



COVID-19 AND SUPPORTING INDIVIDUALS WITH DD IN THE RESIDENTIAL SETTING

* Steps to address Covid-19 are rapidly evolving and subject to adjustment. Adjustments to these guidelines will include date.

April 3, 2020

PREVENTION IS KEY

The best plan to address Covid-19 in the residential setting is to **prevent** the infection of individuals within the setting.



PREVENTION PRACTICES FOR THE HOME

Create an environment that stresses sanitary practices and strictly limits the risk of exposure to individuals within the home. We recognize that these preventative measures (as well as the subsequent measures for supporting individuals with Covid-19) include practices and language that appear contrary to our standards for supporting individuals with developmental disabilities. It is important to remember that both individuals with and without disabilities need to restrict their normal patterns of activity during this global crisis.

- Strictly limit all non-essential activities outside the home for individuals receiving services as well as on-duty staff.
- Discontinue non-essential activities that expose individuals to the risk of infection including day services and visiting various community sites. For medical appointments, consult with the healthcare provider for direction.
- Work with Teams to significantly reduce or eliminate visitation to the home by family, friends and all people who are non-essential to the safe operation of the home.
- Individuals should refrain from visiting at the home of families and friends, but instead should utilize phone and video chat.
- Limit to the extent possible the number of shifts or rotations for staff. If possible, embed staff for significant periods of time within the setting.
- Implement policies for staff that provide guidelines for not reporting to work based on physical symptoms as well as potential exposures that they have experienced. In addition, implement wellness checks for staff prior to reporting to work.
- Implement sound hand washing practices for all individuals and staff as well as persistent cleaning practices with disinfectant effective against Covid-19.
- Practice social distancing measures within the home.
- Develop a system of delivery for essential food and products to the home. Deliveries should be delivered without person to person contact. Deliveries should be handled with gloves and contents should be sanitized to the extent possible.

- Monitor individuals for wellness and potential Covid-19 symptoms. Direct any concerns or questions to the healthcare provider.
- Provide as much in-home entertainment as available and utilize technology to maintain contact with friends and family. Utilize outdoor space as available and without risk of exposure from others.



Practices to Support an Individual Who Displays Symptoms or Has Been Tested Positive for Covid-19



We recognize that these practices may be difficult to implement based on the uniqueness of the individual and limitations within the setting. For questions and concerns, please contact Samantha Crookall at samanth.crookall@lakebdd.org

Contact the healthcare provider when an individual shows symptom of Covid-19. If the individual does not require hospitalization, the individual will receive support within the residential setting unless an alternative setting is developed. If the individual with Covid-19 (or with Covid-19 symptoms) is served within the residential setting, the following practices should be implemented to support the individual and reduce the risk of infection to other individuals and staff within the home.

- Follow care instructions as indicated by the healthcare provider. The healthcare provider should also establish the length of time for quarantine.
- The individual should be quarantined in their bedroom with the door closed. Providers should be careful to explain the need for these measures to the individual as well as explain how they will maintain constant communication and provide every support the individual needs.
- The individual who is being isolated or quarantined should have opportunities to go outside the home if an appropriate yard or outdoor space is available. The individual should wear a mask when leaving their bedroom and avoid contact with surfaces in the home as they proceed outside. Structure these opportunities so that others in the home are at social distance at minimum.
- The individual should engage in sound hand washing practices and cover their mouth when coughing.
- The individual should utilize a designated restroom as close to their bedroom as possible. The individual should wear a mask when leaving their bedroom to use the restroom. Other individuals should not use the designated restroom. The restroom should be disinfected after use and the door should remain closed.
- Minimize all physical person to person staff interactions with the individual as much as possible. For example, if the individual is independent with eating, staff may leave food and drink on a tray just outside the individual's door. It is important to maintain contact verbally or through technology to maintain a strong sense of support.
- Limit to the extent possible the number of shifts and rotations of staff.

- Direct other individuals in the home to areas as far as possible from the infected individual.
- Disposable plates and utensils are preferred. If typical plates, cups and utensils are used, designate specific items for the individual and wash separately (preferably in a dish washer).
- Laundry should be collected within the individual's room in a designated closed container and washed separately. Staff should be careful not to shake out the laundry.
- Designate a trash liner within the individual's room. When removing the trash, close the liner before leaving the individual's room. Utilize the same practice for trash in the designated restroom. Trash should be removed from the home promptly.
- Staff should implement persistent cleaning practices throughout the home with disinfectants effective against Covid-19.
- Maintain air flow throughout the home and open windows to the extent possible to increase the supply of fresh air.
- If the individual requires EMS, notify the dispatcher and first responders the status of the individual specific to Covid-19.



