



# COVID-19

## Coronavirus and PPE Training



**Lake County Board of Developmental Disabilities/Deepwood**

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# What is Coronavirus

- A coronavirus is a type of common virus that can infect your nose, sinuses, or upper throat. They can spread much like cold viruses. Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child
- The Covid-19 coronavirus is a new virus infecting humans.
- The virus is a novel virus because it is new (novel) to humans. The coronavirus leaped from animals to humans. The suspected path is bat>pangolin>human. The virus existed in bats, jumped to pangolins, then to humans. Humans have no natural immunity to the virus since our immune systems never saw it during our development.



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# Symptoms

- Signs of COVID-19 usually begin 2-14 days after a person has been infected. One study of more than 55,000 cases of the illness in China showed the range of symptoms that can happen with COVID-19 and how common they are:
- Some people get infected with the coronavirus but don't have any symptoms. Most of those people get better without treatment.
- Fever: 88%
- Dry cough: 68%
- Fatigue: 38%
- Coughing up thick phlegm from the lungs: 33%
- Shortness of breath: 19%
- Bone or joint pain: 15%
- Sore throat: 14%
- Headache: 14%
- Chills: 11%
- Nausea or vomiting: 5%
- Stuffy nose: 5%
- Diarrhea: 4%
- Coughing up blood: 1%
- Swollen eyes: 1%



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# Why do we need preparedness planning?

- There are not enough tests to ensure that our individuals will get tested even if we send them out due to symptoms.
- We cannot expect the hospitals to keep them if they cannot test them, or while they wait for results if they are tested. The hospitals may already be at capacity.
- Individuals who are infected but not hospitalized will need to be isolated/quarantined. Do you know your Agency's plan for isolation/quarantining individuals?



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# Responsibilities of DSPs during the crisis

- To contain the spread
- Ensure continued care of consumers infected: ADL's, meals, engagement, interaction, laundry, provide comfort etc.
- Ensure all that all members of the team are following the isolation precautions set up by your Provider Agency and maintaining PPE at all times.



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# Specialized Training

- Concept of isolation
- Droplet precautions
- Airborne precautions
- Proper donning of isolation PPE
- Proper doffing of isolation PPE
- Proper handwashing review



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# Concept of Isolation

- Isolating and social distancing seems drastic, most people don't know anyone who has the Coronavirus.
- Isolating, testing and sanitizing were how China controlled the coronavirus outbreak.
- Time and delay make it difficult to see the effect of coronavirus and isolating, when the results of our actions have a delay it's hard for us to associate them.
- The incubation time of the coronavirus (the time between catching the virus and you feeling the effects) is between 1 and 14 days. This means you can have the virus and not know you have it because the symptoms are not visible.
- This side effect of this delay is people don't stay at home (and not spread it) but go on with their life and socialize with people as normal.



# Concept cont..

- Thousands of people are already infected.
- In the next 14 days the hospitals will hit capacity for critical care beds.
- The only thing we can do in the short term is to reduce the number of people infected who need to go to hospital.
- The most effective tool we have is to isolate, not get infected and not infect others. This will save lives.
- Isolation and social distancing are the only tools we have in reducing the number of deaths and avoid the hospitals hitting capacity.







# Droplet Precautions

- Droplet precaution can be best defined as the guidelines recommended by the Centers for Disease Control and Prevention in the prevention of diseases which are transmitted by way of droplets. This involves large particle droplets which contain infected microorganisms from an infected person produced during coughing, sneezing, talking, etc, coming in to contact of the conjunctivae or the mucous membranes of the nose or mouth of another healthy person.
- As droplets are rather heavy and do not travel through air, precautions do not involve special ventilating procedure to prevent these diseases from spreading.





# Airborne Precautions

- Airborne precautions would be best defined as the prevention method where the spread of infectious agents which are suspended in the air are prevented from spreading any further. These are a set of guidelines which have been provided by the Centers for Disease Control and Prevention.
- The Airborne droplet nuclei consist of small-particle residue which are prone to be suspended in air for a very long time and this can be carried through air currents, affecting a large number of healthy people in the process. Airborne precaution requires special air handling and ventilation which prevents the air from spreading the disease further.





# Proper Donning and Doffing of PPE

- Review PPE handouts
- [View Donning and Doffing video](#)

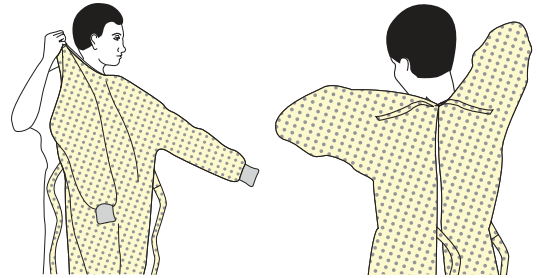


# SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

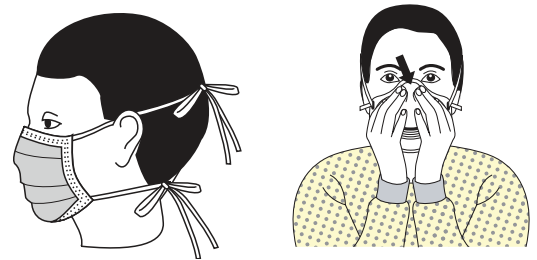
## 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



