

COVID-19 QUICK TIPS | LONG-TERM CARE FACILITIES

Take steps to protect staff and residents.

QUICK TIP 1

- All staff must wear surgical masks or fit-tested N95s (based on community transmission level)
- Staff must wear PPE, including face shields, when they are interacting with residents (based on community transmission level)
- Require residents to wear cloth masks outside of their rooms, if able
- Create a plan for management of COVID-19 positive residents including designating a COVID-19 Unit and Observation Unit
- Create an infection control plan that addresses visitation, cohorting measures, sick leave, return-to-work policies, and testing and immunization policies
- Clean and disinfect regularly with EPA approved disinfectants
- Consider limiting visitors to your building
- Screen residents, staff and visitors for symptoms
- Follow Administrative Orders for Long-Term Care Facilities dph.georgia.gov/administrative-orders
- Monitor community transmission and adjust the frequency of staff testing and PPE needs
- Consult authorities on a regular basis to ensure knowledge of current guidance and recommendations
 - cms.gov
 - cdc.gov
 - dph.georgia.gov

QUICK TIP 2

Watch for symptoms of illness.

Individuals who have COVID-19 may present with the following:

- Fever or chills
- New cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Nausea/vomiting
- Diarrhea
- Muscle or body aches
- Fatigue
- Headache
- New nasal congestion/stuffy or runny nose

QUICK TIP 3

Take action if someone is ill or illness is suspected.

1. Isolate the COVID-19 positive individual from others until isolation is complete.
2. Identify and quarantine close contacts (as appropriate).
3. Monitor close contacts.
4. Report positive case to your local Health Department.

Individuals who start to have symptoms during their quarantine should immediately isolate and get tested.

Staff who start to have symptoms during their quarantine should immediately stop working, isolate and get tested.

Isolation for COVID-19 positive individuals

Isolation keeps someone who is infected with the virus away from others.

Positive individuals with symptoms should isolate for at least 10 days and 24 hours fever-free without the aid of fever reducing medications and all other symptoms have improved.

- Some individuals may be required to isolate for 20 days, if they are immunosuppressed or if they experienced severe illness.

Positive individuals without symptoms should isolate for 10 days from first positive test date.

Positive Residents should be placed on appropriate transmission based precautions in designated COVID Unit.

Positive Staff should be sent home to isolate immediately.



The start of isolation is the date symptoms appeared or date of first positive COVID-19 test, if no symptoms.

Who is considered a **close contact**? For COVID-19, a close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24 hour period.

How long is **quarantine** period for close contacts?

Quarantine keeps someone who might have been exposed to the virus away from others.

Residents/Patients: Quarantine close contacts on the observation unit for 14 days from their most recent exposure to a positive person.

Staff: Essential workers may continue to work masked and socially distanced for 14 days from their last exposure to a positive person.

CDC recommends that all close contacts remain masked at all times and practice social distancing for 14 days from their last exposure to a COVID-19 positive person.

Visit www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html or www.cms.gov/files/document/qso-20-38-nh-revised.pdf for updates.

QUICK TIP 4

Report COVID-19 illness to the Health Department.

Report all positive and suspected cases to the Health Department.