The Use of Protective Personal Equipment (PPE) for the Individual and Caregivers

- There are severe shortages of PPE and therefore these recommendations should be considered to the extent that PPE is available. In addition, there may be alternative equipment that is available as a substitute for the indicated PPE.
 - The individual receiving services should wear a face mask when caregivers are present within the isolation space and when leaving their bedroom to use the restroom.
 - It is important to conserve PPE to the extent possible. Caregivers should therefore be efficient to minimize their exposure to the individual that requires the use of PPE. So, for example, if the individual requires personal hygiene assistance, this event should be combined with other care needs to the extent possible.
 - When caregivers are required to be present in the isolation space or provide support to the individual in the designated restroom, the caregiver should wear PPE including face mask, protective eye wear, gown and gloves.
- This PPE should also be used when disinfecting isolation spaces (bedroom and designated restroom).
- Following the completion of tasks in the isolation spaces caregivers should remove PPE according to the attached guidance.
 - Caregivers should remove the PPE while standing on a disposable plastic membrane to control spreading the virus onto floor surfaces. The disposable PPE should be placed onto the center of the plastic membrane and then rolled within the membrane and placed in a red biohazard bag (as available).
 - Non-disposable PPE, such as eye goggles, should be placed in a small bag within the isolation space. When the caregiver leaves the isolation space, the non-disposable PPE should be taken to a designated area to disinfect. The caregiver should wear a new pair of gloves when they leave the isolation space to remove the non disposable PPE and disinfect.

- The area for PPE removal with plastic membrane for the floor should be close to the exit of the individual's room or designated restroom as possible.
- Depending on the size and availability of the biohazard bag, it may be used within the isolation space for two deposits of PPE and plastic membrane. The biohazard bag should be removed from the home and placed with typical household trash.
- When items such as trash are removed from the isolation spaces, caregivers should wear gloves to handle these items and should be very careful not to touch other surfaces in the home with contaminated gloves or items. Pre-planning will be helpful such as ensuring the door to the garage and the trash bin lid are open before removing trash from an isolation space.
- Caregiver should thoroughly wash hands after the removal of PPE.

FOR QUESTIONS AND TECHNICAL SUPPORT CONTACT

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PPE INSTRUCTIONS

PUTTING ON (DONNING) DISPOSABLE GLOVES



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Select the proper size glove.



- Pull the gloves over your hands and over your wrists. Smooth them out. Assure the fingers and thumb fit securely into the gloves.

REMOVING (DOFFING) DISPOSABLE GLOVES



- Grasp a glove 1-2 inches below the top.



- Peel off the glove. As you peel the glove off, wad it in the palm of your gloved hand.



- Place your ungloved index and middle fingers under the top of the remaining glove and peel it down.



- Peel the remaining glove down over the wadded glove and your fingers



- Drop your removed gloves in a lined trash bin.



- Clean your hands with soap and water or a hand sanitizer.

PUTTING ON (DONNING) DISPOSABLE MASK



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Remove mask from its packaging.
- Hold it by its strings. Raise it to your face and hook the strings around your ears.



- Adjust the mask to your face after you have put it on.
- Fit over your nose and pull down under your chin

REMOVING (DOFFING) DISPOSABLE MASK



- Remove your gloves
- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Lean your head forward. Insert your thumb and index finger in the ear loops to enlarge the loops before you pull them away from your ears.
- Carefully move the mask away from your face.



- Once the mask is away from your face, grasp the strings with your thumb and index finger. Put the removed mask in a trash bag
- Holding the mask by its strings, drop it into a lined trash bin.
- Clean your hands with soap and water or a hand sanitizer after removing face mask.

PUTTING ON (DONNING) DISPOSABLE PROTECTIVE GOWNS



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Put on gown.



- Tie neck and waist strings. Don any other needed PPE (i.e. gloves) before doing care.

REMOVING (DOFFING) DISPOSABLE PROTECTIVE GOWNS



- Remove your gloves before taking off your gown,



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Undo neck tie then undo waist tie.
- Your backside is considered clean. Do not ever put your contaminated gloved hands back there!



- With both hands reach to the back of your shoulders. Put your hands under the gown, being careful not to touch your face with your sleeve.
- Flip gown off your shoulders folding it inward as you continue to remove it.



- Bring the gown down over your arm, touching only the inside of the gown.
- As you bring the gown down over your arms, keep folding it inside out so that the outside of the gown is covered by the inside of your gown. Keep rolling it upon itself as you remove it.



