of two negative specimens) tested using an antigen test or NAAT.
- Plan for EBI Residents, visitors, and volunteers
 - **Isolate:** Regardless of vaccination status, you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.
 - **Take a Test:** If your results are positive, follow the full isolation recommendations below. EBI staff will make arrangements for testing or EBI’s DM or DC will administer testing..
 - If your results are negative, you can end your isolation.
 - When you have COVID-19, isolation is counted in days, as follows:
 - **If you had no symptoms**
 - **Day 0** is the day you were **tested** (not the day you received your positive test result)
 - **Day 1** is the first full day following the day you were tested
 - If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
 - **If you had symptoms**
 - **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
 - **Day 1 is the first full day** after the day your [symptoms](#) started.
 - **Isolation:** If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.** You are **likely most infectious during these first 5 days.**
 - **Wear a high-quality mask** if you must be around others at home and in public.
 - Do not go places where you are unable to wear a mask. (EBI staff will ensure that the home has masks available for use and will provide any necessary assistance with masking).
 - Stay home and separate from others as much as possible. (EBI staff will provide assistance and further accommodations to individuals if they must separate themselves. Meals and resting will be encouraged to be completed in the person’s bedroom. Additional supervision and cleaning plans will be implemented).
 - Use a separate bathroom, if possible. (EBI will follow additional cleaning procedures if a separate bathroom cannot be used).
 - Take steps to [improve ventilation](#) at home, if possible. (EBI staff will follow ventilation plans during time of illness or possible illness)
 - Don’t share personal household items, like cups, towels, and utensils. (EBI staff will ensure that the person has access to their own items and will follow additional cleaning plans. Disposable products will be used as much as possible)
 - Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately. (EBI will use EBI’s COVID-19 medical monitoring tracking form when COVID-19 symptoms or illness is present and

follow plans in place to seek additional medical care as appropriate or outlined in the medical emergency plan).

- **Ending Isolation:**
 - If you had COVID-19 and had no symptoms, you may end isolation after day 5.
 - If you had symptoms and your symptoms are improving, you **may end isolation after day 5** if you are fever-free for 24 hours (without the use of fever-reducing medication).
 - Your symptoms are not improving, **continue to isolate** until you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
 - If you had symptoms and had Moderate illness (you experienced shortness of breath or had difficulty breathing), you need to **isolate through day 10**.
 - Severe illness (you were hospitalized) or have a weakened immune system, you need to **isolate through day 10**. **Consult your doctor** before ending isolation.
 - Regardless of when you end isolation, until at least day 11, Avoid being around people who are more likely to get very sick from COVID-19. Remember to wear a high-quality mask when indoors around others at home and in public. Do not go places where you are unable to wear a mask until you are able to discontinue masking.
- **Removing your Mask:**
 - **After you have ended isolation, when you are feeling better** (no fever without the use of fever-reducing medications and symptoms improving), wear your mask through day 10; **OR**
 - With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

- **Source Control (PPE)**

- **Masking:** If it has been identified that COVID-19 infection is present within the home or by a staff member within the past 10 days, EBI staff should wear a mask throughout their shift. If staff are providing care to a person in isolation, additional protective equipment should be used as described below.
- **Eye Protection, gowns, masks and gloves:** During close contact care encounters with individuals who have or may have COVID-19, or are in isolation, staff should wear eye protection, masks, gowns, and gloves, which will all be provided by EBI.
- EBI's DM or DC will check community levels at least weekly. If the community level is medium or high, all EBI staff will be notified and will be encouraged to wear masks and eye protection until community levels change. Testing may also be encouraged.
- EBI staff will follow daily cleaning and sanitization plans, using appropriate chemicals to thoroughly clean all areas of the home. EBI staff will be encouraged to wear gloves when cleaning and to wear additional PPE when cleaning if COVID-19 is present in the home.

