

COVID-19 Resources and Information for Household Planning

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Information/Resources:

<https://www.dds.ca.gov>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

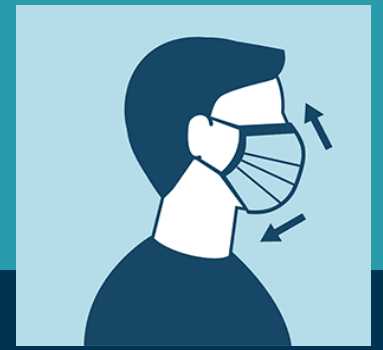
It is recommended that you stay informed and regularly visit reliable COVID-19 websites, specifically Centers for Disease Control and Prevention (CDC), and the California Department of Public Health (CDPH), for any updates.

Plan Ahead – Things to Consider

- Caretaker Planning
 - Strategize Unique Household Needs/Risks
 - Trusted and Familiar Back-ups – Circle of Support
 - Dedicated Staff/Support
- MD and DPH Phone Numbers Posted
- Emergency Contact List
 - Who can you call when you need help
- Plan for a trip to the Hospital
 - Bag
 - Medication List
 - Communication Tools

[Health Passport Example #1](#)

Plan Ahead - Things to Consider Based on the Unique needs of your Home/Household



If Isolation is needed:

How many household members/risk factors?

- Home Layout –
 - Room/Bathroom (clutter free)
 - Ventilation
 - Shared Space/Meals
- Equipment
 - Masks/N95 Masks
 - Gloves
 - Thermometers
 - Cleaning Supplies

Should you wear a face mask?

<http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cloth face coverings should:

Fit snugly but comfortably against the side of the face

Be secured with ties or ear loops

include multiple layers of fabric

Allow for unrestricted breathing

Be machine washable/dryer safe without damage or change to shape

Mask making tutorial video:

<http://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>

Disinfect Surfaces

What surfaces should you disinfect?

Regularly clean all surfaces that are frequently touched

Examples: Counters, tabletops, door knobs, light switches, medical equipment like thermometers, remote controls and cell phones.

Use EPA approved Disinfectants

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

PRACTICE!!! Form Habits Now.

Isolation Measures

✓ Who and When to Isolate?

- CDC Home Care Guidance: <http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

✓ Home Isolation occurs when:

- Anyone who is suspected of or confirmed as positive for COVID-19
- Prior to isolation measures individuals must be evaluated by a physician and should be in consultation with the local public health department staff
- Medical professional/public health officials make a determination that the individual requires home care in isolation from other people
- **NOTE: Individuals must be medically stable OR recently discharged to home care following a hospitalization for COVID-19 illness to safely receive care within the home**



Home Isolation continues...

✓ What to do when someone is in isolation:

- Use standard and transmission-based precautions
- [CDC - Basic Infection Transmission Precautions](#)

✓ Use Personal Protective Equipment (PPE)

✓ Optimizing PPE Supply – What to use when you don't have PPE

- [CDC - Optimizing PPE Supply Strategy](#)

✓ PPE donning/doffing:

PPE is only effective with proper use!

Learn CDC tips for proper use PPE:

- [CDC - Proper Use of PPE \(COVID-19\)](#)
- [CDC - Proper Use of Respirator Mask \(FAQ\)](#)
- More videos on proper donning N95/Respirator mask:
 - [Video 1 \(3M 1870\)](#)
 - [Video 2 \(3M 1860/1860S\)](#)



3. Home Isolation Continued...

- ✓ Monitor the person for worsening symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ✓ Know the emergency warning signs – When to Call 911
- ✓ Ensure proper hydration.
- ✓ If indicated and at the advice of the physician, provide over the counter medications to help with symptoms.
- ✓ Limit contact with the individual to the extent possible
- ✓ Clean and Disinfect

[CDC - What to do if you are sick or caring for someone who is sick?](#)



Home Isolation ...