- Rolled up inside-out gown ready to put in a disposal bin.
- Wash your hand after discarding your gown.

PUTTING ON (DONNING) DISPOSABLE PROTECTIVE GOWN WITH BREAKABLE TIES



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Put on gown.



- Tie neck and waist strings. Don any other needed PPE (i.e. gloves) before doing care.

REMOVING (DOFFING) DISPOSABLE PROTECTIVE GOWN WITH BREAKABLE TIES



- The outside of your gown is contaminated. Do not remove your gloves yet.



- Pull gown away from your body to break the ties at your neck and waist (See steps 1 & 2)



- Touch only the outside of your gown with your gloved hands.
- Turn the gown inside out as you peel it over your arms



- Peel off your gloves as you roll the sleeves off of your arms
- Keep folding the gown inside out so you only touch the inside of the gown with your bare hands once your gloves are off...



- Keep rolling the gown with gloves inside until it is compact enough to place in a trash bag,



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.

PUTTING ON (DONNING) DISPOSABLE PROTECTIVE GOWNS



- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.



- Cut off hood.
- Make a 2 inch slit at center back neck edge.
- Don poncho

ALTERNATIVE PLAN

- After removing hood from poncho, slit poncho up the center back from hem to neck.
- Using packing tape, tape a tie string on either side of the slit at the neck and at the waist.
- Don and doff as illustrated for standard protective gown with non-breakable strings.

REMOVING (DOFFING) DISPOSABLE PROTECTIVE GOWNS



- Remove your gloves before taking off your "gown" (poncho)



- Wash your hands with soap and water. Use hand sanitizer if soap and water are not available



- With both hands reach to back shoulders. Grasp rain poncho firmly.
- Bend your head forward and then flip the back of the rain poncho over your head. Be careful not to let the front of the poncho touch your face.
- Fold poncho inside out as you roll it into a ball to discard. Be careful not to touch the outside front of gown with your bare hands.
- Wash your hands!

ALTERNATIVE

- After removing hood, slit poncho up the center back from hem to neck.
- Using packing tape, tape a tie string on either side of the slit at the neck and at the waist.
- Don and doff as illustrated for a standard protective gown with non-breakable strings
- Wash your hands with soap and water. Dry your hands on a clean paper towel
- Use hand sanitizer if soap and water are not readily available.

PUTTING ON (DONNING) DISPOSABLE PROTECTIVE GOGGLES



- Goggles or face shield are put on after the face mask is donned.
- If goggles are needed, so is a face mask.



- Wash your hands with soap and water.
- Use hand sanitizer if soap and water are not available



- Put on goggles or face shield as illustrated in the pictures to the right.

REMOVING (DOFFING) DISPOSABLE PROTECTIVE GOGGLES



- Remove your gloves before taking off your goggles or face shield
- Wash your hands with soap and water. Use hand sanitizer if soap and water are not available



- Touch only the stem or back of the goggle/ face shield. The front is contaminated!
- Discard the removed goggle or face shield into a lined waste bin or place it in a container for reprocessing.
- Eye Protection (goggles/face shield) Outside of goggles or face shield are contaminated.
- Handle only by the headband or the sides. Discard into a lined waste bin or place into a receptacle for reprocessing/decontamination.



- Wash your hands with soap and water.
- Use hand sanitizer if soap and water are not available

THINGS TO REMEMBER ABOUT GLOVES, FACE MASKS, GOWNS AND GOGGLES



GLOVES:

- The outside of the glove is contaminated.
- Contaminated gloves are not to touch clean surfaces such as the inside of the gown, strings of a face mask or goggles, or any unprotected part of the body.



FACE MASK & GOGGLES

- The outside of the face mask or goggle is contaminated. Do not touch it with a bare hand.
- The ties, elastic band, ear strings or side stems are clean. Touch them only with clean bare hands.



GOWNS:

- The outside and sleeves are contaminated.
- The neck and waist ties are clean.
- Hold the gown away from your body when doffing.
- Touch only the inside of the gown with bare hands.

GENERAL TIPS



- Make sure you wash your hands before donning any PPE (Personal protective equipment).
- Make sure you wash your hands after removing (doffing) any PPE.



