



COVID-19 Infection Prevention Team Webinar 1: Overview and Staff Safety

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Funded by OCHCA and CalOptima

COVID-19 Nursing Home Prevention Team

- Jointly funded by OCHCA & CalOptima
- Led by UC Irvine faculty & project coordinators
- Distinct from the OCHCA COVID Outbreak and Response Team
- Goals
 - Outfit OC nursing homes to prevent COVID-19 as soon as possible, but especially in time for fall surge
 - Provide expertise on infection prevention for COVID-19/SARS-CoV-2
 - Provide guidance, protocols for preventing spread of COVID
 - Support training on how to stock and use protective gear
 - Develop high compliance processes for protection of staff and residents

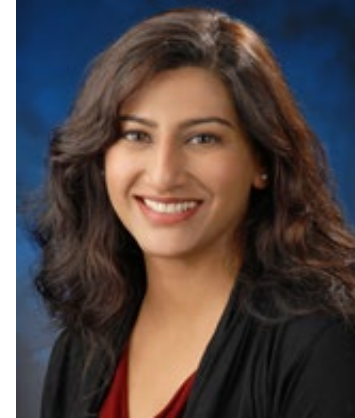
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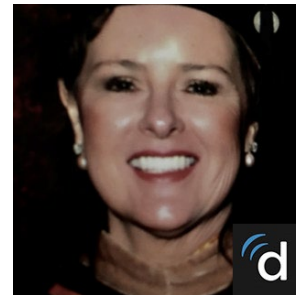
Stakeholders

Orange County Health Care Agency



Matthew Zahn, MD
Medical Director, Epidemiology

CalOptima



Emily Fonda, MD
Deputy Chief Medical Officer

COVID-19 Prevention Team: Scope of Work

- Create a practical toolkit for COVID-19 prevention
 - Signage and posters
 - Protocols, FAQs, monitoring tools
 - Publicly posted, downloadable, editable
- Provide webinars and consultative support
- Provide enhanced training to 12 nursing homes



Toolkit and Webinar Sequence

- **Stage 1: All About Staff**

- How does COVID spread?
- How to prevent?
- What if you test positive?
- Air? Clothing? Hair? Shoes?
- Which symptoms matter? Testing?
- How to protect coworkers & family?

- **Stage 2: Personal Protective Equipment**

- Masks, w
- Face shield
- Gowns a

Additional Special Webinar
on Outbreak Response plus Q&A
from OCHCA COVID Outbreak Response Team

ing procedures?
e-use PPE

- **Stage 3: Environmental Cleaning and Assessment Tools**

- Cleaning protocols
- Assessment, validation tools
- Picture perfect rooms
- Top 10 mistakes



OC Nursing Home COVID Prevention Toolkit

<https://www.ucihealth.org/stopcovid>



For Orange County nursing homes only – [schedule a consultative session](#) with the OC Infection Prevention Team

1. Introduction – Preventing COVID-19 in Nursing Homes

Roadmap – Key Strategies for Preventing COVID-19 in Nursing Homes ([DOC](#))

FAQs – Overview of COVID-19 ([PDF](#)) ([DOC](#))

FAQs for Staff – Concerns About COVID-19 Exposure ([PDF](#)) ([DOC](#))

FAQs for Staff – Monitoring Yourself for Infection Symptoms ([PDF](#)) ([DOC](#))

2. Visitors

COVID-19 Visitor Policy for Nursing Homes ([PDF](#)) ([DOC](#))

FAQs – Visitor Policy ([PDF](#)) ([DOC](#))

No Visitor Policy – Letter to Family ([PDF](#)) ([DOC](#))

3. Social Distancing, Masking, and Shared Activities

Poster – How to Properly Wear a Mask ([PDF](#))

Guidance for Residents – Social Distancing, Masking, and Shared Activities ([PDF](#))

Guidance for Staff – Social Distancing, Universal Masking, and Shared Activities ([PDF](#))

