COVID-19

Updated 04-06-2023

1. Our community will follow CDC as well as state/local health department guidelines related to COVID-19.

    a. The CDC recommends that assisted living communities follow "prevention strategies based on COVID-19 community levels." You can view these guidelines here: https://www.cdc.gov/coronavirus/2019-ncov/community/community-congregate-living-settings.html

    b. The latest CDC guidelines apply to all individuals, regardless of vaccination status.

2. We have designated a COVID-19 Safety Coordinator to oversee implementation of our policies and procedures:

    Name:
    Title:
    Phone number:
    Email Address:

3. **Screenings/Entering the Community**

    a. All persons entering the community are reminded/notified not to enter if they are experiencing in symptoms of COVID-19 or other respiratory illness.

    b. All persons entering the community should be reminded to follow mask guidelines recommended by the CDC and your state/local health department.

    c. These notifications can be done via a sign posted at entrances. Sample signs are provided in this plan.

d. Persons entering the community and residents living in the community no longer have to be actively screened for symptoms and do not have to have their temperature taken.

4. **Masks (Source Control)**

   a. Staff, residents, and other visitors are asked to wear a mask if:

      i. The county is experiencing "high" COVID-19 Community Levels.
      ii. They have had close contact with someone with COVID-19 in the last 10 days.
      iii. The Community is experiencing a COVID-19 outbreak.
      iv. Mandated by state/local health department.

   b. The CDC's guidance to assisted living communities is to base masking guidelines on COVID-19 Community Levels. If your county is at a "high" Community Level masks are recommended for staff, residents, and visitors. You can find our county's community levels here:

      https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=CommunityLevels&null=CommunityLevels

   c. Check your county's COVID-19 Community Levels at least once per week and adjust your mask recommendations accordingly.

   d. Residents can never be forced to wear a mask.

5. **Visitors**

   a. Residents are always allowed to have family and friends visit. During an outbreak these visits may be restricted to designated outdoor or indoor visiting areas, or in the resident's apartment.

   b. Visitors are allowed in common areas unless restricted due to an outbreak.

c. If in-person visits are modified, use technology to help family members communicate with residents. This can include telephone, video conferences, or mobile devices (e.g., Facetime).

d. Essential visits are never be suspended. These include home health, hospice, physical therapy, end of life, compassionate care, and other medically necessary visitors.

6. Dining, Activities, Events, and Outings

a. Residents and visitors are able and encouraged to participate in full dining services, activities, events, and outings.

b. Outside performers, entertainers, and volunteers are permitted to participate in activity programs.

c. Residents who are isolated with COVID-19 should receive meal tray service to their apartment. Staff delivering meals should wear full PPE (gloves, gown, N95 respirator, and eye protection) and limit the amount of contact with the resident/apartment during meal tray delivery. Do not allow residents to eat alone if they are unable to do so safely.

d. It may be necessary to temporarily suspend or modify dining and group activities during an outbreak (e.g., smaller seatings, use of masks). This determination will be made in consultation with your health department.

7. Personal Protective Equipment

a. Personal protective equipment will be provided by the community.

b. Anyone caring for a resident with suspected or confirmed COVID-19 must utilize full PPE, including:
    i. Gloves
    ii. Gown
    iii. N95 or higher-level respirator (or facemask if a respirator is not available)
    iv. Eye protection / face shield

c. If a staff member is required to wear an N95 respirator CDC guidance and OSHA regulations require they have a medical evaluation and be fit tested.

8. **Exposure / Close Contact with COVID-19**

   a. If someone has had exposure to someone with COVID-19, they do not need to quarantine or have work restrictions, regardless of vaccination status, unless they develop symptoms.

   b. If the exposure has multiple "higher transmission risk factors," they should:
      i. Wear a mask for 10 days following exposure.
      ii. Be tested twice – the first test can be 24 hours after exposure, and the second test should be 5 days after exposure.
      iii. Monitor for symptoms.

   c. Higher transmission risk factors include:
      i. Contact longer than 15 minutes.
      ii. The infected person was coughing, singing, shouting, or breathing heavy.
      iii. The infected person had symptoms at the time of exposure.
      iv. Neither person was wearing a mask.
      v. The exposure occurred indoors or in poorly ventilated areas.

   d. CDC information on risk factors can be found here: https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html

9. **Symptoms of COVID-19**

   a. If someone develops even mild symptoms, they should be quarantined and tested.

   b. If using molecular (PCR/lab) testing, a single negative test is sufficient to rule out COVID-19.

c. If using rapid antigen testing, a negative result should be confirmed with a second negative test 48 hours after the first one.

10. COVID-19 Positive Individuals

a. Individuals (residents, staff, etc.) who test positive for COVID-19 must isolate with transmission-based precautions.

b. Individuals with symptoms should isolate until:
    i. At least 5 days since symptoms first appeared, and
    ii. At least 24 hours have passed since last fever, and
    iii. Other symptoms have improved.

c. Individuals without symptoms should isolate until: At least 5 days since the date of their first positive test.

d. Even if isolation has ended, individuals who test positive should wear a mask for 10 days.

e. **If facing you are facing staffing shortages**, essential staff can return to work:
    i. At least 5 days have passed since the first positive test, and
    ii. At least 24 hours have passed since last fever (if any), and
    iii. Other symptoms have improved (if any).

