



CORONAVIRUS

COVID-19

PREPAREDNESS TRAINING

Not all heroes wear capes!



TO ALL THE
HEALTHCARE
HEROES
THANK
YOU



Purpose of this Training



What is COVID-19 and how does this impact my job?



What can I do to prevent myself, my clients and my family from getting this virus?



What should I do if I have it?
Who should I report to?
Where can I seek help?



How can I help others?



Educating & Training

- COVID-19
- Plan of Action
- Training & Review Policy



Prevention & Precaution

- Prevent by using PPE
- Take precaution



Responding & Reporting

- How to respond
- How to report



Ongoing Measures

- To **STOP** the **SPREAD**

TOPICS

1. WHAT IS COVID-19
(CORONAVIRUS)?

2. SYMPTOMS

3. PERSONAL
PROTECTION
EQUIPMENT

4. PREVENTIONS

5. OFFICE USE

6. QP VISITS

7. SAFETY PROTOCOLS
FOR STAFF

8. SAFETY PROTOCOLS
FOR CLIENTS

9. REPORTING



CORONAVIRUS

also known as



WHAT IS IT?

CORONAVIRUS

COVID-19

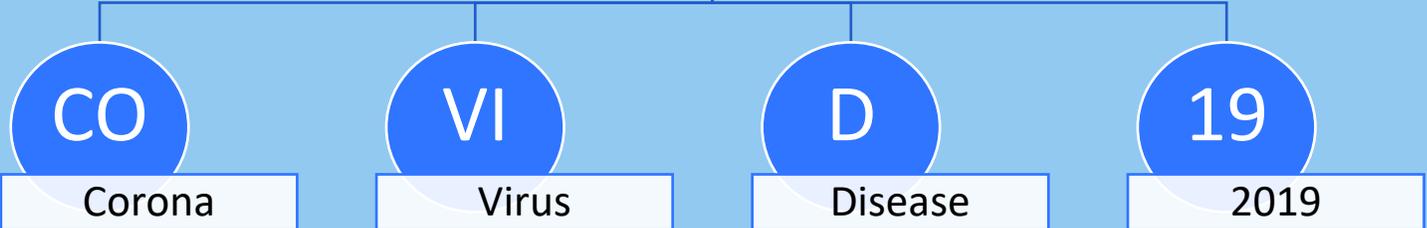


- ◆ A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.
- ◆ On February 11, 2020, the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak- COVID-19, first identified in Wuhan, China.
- ◆ There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.
- ◆ It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly.



COVID-19

Coronavirus



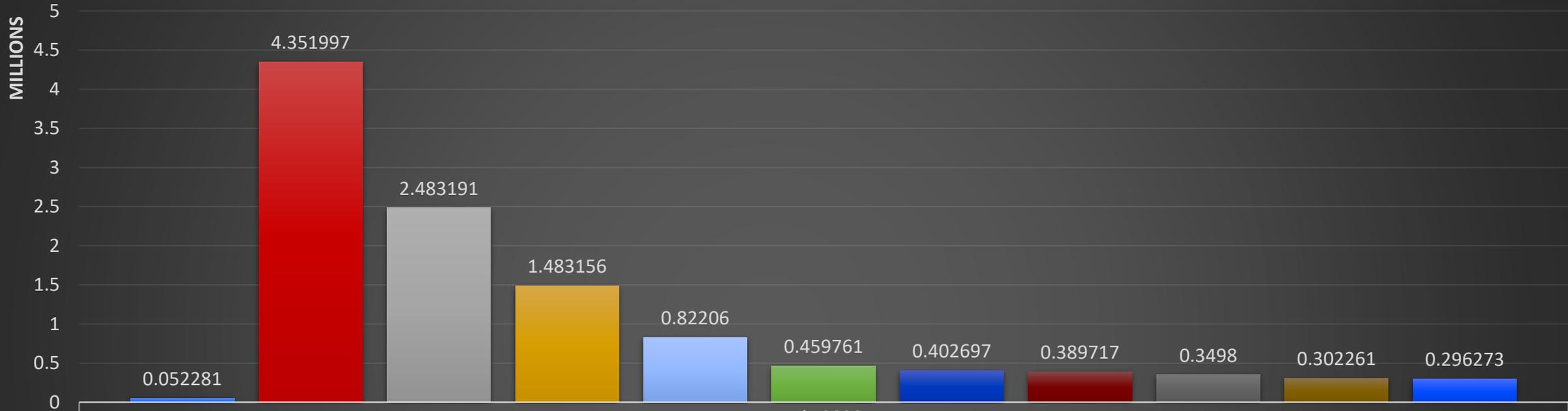
Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”.