FAQs for Staff – Social Distancing, Universal Masking, and Shared Activities ([PDF](#))

Video – Social Distancing (Coming soon)

Video – Universal Masking (Coming soon)

Video – Break Room Etiquette (Coming soon)

4. Universal Symptom and Temperature Screening

Staff Entry Symptom and Temperature Screening ([PDF](#))

Resident Symptom and Temperature Screening ([PDF](#))

Poster – Health Alert – Know COVID Symptoms ([PDF](#))

FAQs for Staff – What to Know if You Have COVID-19 ([PDF](#))

FAQs for Staff – Keeping Family Safe if You Have COVID-19 ([PDF](#))

5. Universal COVID PCR Screening

Protocol – Universal COVID PCR Screening (Coming soon)

Protocol – When You Have COVID-19 in Your Nursing Home (Coming soon)

FAQs for Staff – Universal COVID PCR Screening (Coming soon)

FAQs for Staff – What to Know if You Have COVID-19 (Coming soon)

FAQs for Staff – Keeping Family Safe if You Have COVID-19 (Coming soon)

6. Hand Hygiene

Protocol – Hand Hygiene ([PDF](#)) ([DOC](#))

FAQs – Hand Hygiene ([PDF](#)) ([DOC](#))

Video – Hand Hygiene (Coming soon)

7. Personal Protective Equipment (PPE) (Coming soon)

PPE Supply Assessment (Coming soon)

PPE Prioritization (Coming soon)

Protocol – PPE Use (Coming soon)

Protocol – PPE Re-Use & Extended Use (Coming soon)

FAQs – PPE Use (Coming soon)

FAQs – PPE Re-Use & Extended Use (Coming soon)

PPE Training – Dos & Don'ts (Coming soon)

Video – PPE Use (Coming soon)

Video – PPE Re-Use & Extended Use (Coming soon)

Video – PPE Dos and Don'ts (Coming soon)

8. Cohorting (Coming soon)

Protocol – Cohorting (Coming soon)

9. Environmental Cleaning (Coming soon)

Protocol – Environmental Cleaning (Coming soon)

FAQs – Environmental Cleaning (Coming soon)

Cleaning Cart Guide (Coming soon)

Cleaning Training – Dos and Don'ts (Coming soon)

Video – Environmental Cleaning (Coming soon)

10. Skills Assessment Tools (Coming soon)

11. Observation Tools (Coming soon)

12. Feedback Tools (Coming soon)

Webinar #1

Staff Safety: Protecting Each Other

- **COVID-19: Addressing Fear**
 - How does it get into nursing homes?
 - How does it spread? Air? Droplets? Clothing? No symptoms?
- **The Pearls of Prevention**
 - Do not work sick
 - Social distancing
 - Breakroom etiquette
 - How to wear a mask
 - Speaking up
 - Protecting each other
- **What to Expect**
 - COVID-19 summer rising and fall surge
 - Important to practice COVID prevention now

What is COVID-19?

