



CCRI COVID-19 Preparedness Plan

This is a rapidly evolving situation and information will be updated as it becomes available. Call the MDH COVID-19 Hotline at 651-201-3920 for any questions related to COVID-19.

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Preface

The nature of our work requires us to be diligent to reduce the spread of respiratory agents. Using education and the implementation of best practice guidelines, we can work to stop or slow the spread of COVID-19 if it arrives at one of our locations. This Preparedness Plan describes how we plan to respond to COVID-19

Coronavirus general information

On February 11, 2020 the World Health Organization (WHO) announced an official name for the disease that is causing the 2019 novel (new) coronavirus outbreak, first identified in Wuhan, China, in December of 2019. This started in a food market, and was first transmitted animal-human.

The virus is SARS-Cov-2

The disease is Coronavirus Disease 2019 or COVID-19 (officially named by WHO)

Coronaviruses have been around for many years and were first identified in the 1960s. There are several types of human coronaviruses (MERS, SARS), 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.

The virus appears to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

[Appendix A – What you need to know about COVID-19](#)

It may be possible a person can get COVID-19 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.

Reported illnesses have ranged from very mild symptoms to severe illness for confirmed coronavirus disease 2019 (COVID-19) cases. **The following symptoms may appear 2-14 days after exposure.**

- **Fever**
- **Cough and/or sore throat**
- **Shortness of breath**
- **Runny nose**

[Appendix B – Symptoms of COVID-19](#)

Possible risk factors for progressing to severe illness may include, but are not limited to, older age and underlying chronic medical conditions such as lung disease, cancer, heart failure, cerebrovascular disease, renal disease, liver disease, diabetes, immunocompromising conditions, and pregnancy.

We fully recognize the importance of being prepared. We will be following recommendations from both the Minnesota Department of Health and the CDC. We are monitoring for any changes to the current situation and will address questions and new issues as they come up.

For current information regarding COVID-19 in Minnesota, visit <https://www.health.state.mn.us/diseases/coronavirus/situation.html>

A summary of the current COVID-19 situation can be found at <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

Prevention

The incubation period (the period between the infection of an individual by a pathogen and the manifestation of the illness or disease it causes) for COVID-19 is thought to be 2-14 days, and it is possible (but less likely) for people who don't show symptoms to spread the virus.

COVID-19 is presenting mild signs/symptoms of illness in many younger, healthier individuals. These individuals may think they have a mild cold, allergies or illness. Which is a reason COVID-19 is spreading rapidly.

The best way to prevent the spread of any illness, including coronavirus infection, is frequent handwashing. Hand sanitizer may be used if no running water is available, like when you are out in public.

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Also wash your hands when:
 - o Working with different people
 - o Administering medications or treatments
 - o Cooking or preparing food
 - o Personal hygiene
 - o Housekeeping work, and
 - o Any other time when cross-contamination can occur.
- Ensure people served are also washing their hands or using hand sanitizer.

[Appendix C – Stop the spread of germs](#)

[Appendix D – Handwashing procedure](#)

[Appendix E – Hand sanitizer procedure](#)

Change gloves frequently, including when completing personal hygiene.

- For example, if you assist a person with a soiled brief you should complete hand hygiene and put on new gloves prior to securing the new brief.

Clean often and clean well:

- Use products as intended.
- Cleaning products often require a contact time of 5-10 minutes – this is what helps kill organisms that can cause illness.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe, this includes objects like:
 - o Doorknobs
 - o Drawer knobs
 - o Refrigerators
 - o Washer and dryer
 - o Keyboards
 - o Computer mice
 - o Cell phones
 - o Dose Flips
 - o Med-i-sets

Avoid close contact (coming within 6 feet) with people who are sick unless wearing personal protective equipment (PPE).

Practice social distancing

- Maintain at least 3 feet of distance between yourself and anyone who is coughing or sneezing.
- When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing or sneezing has the disease.
- Avoid handshakes (Fist bumps are recommended)

Avoid touching your eyes, nose, and mouth. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

If you have symptoms of COVID-19 or were exposed outside of work, you will need to stay home for **14 days** before you can return to work. If you were exposed at work, you are allowed to work with individuals at that home.

- If you have a fever, cough and difficulty breathing, seek medical attention and call the clinic or hospital in advance. Calling in advance allows your health care provider to quickly direct you to the right health facility. This will protect you and help prevent spread of viruses and other infections.
- [Appendix B – Symptoms of COVID-19](#)

The CDC does not recommend that people who are not sick with COVID-19 wear a facemask to protect themselves from respiratory diseases, including COVID-19.

Follow all other infection control practices you have been taught, including:

- Proper cleaning of medical equipment
- Proper handling of laundry
- Report symptoms and exposures to your RC

Contact the CCRI nurse or your RC with any additional questions.

