COVID-19 2020

Implement everyday preventive actions to prevent disease spread

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.htm
https://narronline.org/a-message-from-narr-about-coronavirus-and-covid-19/

- Frequently wash hands and use alcohol-based hand sanitizer when hand washing is not available
- Frequently clean and disinfect high-touch surfaces with approved cleaners
- Cover coughs and sneezes
- Avoid sharing phones, computers, desks and other equipment
- Practice social distancing and avoid mass gatherings
- Avoid touching mouth, nose and eyes with unwashed hands
- Strictly limit visitation and outside visitors
- Ensure that all common areas within the facility follow good practices for environmental cleaning. Cleaning should be conducted in accordance with CDC recommendations
- Encourage residents wash bedding and towels regularly
- Have residents remove any personal items from bathroom after use if more than one person is using that bathroom
- Residents going to work or outside should be encouraged to leave shoes at the entrance. Go to bath and shower immediately. Clothes should be laundered as soon as possible.
- Post CDC recommendations and testing site information
- Provide gloves, masks, approved sanitizing cleaners
- Educate and inform residents, families and staff

TESTING

https://www.google.com/search?q=covid+self+test&rlz=1C9BKJA_enUS676US676&oq=covid+self+test&aqs=chrome..69i57j0l3.13815j0j7&hl=en-US&sourceid=chrome-mobile&ie=UTF-8

https://www.tn.gov/health/cedep/ncov/remote-assessment-sites.html

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- TN-ARR suggestion is to follow both the CDC and the Tennessee Dept. of Health direction which is "to test should you show any symptoms."
- The decision to be tested is a personal one and may be best if made in consultation with your primary care physician or appropriate local hot line.
- COVID-19 Public Information Number 877-857-2945
- Metro Nashville at 615-862-7777 find hotline in your municipality

Create a systematic plan for when things happen. Including residents and staff:

Protect staff, volunteers and clients

- Provide daily updates and reminders to staff and residents
- Monitor all for symptoms of illness daily: fever >100.4, new cough, body aches, shortness of breath, sore throat
- Minimize face-to-face contact between high-risk individuals (age 60+, chronically ill) and individuals who may be incubating the virus. Limit the number of individuals who are in close (within six feet) contact with quarantined individuals and provide protective equipment
- Use disposable gloves when handling client belongings
- Ensure sleeping beds for well clients are spaced according to TN-ARR (State) requirements, **10 feet apart**. Try to place residents head to toe.
- Ensure bathrooms and other sinks are consistently stocked with soap and drying materials for hand washing. Garbage can with plastic bag inserted by each sink
- Set up stations within the facility where all people can easily access hand sanitizers
- Encourage garbage removal from environment daily

Managing ill house managers/operators or support people who come in the house and anyone that interacts in house with residents

https://www.tn.gov/health/cedep/ncov/remote-assessment-sites.html

- Immediately mask and isolate ill individuals
- Staff with symptoms (e.g., fever, cough, or shortness of breath) should notify their supervisor and stay home
- Staff should not return to the site until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments

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- Staff who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow CDC- recommended precautions
- Report any possible COVID-19 illness in staff, or residents to your local health department
- Individuals who spent more than a few minutes within six feet of someone diagnosed with COVI-19 are to be quarantined for 14 days

Managing ill clients

- Notify health care facilities prior to transferring a client with a fever, cough or shortness of breath, or suspected or confirmed COVID-19
- Provide access to fluids, tissues and plastic bags for the proper disposal of used tissues
- Isolate clients with mild respiratory symptoms consistent with COVID-19 infection in individual rooms, and have them avoid common areas
- If individual rooms for sick clients are not available, consider using a large, well-ventilated room
- In areas where clients with respiratory illness are staying, keep beds at least six feet apart, use temporary barriers between beds (such as curtains), and request that all clients sleep head to toe
- If possible, designate a separate bathroom for sick clients with COVID-19 symptoms
- Consider reducing cleaning frequency in bedrooms and bathrooms dedicated to ill clients to as-needed cleaning (e.g., of soiled items and surfaces) to avoid unnecessary contact with the ill individuals
- Decisions about whether clients with mild illness due to suspected or confirmed COVID-19 should remain in the house or be directed to alternative housing sites should be made in coordination with local health authorities. Residents and individual.
- If a resident displays severe symptoms is identified, notify your public health department and arrange for the client to receive immediate medical care. Notify the transfer team and medical facility before transfer. Severe symptoms include:

  o Extremely difficult breathing (not being able to speak without gasping for air)
  o Bluish lips or face
  o Persistent pain or pressure in the chest
  o Severe persistent dizziness or lightheadedness
  o New confusion, or inability to arouse
  o New seizure or seizures that won't stop

Who do we tell

- TN-ARR is a client first, social model, community-based alliance. We strive to be part of our communities and establish healthy relationships.

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- We support open and inclusive information to any and all persons, agencies, families and business's we impact.

Guidance may change as we learn more. Please check http://www.tn.gov/health/cedep/ncov for the most up-to-date guidance about information