Disease: coronavirus disease (COVID-19)

Virus: severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

COVID-19 Stats – MN Vs TOP 10

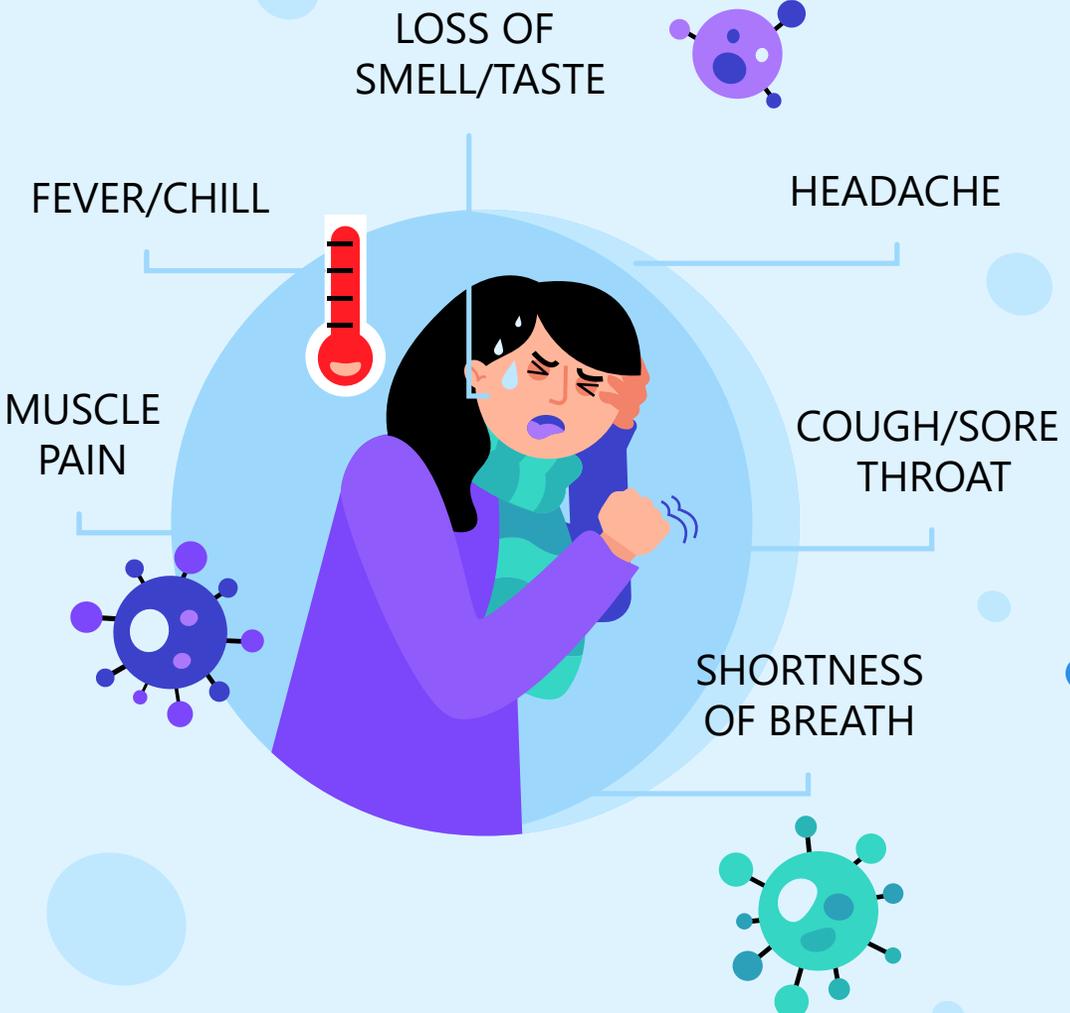
■ MN
 ■ US
 ■ Brazil
 ■ India
 ■ Russia
 ■ S. Africa
 ■ Mexico
 ■ Peru
 ■ Chile
 ■ UK
 ■ Iran



July 2020

■ MN	52281
■ US	4351997
■ Brazil	2483191
■ India	1483156
■ Russia	822060
■ S. Africa	459761
■ Mexico	402697
■ Peru	389717
■ Chile	349800
■ UK	302261
■ Iran	296273