Identification and Isolation

Health care professionals have been instructed to monitor for certain signs and symptoms of respiratory illness, especially when there was known contact with a person who tested positive for COVID-19, or if someone traveled from a country where COVID-19 is freely spreading.

- If someone shows the following symptoms, contact your RC.
 - o Coughing
 - o Sore throat
 - o Runny nose
 - o Shortness of breath
 - o Fever

If you have traveled to any countries which have been exposed to COVID-19, contact your RC.

If a client shows symptoms of COVID-19, move them away from other people, preferably to their own room. In addition:

- Place a mask over the person's mouth and nose (if they tolerate it).
- Contact the nurse and RC for further directions. The person may need to be seen, but it is not yet clear what the recommended method for transportation would be.
- If life threatening symptoms are present (such as shortness of breath, difficulty breathing, a bluish hue to the lips, etc), seek medical attention immediately (call 911, go to ER, etc)

[Appendix F – Facts about COVID-19](#)

Treatment/Care

There is no known treatment or cure for COVID-19 at this time, and care is supportive.

- Provide plenty of fluids (including water, juice, and soup) and encourage good nutrition.
- Provide rest.
- Administer medications as ordered and give standing order medications where appropriate (for fever, pain, etc.).

For mild cases of COVID-19, home care is preferred.

The nurse and RC will evaluate the situation when developing the treatment plan. These considerations should include whether:

- o The individual is stable enough to receive care at home.
- o Appropriate staffing is available at home.
- o Access to food and other necessities are available.
- o The individual and other household members have access to appropriate, recommended personal protective equipment (at a minimum, gloves and facemask) and are capable of adhering to precautions recommended as part of home care or isolation (e.g., respiratory hygiene and cough etiquette, hand hygiene)

Disinfect surfaces and objects used and touched by the affected person frequently.

In the event one client in a home is suspected of having COVID-19, one staff may be assigned to that person in a 1:1 setting, to help prevent further transmission.

A scrub-in/scrub out policy may be put into place, meaning when you enter or exit the individuals room you will use hand sanitizer to clean your hands.

Review DNR/DNI/POLST orders for people served and ensure appointment folders are current.

Appendix A – What you need to know about COVID-19



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 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. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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For more information: www.cdc.gov/COVID19



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.



CS 315252-A 03/03/2020

For more information: www.cdc.gov/COVID19-symptoms

Appendix C – Stop the spread of germs

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.** Illustration shows two people shaking hands, with a circular inset showing a person coughing and germs spreading.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.** Illustration shows a person sneezing into a tissue.
- Avoid touching your eyes, nose, and mouth.** Illustration shows a person touching their face with a red prohibition sign over the hand.
- Clean and disinfect frequently touched objects and surfaces.** Illustration shows hands being cleaned with a white cloth.
- Stay home when you are sick, except to get medical care.** Illustration shows a house with a bed icon inside.
- Wash your hands often with soap and water for at least 20 seconds.** Illustration shows hands being washed under a faucet with soap bubbles.



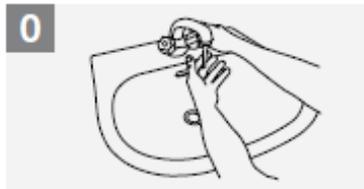
For more information: www.cdc.gov/COVID19

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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

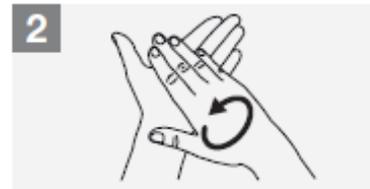
 **Duration of the entire procedure: 40-60 seconds**



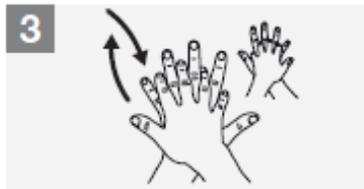
Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



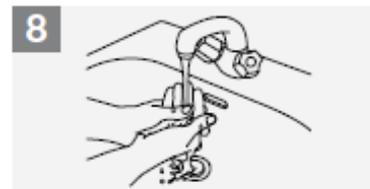
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



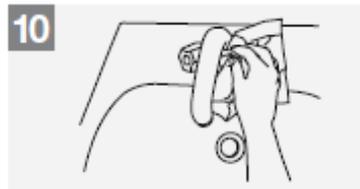
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

 **World Health Organization** | **Patient Safety**
A World Alliance for Safer Health Care | **SAVE LIVES**
Clean Your Hands

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May 2009

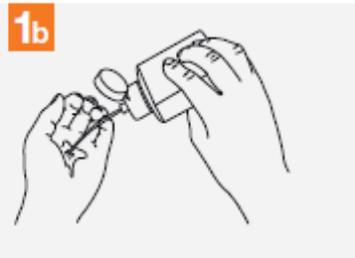
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure: 20-30 seconds**



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2009



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- 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.

FACT 5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



CS31546-A 03/14/2020

For more information: www.cdc.gov/COVID19