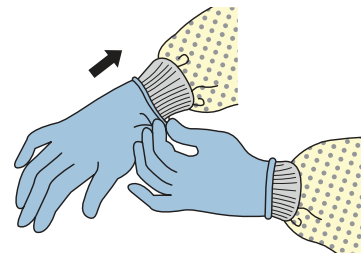
## 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



## 4. GLOVES

- Extend to cover wrist of isolation gown



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



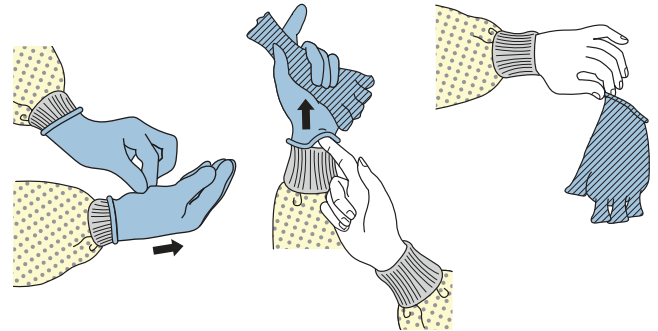
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



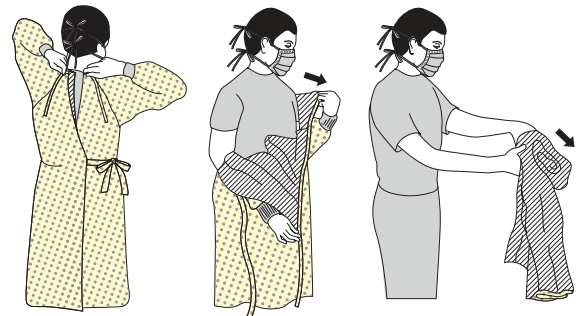
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



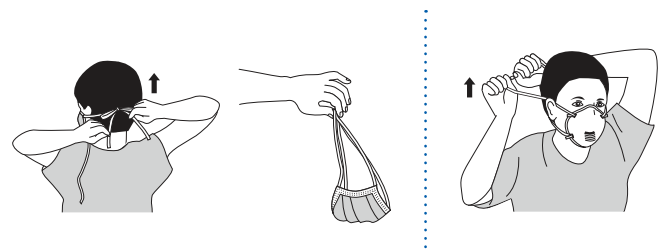
### 3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

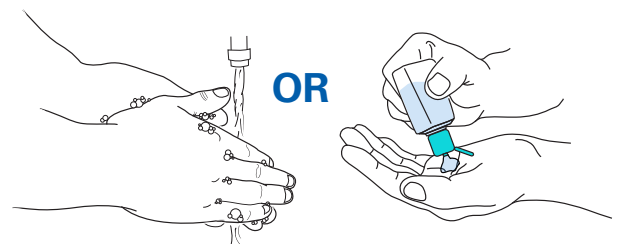


### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**

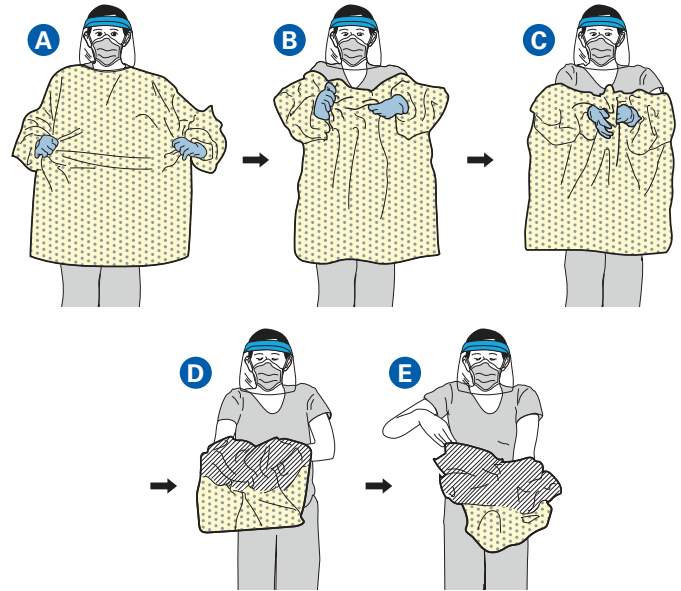


# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

## 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



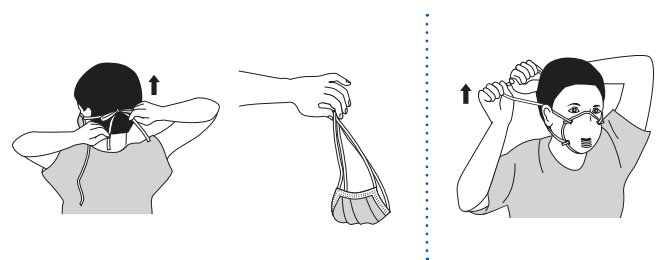
## 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

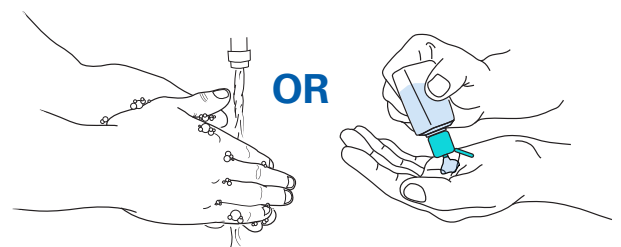


## 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
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