SYMPTOMS | COVID-19



PREVENTIONS

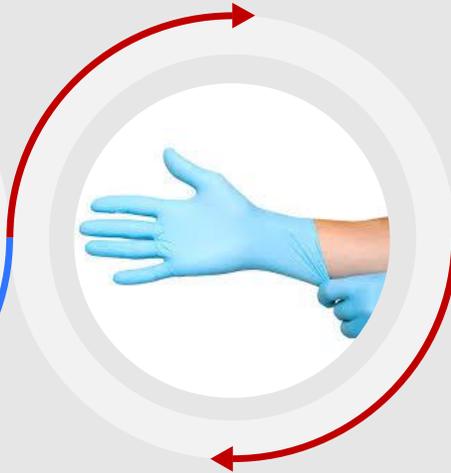


Personal Protection Equipment (PPE)



FACE MASKS

Surgical disposable masks are provided but you may use a cloth mask but should be laundered after each use



GLOVES

Use when there's body contact or cleaning. Discard after each use



SOAP

Wash hands with soap for 20 seconds minimum before and after wearing gloves



HAND SANITIZERS

Only to be used when handwashing is not accessible



FACE SHIELD

Only for those that cannot wear mask due to breathing or other health problems

*****Face Shields are NOT recommended for protection of COVID-19*****

Standard Precautions

Face Masks

Wear a Mask to Protect **YOU** & Others



Face masks can be cloth masks or disposable masks

- Wear a mask that covers your nose and mouth
- Wear a mask correctly for maximum protection
- **DO NOT** put the mask around your neck or up on your forehead
- **DO NOT** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect
- Wear your mask **BEFORE** entering work premises
- If it is spoiled, then you will need to wear another clean mask
- Take the mask off **AFTER** you are outside leaving work premises
- Discard disposable mask after each shift
- **DO NOT** share masks or wear used masks from work to home or vice versa
- You have the option to wear a disposable mask or a cloth mask
- If you choose to wear a cloth mask, you will need to wash after each use

Standard Precautions

Wash Hands



Standard Precautions

Proper Donning and Doffing Gloves Safely



Gloves

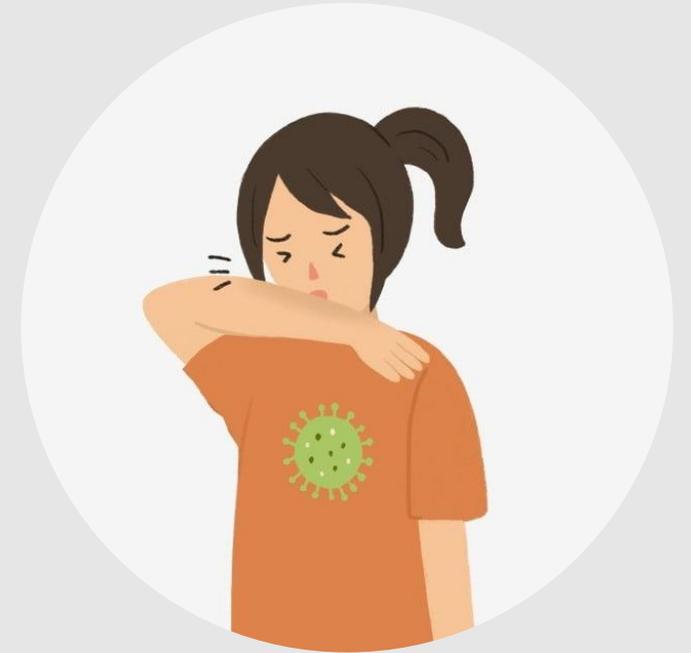
1. Always wash hands first before putting gloves
2. Wear gloves for any contact with potentially infectious material (secretions, tissues, linens)
3. Make sure to take off gloves the technique shown in the video
4. Always wash hands after taking gloves off
5. Never reuse gloves

Standard Precautions

Avoid

REDUCE YOUR RISK OF CORONAVIRUS

**Avoid touching
your eyes,
nose and mouth.**



**Always cover your cough
and sneeze.**

Standard Precautions

Practice Social Distancing



- Continue practicing social distancing by staying 6 feet apart during shifts **when it is possible**.
- Due to the nature of Personal Care Assistant services, social distancing between a PCA and a client is not always possible.
- Social distancing of at least six feet will be implemented and maintained between workers, clients, guests, and visitors whenever possible.