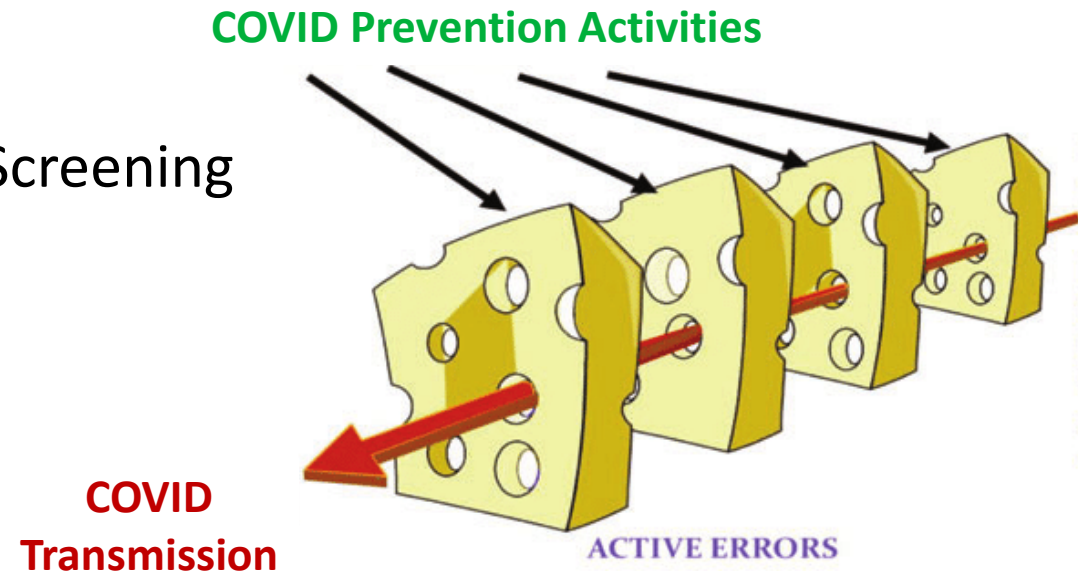
- **New cold virus called SARS-CoV-2**
 - Everyone at risk, no immunity
 - Antibiotics don't work
 - Spreads by infectious droplets and close contact
- **Produces disease called COVID-19**
 - Wide range of symptoms, starts mild
 - Risk for hospitalization often seen in the second week of illness
 - Often stuttering course: get better, then worse again
- **Severe Disease**
 - Pneumonia, clotting, severe inflammation and shock
 - High risk: elderly, medical conditions (e.g. hypertension, diabetes)

How does COVID-19 spread?

- **How does the COVID-19 virus get into nursing homes?**
 - No visitors, and residents not interacting with the community
 - Staff are the main way of bringing in COVID-19
- **Getting COVID – Method 1 of 2**
 - Infectious person talks, coughs, sneezes, or shouts infected droplets into the eyes, nose, or mouth of another person
 - **SOLUTION: universal masking prevents droplets from reaching others**
- **Getting COVID – Method 2 of 2**
 - Infected person touches object → another person touches object within next many hours, even up to 1-2 days and then rubs eyes, nose, mouth or eats without cleaning hands beforehand
 - **SOLUTION: Use hand sanitizer every time before touching face**

Key Prevention Strategies

- Universal Masking
- Hand Hygiene
- Social Distancing
- Daily Symptom and Temperature Screening
- Routine COVID Testing
- Staying home when ill



Universal Masking

- **Prevents infected droplets from reaching face**
 - If both persons masked, not considered exposed even if one is ill
- **Important to wear mask correctly**
 - Must cover nose *and* mouth
 - Use hand sanitizer to adjust/touch
 - Do not “store” on forehead or under chin
 - Store in clean bag
- **Try to mask residents**
 - They are high risk for infection
 - Encourage repeatedly to get them used to it



Which Mask When?

- **Cloth Masks**
 - Comfortable and washable
 - Spares medical mask supply
 - For non-medical care staff, residents
- **Standard Medical Mask**
 - Prevents droplet spread
 - Safe reuse if not wet, soiled, damaged
- **N95 Respirator**
 - Use for aerosol generating procedures
 - Safe reuse possible with CDC guidance



Hand Hygiene

- **Soap and water vs hand sanitizer**
 - Hand sanitizer more convenient, individual bottles can be in pocket
 - Hand sanitizer less drying
- **Proper Technique: *Hand sanitizer***
 - Front of hands
 - Back of hands
 - Between the fingers
 - Both thumbs
 - Wrists
 - Tips of fingers
- **Proper Technique: *Soap and water***
 - Necessary for visibly soiled hands
 - Rub with soap for 20 seconds, then rinse



Scrub between fingers



Clean wrists



Clean tips of fingers



Clean both thumbs

Hair, Clothing, & Shoes

- **Hair**

- The COVID virus does not go through hair to infect you
- Hair nets are for catching hair strands. They do not add COVID protection.

