

Captioning Available: <https://www.streamtext.net/player?event=HealthMatters>

*HealthMatters* in our Homes

## Protecting Ourselves, Protecting Others Part 2: Caring for Someone with COVID-19 in their Home

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During this presentation, we will:

- Highlight key points about COVID-19 and how it spreads
- Identify survey results about caring for a person with DD and COVID-19 in home
- Review recent CDC guidelines for care of persons with COVID-19 in home
- Discuss best practices in hygiene and PPE to reduce risk of exposure and spread
- Identify coping strategies to assist with routine challenges

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## Disclaimer

- Presented information
  - Is publicly available
  - Is for educational purposes only
  - Should not be interpreted as legal or medical counsel
- We have reference sources available for download on the YouTube site
- Follow your state and organization policies and procedures

**COVID-19 Information is quickly changing;  
We aim to provide you with up-to-date information.**

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## Key Points about COVID-19

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1. COVID-19 is a virus new to humans
2. It commonly causes fever, cough, and shortness of breath
3. Most people (80%) develop a mild case
4. Some people have no symptoms
5. Symptoms usually begin 2-14 days after contact



Refer to Part 1 of this presentation for a more in-depth discussion of COVID-19 and basic prevention

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## How Does COVID-19 Spread?

### ▪ Person-to-person

- Between people who are in close contact (6-12 feet or so)
- Through respiratory droplets when an infected person coughs, sneezes, or talks
- Droplets land in the nose or mouth of a person in close contact or they may be inhaled
- An infected person may not show symptoms but can still spread COVID-19

### • Possibly by touching surfaces that have the virus on it

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## Challenges to Meeting the Care Needs of People with DD:

### The DDNA COVID-19 Study

M. Desroches, S. Ailey, K. Fisher, & J. Stych.



“There doesn’t seem to be enough guidance for the community support providers.”

“Undertrained DSPs are being required to institute isolation precautions.”

“Infection control is not easily understood by a lot of DSPs. There is also a lot of fear due to lack of understanding.”

“The media attention and false information floating around on Facebook, etc has caused both staff and participants to have excessive fears.”

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## What Can We Do About This?

### *Today we will cover:*

- New CDC recommendations for caring for people with DD testing positive with COVID-19 in their homes
- Appropriate and proper use of personal protective equipment for transmission-based precautions
- Discuss strategies to help with routine changes & stress reduction

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CDC Guidance  
for **Direct  
Service  
Providers:**  
May 27, 2020

### **First, determine if emergency care is needed**

**Call a health care provider or hospital right away** if you or someone else has one or more of these COVID-19 symptoms:

- Trouble breathing
  - Constant pain or pressure in your chest
  - Bluish lips or face
  - Inability to wake or stay awake
  - New confusion
- **This list is not all inclusive. Consult health care provider for any other symptoms that are severe or concerning to you.**

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## CDC Guidance for Direct Service Providers, cont.

## If not an emergency:

- Begin **isolation** to protect others
- Use a **COVID-19 self-assessment tool**, which address:
  - Any symptoms you have
  - Whether you've been in close physical contact with someone who's been diagnosed with COVID-19
  - Whether you live in a community where a lot of people have been diagnosed with COVID-19
  - Any medical conditions that put you at high risk for complications if you get COVID-19

**\*Note:** Older adults and people of any age with serious underlying medical conditions are at higher risk for developing more severe illness from COVID-19. People at higher risk of severe illness should call their doctor as soon as symptoms start.

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## CDC Guidance for Direct Service Providers, cont.



- Encourage your client to **contact their healthcare provider** or help them contact their provider if assistance is needed.

Clients may need help accessing telehealth:

### Allowed:

- Telephone
- Zoom
- Skype
- FaceTime
- Facebook Messenger
- Google Hangouts

### Not allowed:

- Facebook Live, Tik Tok, Twitch

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CDC Guidance for Direct Service Providers, cont.



**Write down what to tell the doctor ahead of time.**

- **Your symptoms** — What are they and when they started
- **Your health** — Any other health conditions you have and whether you've been able to take care of them during the pandemic
- **Exposure to COVID-19** — If you've definitely been exposed, how, and when
- **Your questions** — If there's anything specific you want to know about, either about your own health or the health of other people in your home

\*The ARC of MA recommends asking the provider for a letter stating what **reasonable accommodations** are needed in the case of hospitalization

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**A Few Words about  
Reasonable Accommodations**

**Adjustments** to policies, practices, and procedures when necessary to make health care services fully available to individuals with disabilities, unless the modifications would fundamentally alter the nature of the services

**Examples:** allowing a support person in the hospital, use of an interpreter or communication device, early-day procedures, quiet waiting spaces

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CDC Guidance for Direct Service Providers, cont.