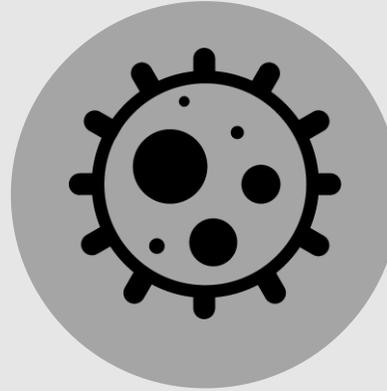
CLEANING



Wear disposable gloves to clean and disinfect.



Clean surfaces using soap and water, then use disinfectant.



Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.



Practice routine cleaning of frequently touched surfaces.



High frequently touched surfaces can be doorknobs, tables switches, countertops, toilets, sinks, handles, desks, phones, keyboards, etc.

Disinfect

Recommend use of [EPA-registered household disinfectant](#).

- Always read and follow the directions on the label to ensure safe and effective use.
- Wear skin protection and consider eye protection for potential splash hazards
- Ensure adequate ventilation
- Use no more than the amount recommended on the label
- Use water at room temperature for dilution (unless stated otherwise on the label)
- Avoid mixing chemical products
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets
- **Special considerations should be made for people with asthma and they should not be present when cleaning and disinfecting is happening as this can trigger asthma exacerbations.** To learn more about reducing asthma triggers:
https://www.cdc.gov/asthma/reduce_triggers.html



Soft Items

How to Clean Them

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.
- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- **Disinfect** with an EPA-registered household disinfectant. [These disinfectants](#) meet EPA's criteria for use against COVID-19.
- [Vacuum as usual](#)

Laundry - 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.
- Remove gloves, and wash hands right away.