- **Clothing**

- The COVID virus does not go through clothing to infect you
- Recommendation: Change clothes when you get home from work
- Laundry detergent kills the virus
- Can wash with cold water and detergent

REMEMBER: Always clean your hands before you touch your face, eyes, nose or mouth or before eating

- **Shoes**

- The COVID virus does not go through shoes to infect you
- No need to bleach soles

Social Distancing: Breakroom Etiquette

- **HIGH RISK moment: removing masks to eat**
- **Without masks, must have other protection from COVID**
 - Signs to clean hands, social distance
 - Hand sanitizer bottles on tables
 - Chairs 6+ feet apart
 - Clean bags for mask storage
 - Disinfectant spray for tables
 - Paper towels if wipes not available
- **The Pearls of Prevention**
 - Minimize time masks are off
 - Encourage eating outside in open air – place chairs, sun shade
 - Even outside ensure 6 feet of distance

Daily Symptom & Temperature Screening

- **COVID-19 often begins with mild symptoms**
 - Daily symptom screen
 - Emphasize importance
- **ANY symptom, even if mild**
 - Staff may not consider 99F a fever
 - Staff often work ill without complaining
 - Often underinsured for healthcare
 - Often very few sick days allotted
 - Leaders need to take mild symptoms seriously, else could infect more staff



HEALTH ALERT

Inform your supervisor immediately if you have any of these symptoms at any time during your shift:

- Fever (≥ 99 F) or chills
- Cough
- Shortness of breath
- Muscle aches
- Unexpected fatigue
- Sore throat
- Loss of taste or smell
- Headache
- Diarrhea, vomiting, or nausea
- Other cold symptoms

For poster clings, email name, title, facility address and # desired posters to COVIDTeamOC@gmail.com

Encourage Speaking Up

- **Working while ill**
- **Others not masking
not distancing**

Why staff are silent

Fear job risk
Coworkers cover work
Underinsured
Ignorance is bliss
Symptoms mild
Coworkers insulted

Why staff should speak

Be tested
Rest at home
Medical attention
Protect family
Most infectious early on
Coworkers protected



Feeling off?
Mask before
you cough



Be bold,
mention if you
have a cold



When you
greet, keep
6 feet



How to cope?
Use hand rub
or soap

Routine Testing for COVID-19

- **COVID PCR testing**
 - CMS guidance: weekly testing of staff
 - CDPH guidance: test 25% staff per week = monthly staff screening
- **Why test staff?**
 - Staff afraid to speak up
 - Staff working sick
 - Clean environment
 - Send home → prevent further spread
 - Encourage ill staff member to take care
 - Screen residents
- **How to test?**
 - OCHCA testing sites limited, uses staff insurance
 - Partner with other labs (commercial, UCI Health)

COVID Trends: Why Prepare Now?

- **Summer cases rising**
 - OC reopening
 - Many not masking or social distancing
 - Many working while ill
- **Why worse in fall?**
 - Schools reopening
 - If virus seasonal, worse when temperature, humidity drops
 - Anticipate fall second wave
- **What to expect**
 - Need to assess PPE supplies and prepare for possible second wave
 - Practice makes perfect: masking, social distancing, speaking up, testing

Your Role: Nursing Home Leadership

- **Educate, address fear**
 - Correct errors in masking, hand hygiene, or social distancing
 - Care about mild symptoms
 - Remind them of coverage for COVID sick days
- **Lead by example**
 - Praise those who speak up
 - Encourage others to correct your behavior, show how to respond well
 - Show how to socially distance, clean hands before touching mask
- **Next steps**
 - Email COVIDTeamOC@gmail.com for symptom poster clings
 - Review www.ucihealth.org/stopcovid materials and email for consultation

Questions?



(949) 824-7806 or COVIDTeamOC@gmail.com