## If hospitalization is not recommended:

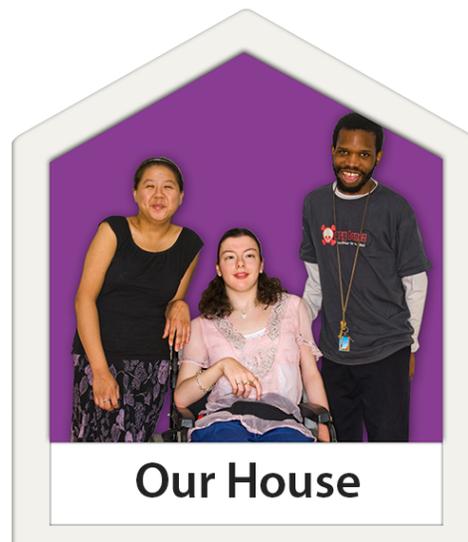
- Assist client to practice **home care recommendations** related to COVID-19
- Follow healthcare provider guidance for standard and **transmission-based precautions**
  - Cloth face coverings not okay for suspected or confirmed cases of COVID-19
- Encourage sick clients to wear a facemask or cloth mask as tolerated
- Connect with local disability department or council and review resources on Administration for Community Living website
- Call your healthcare provider about your own health

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## Is Home Care the Right Strategy?

**Work with the healthcare team to determine:**

- Are appropriate caregivers available at home?
- Is there is a separate bedroom where the client can recover?
- Are resources for access to food and other necessities available?
- Are the client and other household members capable of adhering to precautions and isolation?
- Are there household members who may be at increased risk of complications from COVID-19 infection?



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## What if home care is NOT the right strategy?

- In some areas, 14-day quarantine required after hospitalizations
- Follow agency pandemic plan- see example from NY State Adult Care Facilities
- Contact state disability council for resources and recommendations
- No hard and fast rule, based on individual circumstances. Some have temporarily moved residents into “sick homes”, repurposed other areas as an infirmary, or used motels

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CDC Guidance for Direct Service Providers, cont.

## Home Care Recommendations

### 1) Provide support and help cover basic needs

- Help the client to follow doctor’s orders, including OTC medications
- Encourage fluids and rest
- Symptoms usually resolve in about a week

### 2) Watch for emergency warning signs (see slide 8)

- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.
- Call your medical provider for any other symptoms that are severe or concerning to you.



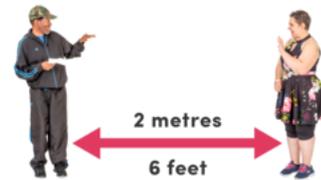
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CDC Guidance for Direct Service Providers, cont.

## Home Care Recommendations

### 3) Limit contact.

- Caregiver **should not** be someone who is high-risk for severe illness from COVID-19
- Have the person use a separate bedroom and bathroom.
- Try to stay 6" away from sick person when possible.
- Make sure any shared space is well-ventilated, ie. open a window and run a fan
- Avoid unnecessary visitors



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CDC Guidance for Direct Service Providers, cont.

## Home Care Recommendations

### 4) Eat in separate rooms or areas

- Handle any dishes, cups/glasses, or silverware using gloves
- Wash with hot water and soap or in a dishwasher
- Wash your hands after removing gloves

### 5) Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

### 6) Clean your hands often

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CDC Guidance for Direct Service Providers, cont.

## Home Care Recommendations

### 7) Clean then disinfect high-touch household surfaces daily

- Use an EPA-registered disinfectant
- Follow instructions on the label
- Pay attention to contact or “wet” time
- Wear PPE as recommended
- Use in a well-ventilated area

### 8) Clean the area *around the person only when needed*, to limit exposure

Can supervise person to clean their own area with personal cleaning supplies  
 If a shared bathroom, caregiver should wait as long as possible before cleaning and disinfecting

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## Choosing and Using a Disinfectant

Visit the EPA website (on resource handout) and search for your cleaning product



EPA Registration Number	Active Ingredient(s)	Product Name	To kill SARS-CoV-2 (COVID-19), follow disinfection directions for the following virus(es)	Contact Time (in minutes)
5813-111	Sodium hypochlorite	Clorox Disinfecting Bleach2	Canine parvovirus; Feline parvovirus	10
5813-114	Sodium hypochlorite	Clorox Performance Bleach1	Canine parvovirus; Feline parvovirus	10
5813-115	Quaternary ammonium	Clorox Scentiva Bathroom Disinfecting Foam Cleaner	Rotavirus	5

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CDC Guidance for Direct Service Providers, cont.