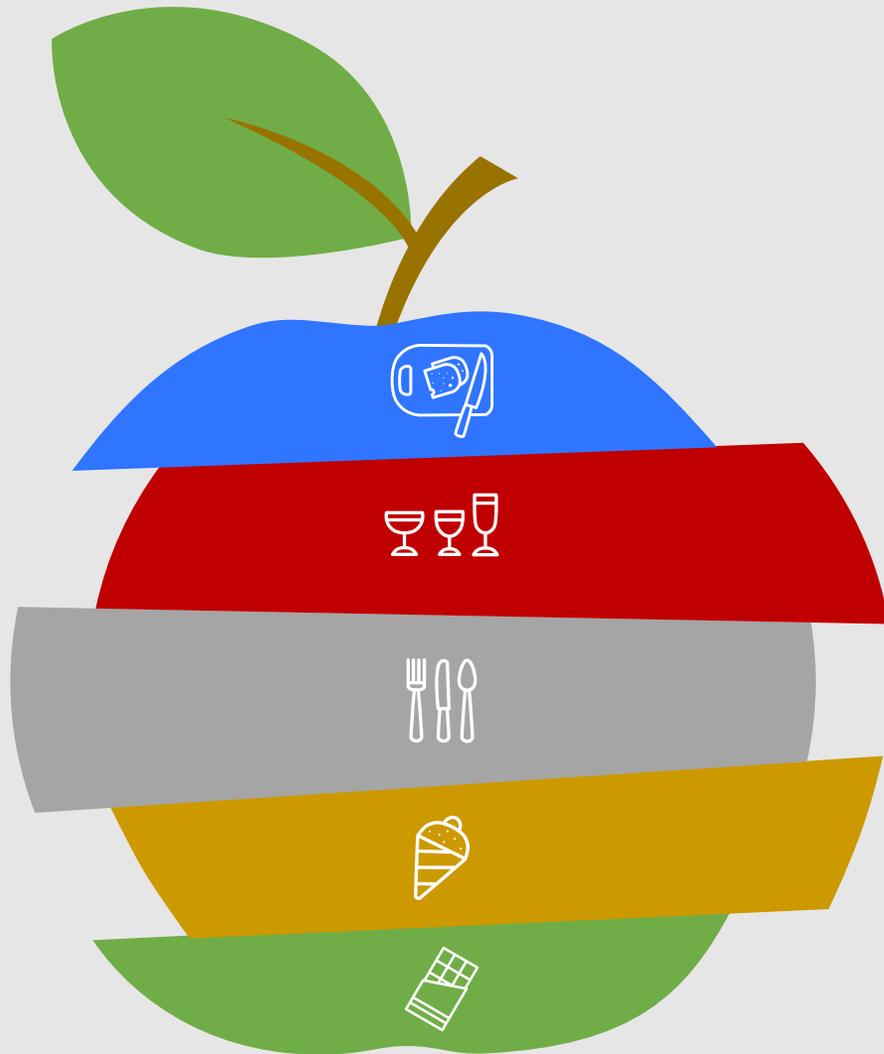
Ventilation

Work to maximize the amount of fresh air being brought in, limit air recirculation and ensure ventilation systems are properly used and maintained.

Minimize air flow blowing across people.



Meal and Food Preparations



- Prohibit food (including condiments) and beverage sharing
- If servicing more than one client in resident, stagger meal times to maximize social distancing
- If meals are served family-style, plate each meal and serve so that multiple people are not using the same serving utensils

OFFICE USE

OFFICE PERSONNEL



Work remotely



In-Office Rotation



Maintain social distancing of more than 6 feet



Assign designated office room to provide separation from coworkers



Staff must wear face mask when close proximity of each other



Use hand sanitizer when arrive and before leaving work



Work tools, supplies and equipment should not be shared

OFFICE USE

OFFICE PERSONNEL



• Clients and staff that need to come to the Care4Everyone's office will need to schedule an appointment

• Before the appointment, office staff will conduct a screening with the visitor no more than 24 hours before the visit is to occur

• Clients and staff must wear a mask

• Paycheck pick-up is currently suspended until further notice. Instead, they will be mailed out to staff.

• If you need to drop off any paperwork, please slide it in through the main door mail slot

• All hiring, onboarding, orientation, training, etc. will be done via virtually/online

IN-HOME VISIT

QUALIFIED PROFESSIONALS (QPs)

Limit in home visits of staff to essential home visits only (PCAs/DSSs)

- Required by regulation
- Ordered by the physician as a component of the plan of care
- Question the critical need of ancillary services such as therapy or aide
- If Telehealth is used, ensure the visits are included on the plan of care

Limit Staff exposure

- Provide minimum necessary services in person to meet the client needs but ensure the safety of clients and appropriate visit utilization
- Utilize telehealth, video conference, telephone calls as appropriate to meet the need of the client when conducting visits
- Customize and adjust plan of care and visit frequencies for most essential members of the clinical team to visit the client
- Schedule COVID-19 client visits at the end of the day, if possible, to minimize spread during other visits
- Emphasize the need to use separate bedroom and bathroom for the client and minimizing the number of caregivers.



IN-HOME VISIT

QUALIFIED PROFESSIONALS (QPs)

QP will identify clients at risk of having the infections before or immediately upon arrival at the home. QP will ask clients the following:

Has the client/family traveled internationally with in the past 14 days?

✓ If the person answers “yes”, the scheduled visit will not be provided until the symptoms have subsided for a minimum of three consecutive days, without the use of medications.

Does the client or family members have signs or symptoms of a respiratory infection?

✓ If the person answers “yes”, the scheduled visit can occur if the results are negative. If the results are positive or pending, the visit should be rescheduled.

In the past 14 days, has the client had contact with someone who is under investigation for COVID-19 or ill with a respiratory illness?

✓ If the person answers “yes”, discuss the exposure with the person and assist them in determining if they should get tested. Follow the guidelines above for when someone has been tested to COVID-19. QP may postpone the visit until 14 days have passed since the potential exposure.

Does the client reside in a community where community-based spread of COVID-19 is occurring?

✓ If the person answers “yes”, discuss the exposure with the person and assist them in determining if they should get tested. Follow the guidelines above for when someone has been tested to COVID-19. QP may postpone the visit until 14 days have passed since the potential exposure.