11. Outbreaks

a. Unless otherwise directed by your state health department, an outbreak is defined as three or more cases of COVID-19 within a 14-day period among residents and/or staff who have had contact with one another or work/reside in the same area of the community

b. Outbreaks should be reported to:
    i. State licensing agency (as required)
    ii. Local public health department
    iii. Residents
    iv. Responsible parties

    v. Staff

    vi. Visitors (signage at the door)

c. During an outbreak:

    i. Regardless of state or local mask guidelines, all staff should wear a mask while in the community.

    ii. Residents should be encouraged to wear masks when outside of their apartments

    iii. Visitors should wear masks when in common/public areas of the community.

    iv. Dining and activities may continue unless otherwise directed by your health department or licensing agency. Residents who choose may dine in their apartments.

    v. Follow all other guidelines in this plan for testing and managing positive cases.

12. Testing

a. Follow the testing guidelines as described in this policy.

b. In general, persons who have tested positive for COVID-19 in the previous 30 days should not be tested again unless symptoms develop.

c. When there are cases of COVID-19 in the community, limit testing to identified close contacts (contact tracing) unless you cannot identify close contacts, or your health department directs otherwise.

COVID-19 Response Checklist

✓	STEP	NOTES
	1. Isolate the COVID positive individual(s)	If it is a resident, they isolate in their apartment. If it is a staff member, they isolate at home. Isolation timeframes (see full plan for details): Residents: 10 days Staff: 5 days if staffing crisis Symptoms must be improving, no fever, for 24 hours
	2. Implement PPE	Anyone entering the room of an isolated or quarantined resident must wear an N95 respirator, face shield, gown, and gloves. Setup a PPE station/cart and waste container with a lid outside the apartment of isolated residents.
	3. Notify the resident's primary care provider	Follow directions for treatment.
	4. Dedicate care staff (if possible)	Assigned dedicated care staff to isolated residents, if possible.
	5. Alert monitoring/charting	COVID positive residents should be monitored with charting at least once per shift until resolved.
	6. Test close contacts	Close contact is defined as being within 6 feet of the individual for 15 minutes or more in 24-hour period. Repeat testing after 5 days.
	7. Quarantine close contacts only if they have symptoms	Close contacts who are up to date on vaccines and do not have symptoms do not have to quarantine.
	8. Test all residents and staff **ONLY** if unable to identify close contacts	You may also have to test all residents and staff if directed to do so by your health department, but it is our policy to test close contacts only.
	9. Continue communal dining	We only close communal dining if directed to do so by your health department or our clinical leadership.
	10. Continue activities	We only suspend activities if directed to do so by your health department or our clinical leadership.
	11. Initiate a line list	Keep updated with all positive individuals and all individuals who are tested.
	12. Notify responsible party and MD/PCP	This is for the resident who tested positive.
	13. Notify staff	
	14. If you are experiencing an outbreak, notify residents, responsible parties, visitors, health department, and state licensing agency.	An outbreak is generally defined as three or more cases in a 14-day period.

COVID-19 Test Results

Community	Name of Person Tested	Date	Time

Did the person being tested have **symptoms** of COVID-19 in the past 10 days?	___ Yes ___ No
Has the person being tested been **exposed** to someone with confirmed COVID-19 in the past 10 days?	___ Yes ___ No
Was the test done as part of Community-wide testing in response to active cases of COVID-19?	___ Yes ___ No
Type of test used:	___ Rapid Antigen Test: _____ ___ Other: _____
Result:	___ Positive ___ Negative ___ Inconclusive
Notes:	
Name and credentials of person completing the test:	
Signature of person completing the test:	

WELCOME!

Please Do Not Enter Our Community If:

You are experiencing symptoms or respiratory
or other contagious illness (e.g., cough, fever, etc.)

You have tested positive for COVID-19
in the last 10 days.

Please Wear a Mask If:

You have had close contact with someone with
COVID-19 in the last 10 days.

Our county has been deemed to be at "high"
Community Transmission levels.

WELCOME!

Please Do Not Enter Our Community If:

You are experiencing symptoms or respiratory
or other contagious illness (e.g., cough, fever, etc.)

You have tested positive for COVID-19
in the last 10 days.

Please Wear a Mask:

Our community has experienced multiple cases of
COVID-19 in the past 10 days, and we are asking all
team members and visitors to wear a mask at this time.

Residents are also encouraged to wear a mask.

WELCOME!

<u>Please Do Not Enter Our Community If:</u>

You are experiencing symptoms or respiratory
or other contagious illness (e.g., cough, fever, etc.)

You have tested positive for COVID-19 in the last 10 days.

<u>Please Wear a Mask:</u>

**According to the CDC, our county COVID-19
Community Levels are currently <u>HIGH</u>.**

We are asking all team members and visitors to wear a mask at this time.

Residents are also encouraged to wear a mask.