

## Guidance from the CDC

Guidance from the CDC is constantly updated, and the information provided here is guidance as of 4/20/2020, but please know that information changes and check the links for updates.

1. Infection control Practices <http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
  - a. Practice Hand Hygiene
    - a. Washing hands with soap and water for at least 20 seconds
    - b. Alcohol hand sanitizers that contain at least 60% alcohol
  - b. Disinfecting surfaces, what surfaces should you disinfect?
    - a. Regularly clean all surfaces that are touched often like counters, tabletops, doorknobs, Hoyer lifts, medical equipment like thermometers and blood pressure cuffs, remote controls
    - b. Disinfectants: EPA approved
  - c. Cover coughs and sneezes with elbow or tissues, wash hands afterwards
2. Risk Mitigation
  - a. Staff and/or visitor screening
    - a. It is advisable to take a visitor's temperature and symptoms checks prior to entering the home
    - b. Limit visitors entering the home
    - c. Tele/Video conferencing is preferable to face-to-face if possible.
  - b. Social distancing
    - a. Practical steps on applying social distancing in the home environment
  - c. Quarantining individuals coming back from the hospital or with outside exposure (monitoring individuals for signs or symptoms of COVID-19) <http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
  - d. Should you wear a face mask? What type of protection do you use? <http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>  
<http://www.youtube.com/watch?v=tPx1yqvJqf4&feature=youtu.be>
3. Isolation in a home with COVID+ and/or suspected cases:
  - a. Who and When to Isolate? <http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

Home isolation occurs when a person suspected or positive for COVID-19 has been evaluated by a physician and in consultation with the local health department staff, and the determination is made for home care. (These individuals are medically stable and can receive care at home, or

patients who are discharge home following a hospitalization with confirmed COVID-19 infection.)

- b. What to do when someone is in isolation
  - a. Use standard and transmission-based precautions  
<http://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html>
  - b. PPE and donning/doffing: <http://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html> / <http://www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html>  
Videos to assist in donning N95: [Video 1 \(3M 1870\)](#)  
[Video 2 \(3M 1860/1860S\)](#)
  - c. Optimizing PPE <http://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>
  - d. Monitor the person for worsening symptoms. Know the emergency warning signs. <http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
  - e. Ensure proper hydration. <http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
  - f. If indicated and at the advice of the physician, provide over the counter medications to help with symptoms.  
<http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
- c. When does Isolation end? <http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

People with COVID-19 can stop isolation under the following conditions:

  1. If they **will not have a test** to determine if they are still contagious, they can leave the home after three things happen:
    - a. They have had no fever for at least 72 hours (3 full days without the use of fever reducing medicine) AND
    - b. Other symptoms have improved, such as cough and shortness of breath, AND
    - c. At least 7 days have passed since their symptoms first appeared.
  2. If the individual **is tested** to determine if they are still contagious, they can leave the home after three things happen:
    - a. They no longer have a fever without the use of fever reducing medicine, AND

- b. Other symptoms have improved, such as cough and shortness of breath, AND
- c. They receive 2 negative tests in a row, 24 hours apart.

4. Emotional Support Strategies

<http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>