IN-HOME VISIT

QUALIFIED PROFESSIONALS (QPs)

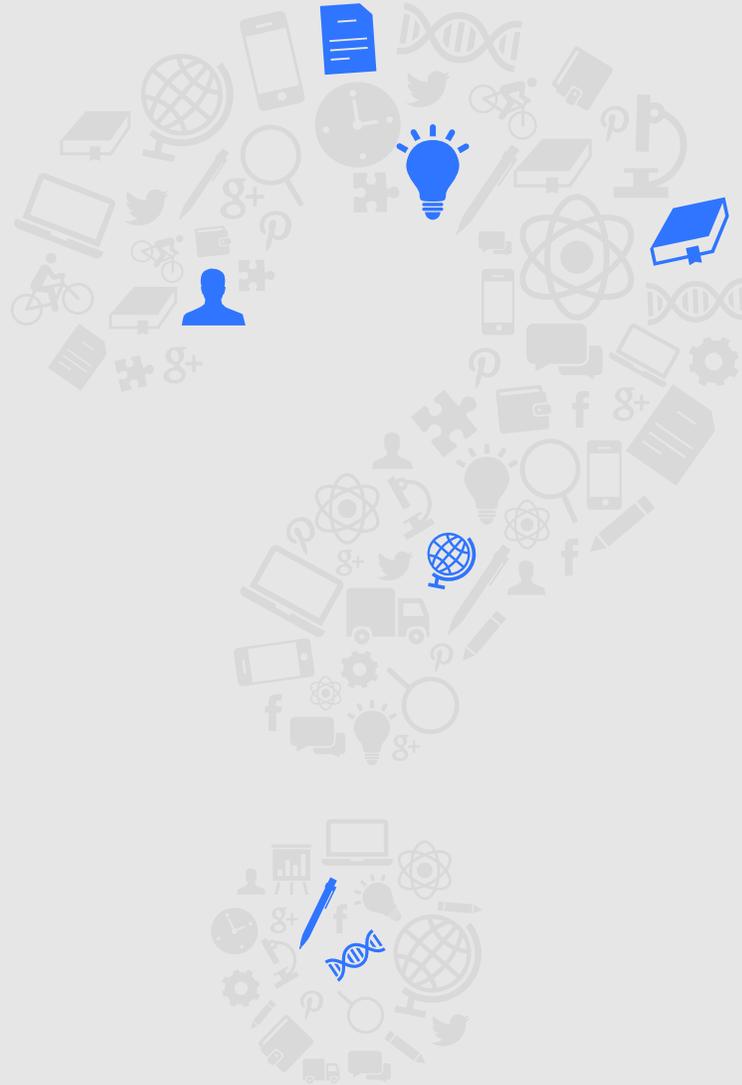
When conducting home visits, QP is required to:

- Self-monitor for symptoms of COVID-19.
- Wear face masks when working with clients.
- QP must ensure face masks are sanitized after each day



*****TELEHEALTH IS RECOMMENDED *****

Questions



Safety Protocols

STAFF



Returning to Work

REQUIREMENT

Suspected/Confirmed symptoms of COVID-19

Symptom Based Strategy (Self-Test)

- At least 3 days (72 hours) have passed- defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms
- At least 10 days have passed since symptoms first appeared

Test Based Strategy (Laboratory Test)

- Resolution of fever without the use of fever reducing medications
- Improvement in respiratory symptoms
- Negative results from at least two consecutive respiratory specimens collected 24 hours apart

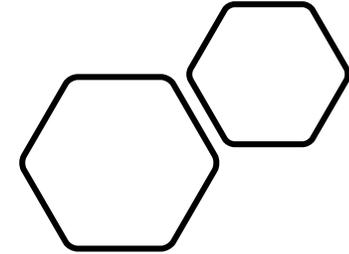
Confirmed COVID-19 lab tested but has NO symptoms

- 10 days have passed since the date of their first positive diagnostic test assuming they have not developed symptoms since their positive test
- Negative results from at least two consecutive respiratory specimens collected 24 hours apart.



Safety Protocols

CLIENTS



Clients require emergency medical attention if the following occur:

- ✓ Difficulty breathing or shortness of breath
- ✓ Persistent pain or pressure in the chest
- ✓ New confusion or inability to arouse
- ✓ Bluish lips or face
- ✓ Any other concerning signs or symptoms

Safety Protocols

CLIENTS

Personal Protective Equipment (PPE) for client with signs and symptoms of COVID-19 or with positive test or pending results:

→ C4E personnel should put on PPE and take off outside of the home

→ If the client has symptoms, a surgical mask should be placed on them if tolerated. Household members do not need mask unless they are symptomatic

→ Staff should attempt to stay at least 6 feet away from client if possible, with understanding closer contact is necessary during assessments

→ Hand hygiene should be performed before putting on and after removing PPE with a 20 second scrub with soap and water or using alcohol-based sanitizer containing 60—95% alcohol.