- **Reporting COVID-19**

- **Reporting confirmed COVID-19 cases:** EBI's DM or DC will report all cases of COVID-19 to MDH per current reporting plans in place. EBI's DM will also follow EBI's incident reporting policies for all cases related to COVID-19.
- EBI's DM will use the following website:
<https://redcap-c19.web.health.state.mn.us/redcap/surveys/?s=HH47NMERJHJX7CJF> or
<https://www.health.state.mn.us/diseases/coronavirus/hcp/report.html>

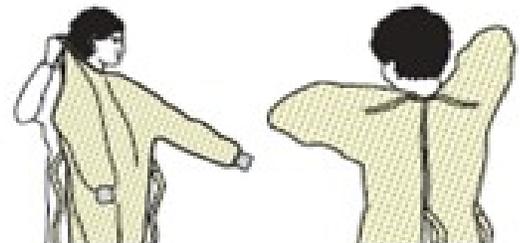
- Aggregate case counts in residents and staff must be reported to MDH - only if there are cases in the facility. Facilities only need to report to MDH if they have had cases in the previous week
- Specific case information for any residents who pass away after testing positive for COVID-19 in the past 90 days must be reported MDH through this reporting form.

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



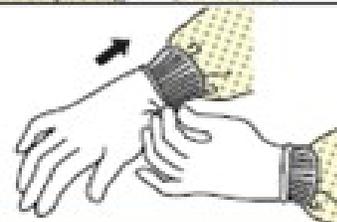
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



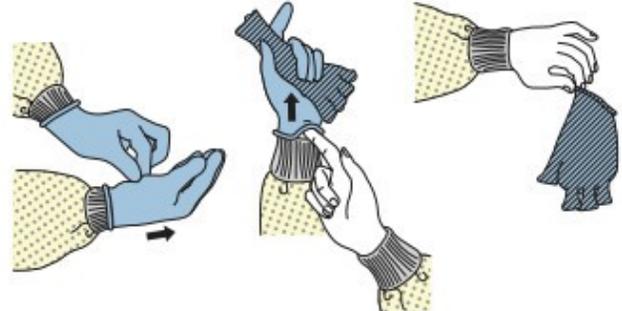
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HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in an infectious* waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in an infectious* waste container



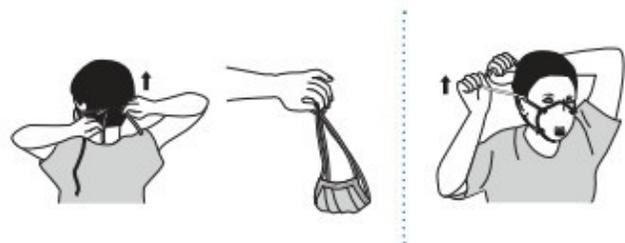
3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in an infectious* waste container



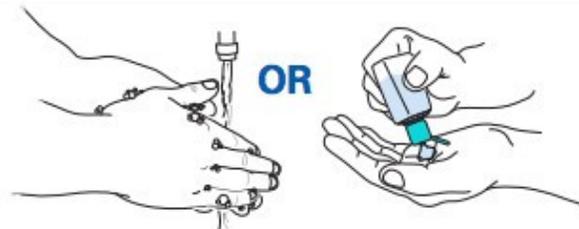
4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in an infectious* waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

* An infectious waste container is used to dispose of PPE that is potentially contaminated with Ebola virus.



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



SAFETY FIRST

CDC HAND WASHING RECOMMENDATIONS

- 1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**
- 2. Lather your hands by rubbing them together with the soap. Lather the backs of hands, between your fingers, and under your nails.**
- 3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- 4. Rinse your hands well under clean, running water.**
- 5. Dry your hands using clean towel or air dry them.**

Cleaning And Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.** Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**

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.



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cdc.gov/coronavirus

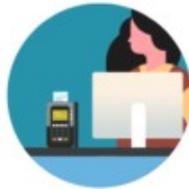
- **Launder items** (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA’s criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, remote controls, and ATM machines**
- Consider putting a **wipeable** 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.



Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer’s instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people’s items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



Cleaning and disinfecting your building or facility if someone is sick

- **Close off areas** used by the sick person.
- **Open outside doors and windows** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the sick person**, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- If **more than 7 days** since the sick person visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.



When cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a sick person.



