

OUTBREAK RESPONSE PROTOCOL:
Procedures for Responding to Possible Coronavirus
Outbreak.

Health and Wellness Department
Cedars of Marin

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***Please call Marin Health and Human Services immediately if a symptomatic individual meets the criteria mentioned for Coronavirus.**

Key Phone Numbers:

Marin Health and Human Services ... (415) 473-4163
Marin General Hospital(415) 925-7000
Novato Community Hospital (415)209-1300
Kaiser Permanente San Rafael Medical Center (415) 444-2000

Cedars of Marin Health and Wellness Department.....(415) 455-1715 ext 119
Kaeb Menker, Director of Health and Wellness(510) 290-0222
Rob Robinson, Director of Residential Services(415) 717-9032

Introduction & Purpose

The Cedars of Main, Health and Wellness Department has developed this system for a rapid intervention in the event of a Coronavirus outbreak at Cedars homes, day programs and surrounding community. The protocol is established in collaboration with the Marin Health and Human Services (MHHS) and follows the recommended steps outlined by Center for Disease Control (CDC). **Please note that this document is regularly updated as new information develops.**

The purpose of this document is:

- 1) to create a standard protocol for outbreak response
- 2) to enable staff, residents, and local Health Service agencies to work together effectively during an outbreak
- 3) to define roles and responsibilities
- 4) to foster effective communication and data sharing among investigation team members.

*****This protocol is intended as a general framework; deviations may occur from the outlined procedures if warranted based on each situation. *****

What is Coronavirus?

Novel coronavirus is a new respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. The virus has caused an outbreak in China, and cases are being reported in a growing number of other countries, including the United States. The disease caused by novel coronavirus is called COVID-2019. See information about 2019 Novel Coronavirus on the Centers for Disease Control and Prevention (CDC).

How does it spread?

Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease, and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes
- People are thought to be most contagious when they are most symptomatic (the sickest)
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads

Spread from contact with infected surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Symptoms of an individual with Coronavirus:

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include:

- Fever
- Cough
- Shortness of breath
- Muscle pain
- Headache
- Sore throat
- Sudden loss of taste or smell

Prevention:

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Face Masks:

- CDC does recommend that people who are well wear facemask when in public to prevent the spread of respiratory diseases, including COVID-19.
- The cloth face cover is meant to protect other people in case you are infected.
- N-95 facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Washing Hands:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Wash your whole hand (front, back and in between fingers). Rinse and dry thoroughly.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Follow Five Steps to Wash Your Hands the Right Way:

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Cedars mandatory policy for Prevention:

Day Programs:

- Contact each non-cedar participant's caretaker asking about their recent health and if they have received the flu vaccination. If they have not, we should reiterate the importance of getting vaccinated and that we highly recommend it.
- Ask caretakers if any of the participants have traveled to outside of the US in the last month. If s/he has traveled, we should get a mandatory clearance from their doctor before returning to day program.
- Staff should check each non-cedar participant's temperature when they arrive in the morning.
- If any participant comes to the program with any of the symptoms mentioned above, s/he must not be allowed to attend the day program and should be sent back to his/her home. He/she should only return to program after having no flu-like symptoms for at least 48 hours.
- All residents and staff, when they arrive at programs, must walk straight to the bathroom to wash their hands using soap before attending to any other item.
- Staff and residents should suspend any group-based community activity until further notice.

Group Homes:

- If any of the residents are showing flu like symptoms, **all residents must stay back at the house. DO NOT SEND THEM TO DAY PROGRAMS!**
- All residents and staff, when they arrive at their houses, must walk straight to the bathroom to wash their hands using soap before attending to any other item.
- House managers should inquire the following with family members if a resident will be away:
 - Has any member of the family traveled outside of the US in the past 3-4 weeks?
 - Where the resident will be over the weekend?
 - While at home, would the resident be with someone who might have traveled outside of the U.S.?
 - If family members have been outside of the US in the last 3-4 weeks, residents should not go to the family member's house. If the family insist, then residents will not be allowed to come back to their cedars home for at least 2 weeks and show no symptoms of illness.
 - Such items should be communicated to Health Services, Rob Robinson, Stacy Anderson right away at all times to discuss if additional actions are need.
- **Staff and residents should minimize group-based activities while taking extra precautions when residents are out in the community.**

Cedars Mandatory Policy During Suspected Outbreak:

- If a resident/participant has traveled outside of the US and is showing flu-like symptoms, **we should immediately call MHHS to report.** *(please refer to key phone number list to call MHHS).*
- Follow all instruction provided by MHHS staff.
- After reporting, call Kaeb/Rob to report.
- Keep all residents/staff in the house, and do not let anyone come in or leave the house unless they are staff from Health Agencies.

Possible in-home Isolation Procedure:

- Isolate the resident immediately to his or her room immediately.
- The resident must be in a single, private, well-ventilated room with its own bathroom and the door must be kept closed.
- If a single, private room is not available, cohort ill residents in the same room with spatial separation of at least 6 feet and a privacy curtain or barrier.
- The ill resident should remain in isolation and be excluded from participation in group activities, including group dining, use of common areas, and receiving visitors, while COVID-19 testing results are pending.

- Wear gloves, gown, respiratory protection (fit-tested N95 respirator or PAPR), and eye protection (e.g., goggles or face shield).
- Change gloves and gowns after each resident encounter and perform hand hygiene.
- If resident must leave their room for medically necessary procedures, have them wear a facemask.

Communications:

- All suspected flu like symptoms should be reported to Health and Wellness department via email at healthsvcs@cedarslife.org or via telephone at 415-455-1715 ext 125.
- House managers should start using “The Daily Health Monitoring” form each morning **and must send it back to Health and Wellness that same day.**
- The CDC and MHHS websites have the most up to date information regarding the coronavirus at local, state, national level. Please refer to those sites if you need additional information.