✓ When does Isolation end?

- [CDC - What to do if you are sick or caring for someone who is sick?](#)

✓ Per Current CDC Guidance - People with COVID-19 may stop isolation under the following conditions:

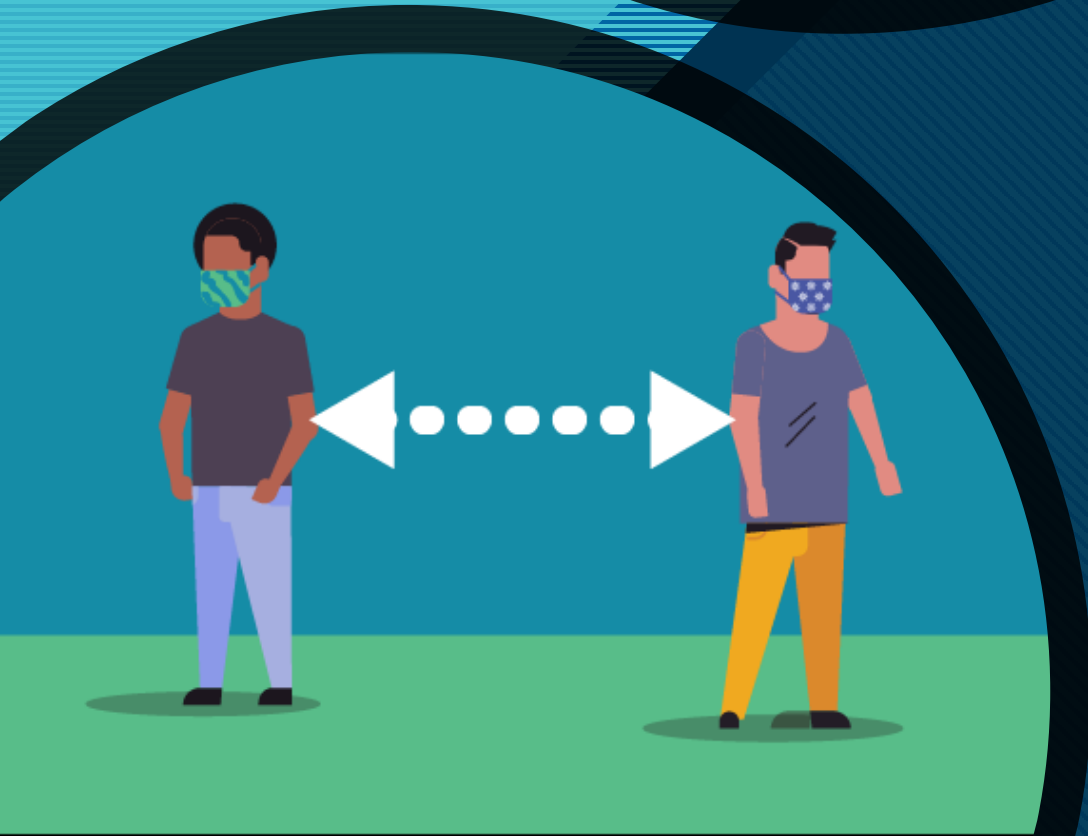
- [If they **will not have a test** to determine if they are still contagious, they can leave the home after three things happen:](#)
 - They have had no fever for at least 72 hours (3 full days without the use of fever reducing medicine) AND
 - Other symptoms have improved, such as cough and shortness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

Always follow your MD and Local County Public Health Guidance to find out when it is safe to end Home Isolation

[If the individual **is tested** to determine if they are still contagious, they can leave the home after three things happen:](#)

- They no longer have a fever without the use of fever reducing medicine, AND
- Other symptoms have improved, such as cough and shortness of breath, AND
- They receive 2 negative tests in a row, 24 hours apart.

Always follow your MD and Local County Public Health Guidance to find out when it is safe to end Home Isolation



Questions?

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