COVID-19

Resources and Information for Household Planning

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Information/Resources:

https://www.dds.ca.gov


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

PRACTICE!!! Form Habits Now.

Should you wear a face mask?

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
Isolation Measures

✓ Who and When to Isolate?

✓ 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.

- 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?
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.

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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