Recommended Guidance for Daily COVID-19 Screening of Employees (Revised 6/25/20)

Plan:

You can help prevent the spread of COVID-19 in your facility by screening employees on a daily basis.

Protocol:

Screen **everyone** who enters your facility, including:

- All employees or volunteers before the start of each work shift

Directions:

Answer the following questions prior to starting your shift at EBI.

Read each question, answer “YES” or “NO”, since your last day of work, or since your last visit to this facility, have you had any of the following:”

- A new fever (100.4°F or higher), or a sense of having a fever?
- Do you or have you recently had the chills?
- A new cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- A new sore throat that you cannot attribute to another health condition?
- New muscle aches (myalgias) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
- New Headache?
- New loss of smell or taste?
- Have you been within 6 feet for 10 minutes or more of someone diagnosed with COVID-19 in the last 14 days?
- Do you live with someone who has been diagnosed with COVID-19 and is under quarantine?
- In the last 3 days have you experience any of the COVID-19 symptoms below? (Not associated with allergies and not treated by a doctor where a return-to-work release was issued.)

If you answer yes to any of the following questions, contact the house supervisor immediately.

Daily COVID-19 Screening for Residents

(Revised 6/25/20)**Plan:**

You can help prevent the spread of COVID-19 in your facility by screening residents on a daily basis.

Directions:

- **Throughout your shift**, observe EBI residents. If you see, or there is a report of the following symptoms identified below, contact EBI's DM or the house supervisor immediately and follow instructions given.

Daily Documentation

- **Daily**, be sure to write in medical notes for each EBI resident. If COVID 19 symptoms are observed, be sure to include symptoms present when writing in med notes.
- **If a EBI resident appears ill or is demonstrating COVID symptoms, do the following:** take the residents temperature and O2 sat and document those results on the persons MAR. This must be completed and documented at least 3x daily in medical notes and on the COVID screening form. If the person has a temperature above 100 or their O2 sat is 94 or lower, contact EBI's DM or house supervisor immediately.

Directions:

Review with the residents or observe for the following:

Does the EBI resident have -

- A new fever (100.4°F or higher), or a sense of having a fever?
- chills?
- A new cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- A new sore throat that you cannot attribute to another health condition?
- New muscle aches (myalgias) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
- New Headache?
- New loss of smell or taste?
- New gastrointestinal symptoms (nausea, vomiting, diarrhea).

If you answer yes to any of the following questions, contact the house supervisor or DM immediately.

**Visitor Screening Document
(Revised 5/18/20)**

Plan:

You can help prevent the spread of COVID-19 in your facility by screening visitors when they come to the home.

Protocol:

Screen visitors who enter the facility and follow Directions below.

Directions:

If a visitor comes to the home, ask the following questions before allowing the visitor to come in. If the visitor answers yes to any of the questions or fever is present during screening, the visitor should be advised to leave the home. Contact EBI's DM.

- A new fever (100.4°F or higher), or a sense of having a fever?
- Do you or have you recently had the chills?
- A new cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- A new sore throat that you cannot attribute to another health condition?
- New muscle aches (myalgias) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
- New Headache?
- New loss of smell or taste?

Questions or concerns:

Contact the house supervisor or EBI DM

Resident Related – Daily Self Monitoring form for COVID-19

Instructions:

Use this form for at least 14 days if a resident has or may have COVID 19. Attach to the persons MAR.

Name: _____

Date symptoms started: _____

Self Monitoring start date: _____

Self Monitoring Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date: MM/DD														
Time Check: Document time	AM PM													
Temperature : Degrees Celsius														
Symptoms: Check below, using a checkmark														
Chills														
Cough Dry or wet														
Diarrhea (loose)														
Fatigued (tired)														
Runny Nose														
Shortness of Breath (difficulty breathing)														
Sore Throat														
Loss of Appetite														
Loss of taste or smell														
Muscle Aches														
Headache														
Other: List														
Staff Int:														

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

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.



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>



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor’s office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.



- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider’s office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.

Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



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[cdc.gov/COVID19](https://www.cdc.gov/COVID19)