- Make sure the PPE you are using is not defective – look it over before you put it on.
- Make sure the PPE you are using fits as it should to give you proper protection.
- Remove contaminated PPE as soon as you are finished with the task requiring its use.
- Make sure contaminated gowns are rolled tightly so they do not stick out of the bin once discarded.
- Never touch the front surfaces of masks or goggles with your gloved hands after starting care.
- Never roll or push the sleeves of your gown up your forearms.
- Change your mask if it becomes wet or soiled.
- Do not reuse your mask once it has been discarded.
- Do not hang your mask around your neck or dangle it from one ear. You are spreading germs!
- Never re-use or wash disposable gloves.
- Inspect gloves before donning them. Discard if defective.
- Change gloves between tasks. If gloves are visibly soiled, change them.
- Never touch your face when wearing gloves.

Best Practice: Appendix 6 - Putting on and removing PPE

Use safe work practices to protect yourself and limit the spread of infection

- Keep hands away from face and PPE being worn.
- Change gloves when torn or heavily contaminated.
- Limit surfaces touched in the patient environment.
- Regularly perform hand hygiene.
- Always clean hands after removing gloves.

NB Masks and goggles are not routinely recommended for contact precautions. Consider the use of these under standard infection control precautions or if there are other routes of transmission.

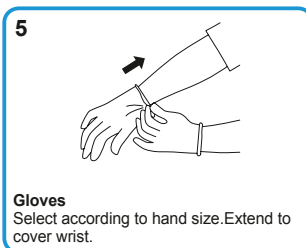
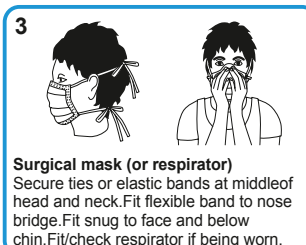
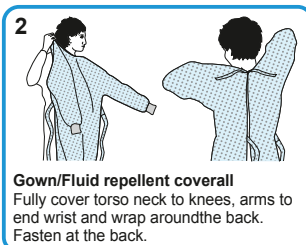
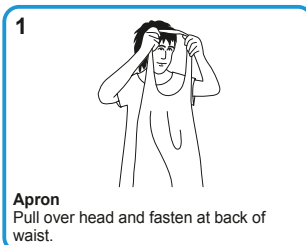
The type of PPE used will vary based on the type of exposure anticipated, and not all items of PPE will be required.

The order for putting on PPE is Apron or Gown, Surgical Mask, Eye Protection (where required) and Gloves.

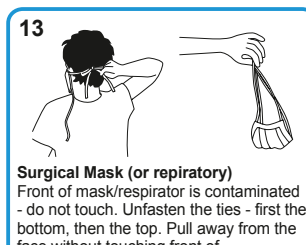
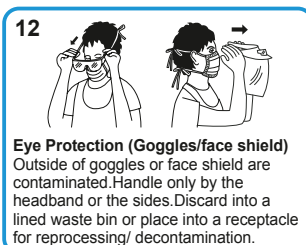
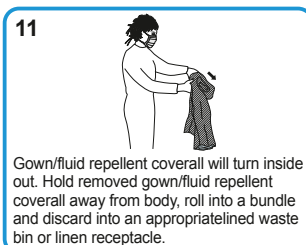
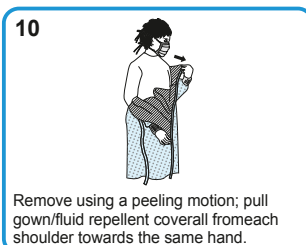
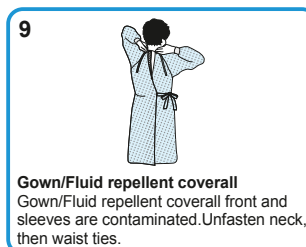
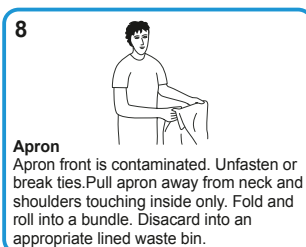
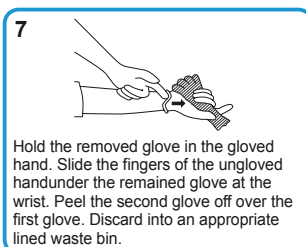
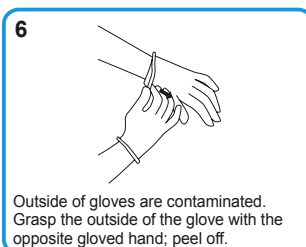
The order for removing PPE is Gloves, Apron or Gown, Eye Protection, Surgical Mask.

1. Putting on Personal Protective Equipment (PPE).

- Perform hand hygiene before putting on PPE



2. Removing Personal Protective Equipment (PPE)



- Perform hand hygiene immediately on removal.
- All PPE should be removed before leaving the area and disposed of as healthcare waste.