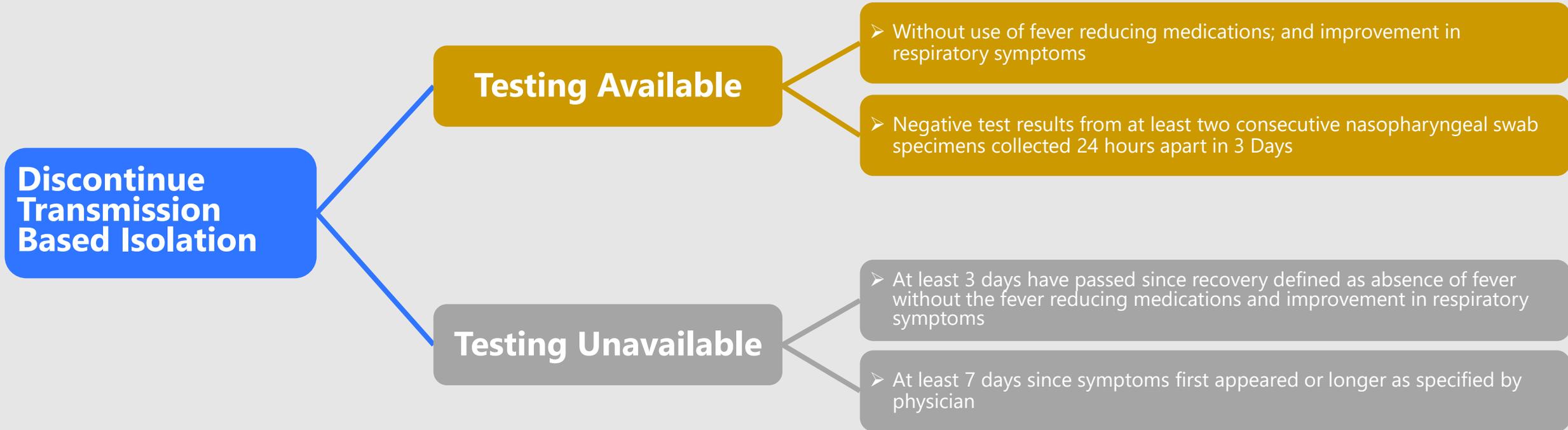
→ Gown, gloves, and face shield or goggles should be worn if the client or household members are experiencing symptoms of COVID-19. Surgical masks are recommended for blocking droplet and splashes, the most likely form of

→ Airborne protection (N95 respirator masks or other respirators) should be used during aerosolizing procedures such as suction and nebulizer treatments



When to Discontinue Isolation

CLIENTS



REPORTING



Notifying and working with MDH:

If you have contracted the coronavirus, it is critical that you inform C4E right away.

- You have 24 hours to inform C4E.
- C4E have 24 hours to report this to the MDH.

C4E will notify MDH when there is a confirmed case of COVID-19 by calling 651-297-1304 or 1-800-657-3504 (Mon. – Fri., 8AM-5PM).

You are expected to work with C4E & MDH and comply with their directive when given.

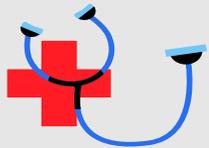


Care4Everyone COVID-19 Updates: <https://www.care4everyone.org/copy-of-staff>

Report COVID-19: <https://www.health.state.mn.us/diseases/coronavirus/hcp/report.html>

Free locations to test for COVID-19: <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/>

If you are uninsured, you can get free COVID-19 testing at no cost: <https://mn.gov/dhs/health-care-coverage/>



Questions



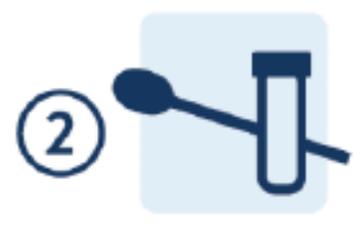


Keep it up, Minnesota!



①

Wash your
hands



②

Get tested
when sick



③

Stay 6 feet
from others



④

Wear a
mask



⑤

Stay home
when able

COVID-19

STOP CORONAVIRUS

STAY SAFEMN

Thank You

WWW.CARE4EVERYONE.ORG



ADDRESS

749 Milton St N
St Paul, MN 55104



E-MAIL

C4E-HR@mail.com
care4everyone@mail.com



TELEPHONE

Direct: 651-300-2073
Fax: 612-278-2297