## Home Care Recommendations

### 9) Use a dedicated, lined trash can for the sick person

- Use disposable gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

### 10) Use caution with dirty laundry

- Wear gloves
- Do not shake out laundry
- Sick person's laundry does not need to be washed separately from others
- Use warmest water and hottest dry cycle possible

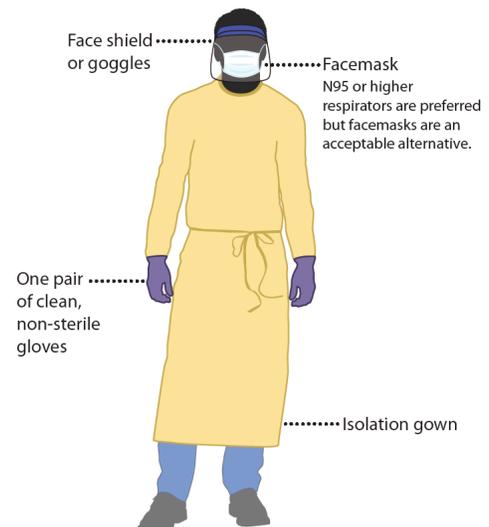


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## PPE for Confirmed or Suspected Cases of COVID-19

- **Transmission-based precautions: droplet/airborne**
- **Use standard precautions PLUS N95 respirator, or facemask if N95 not available**
- Don PPE before entering client's area
- PPE **must remain in place and be worn correctly** for the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination.

### Acceptable Alternative PPE – Use Facemask

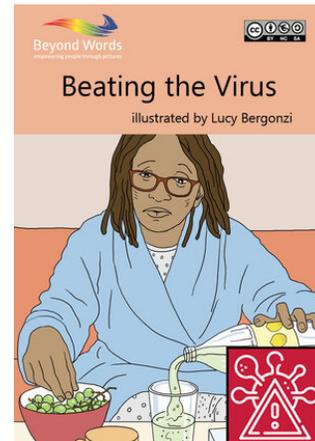


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## Helping People with DD through Routine Changes

- Use visuals and social stories to help explain changes
- Allow extra time in the schedule to accommodate changes
- Use tables, charts, and clocks to help explain new schedule
- Make small changes to start, if possible
- Reward flexibility
- Create a calm down or decompression routine

--Autism Society



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- |   |   |
|---|---|
|  | <b>B</b> Be active and be healthy - like eating well, dancing, swimming and joining in.   |
|  | <b>E</b> Enjoy our friends and family and show them we care.  |
|  | <b>L</b> Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.                           |
|  | <b>O</b> Ordinary things - like choosing where we live, and what we do and share.   |
|  | <b>N</b> New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need. |
|  | <b>G</b> Give something nice - like our time, our work or a hug everyday.   |

--Belong Manifesto from "Good Days and Bad Days During Lockdown"

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## Managing Stress and Anxiety

- Provide accessible information to residents and on self-care, stress, and coping.
- Watch for changes in sleep, eating, and mood as indicators of needing assistance with adapting to changes, processing emotions, or implementing wellness strategies.
- Develop ways for residents to maintain social connections with friends and family while social distancing.
- Maintain routines as much as possible.
- Incorporate wellness activities to help offset restrictions of activities outside of the GH.
- If wellness activities are group-based:
  - Include social distancing.
  - Avoid touching the same equipment (such as balls or other recreational equipment) unless the equipment is disinfected between one user and the next.
  - Advise people to wear cloth face coverings, when appropriate.

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## Discontinuing Isolation Precautions

- **Follow healthcare provider guidance**
- If the person had **symptoms**, isolation can be discontinued when:
  - 3 days with no fever **and**
  - Symptoms improved **and**
  - 10 days since symptoms first appeared
  - Depending on provider's advice and availability of testing, testing may be performed; need 2 negative tests 24 hours apart
- If the person had **no symptoms** but tested positive, isolation can be discontinued:
  - 10 days have passed since the test
  - If symptoms develop at any point, follow criteria above

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## Transitioning from Work to Home

Best Practices from  
Illinois' Department of  
Public Health

1. Bring only the essentials to work. Wear your hair pulled back.
2. Bring a change of clothes and shoes to change into after work and washable bag to carry and launder them in.
3. Use hand sanitizer when getting into your vehicle
4. Shower as soon as you arrive home before touching anyone or anything
5. Wash and disinfect any items brought back and forth to work and home (ex: lunch bag, water bottle)
6. Clean and disinfect your home regularly
7. You may choose to isolate, if possible, from your family to limit their potential for exposure.

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## What if I am exposed?

Did I have prolonged<sup>1</sup>, close<sup>2</sup> contact with someone who tested positive for COVID-19? Yes →

Was this contact within 2 days before the person developed symptoms through the timeframe for discontinuation of isolation? Yes →

Was I wearing appropriate PPE (respirator or facemask AND goggles)? No →

**1. Prolonged** = 15 minutes or more OR any period of time with an aerosol-generating procedure

**2. Close** = within 6 feet

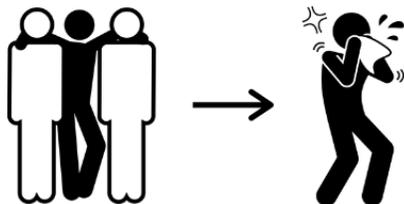
**No work for 14 days with home quarantine**

**\*In the event of staffing shortages, you may be required to work if you have no fever or symptoms. You must wear a facemask (not cloth) for 14 days.**

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## Coronavirus (COVID-19)

### What's the difference between **ISOLATION** and **QUARANTINE**?



#### **ISOLATION**

Isolation separates sick people with a contagious disease from people who are not sick.



#### **QUARANTINE**

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

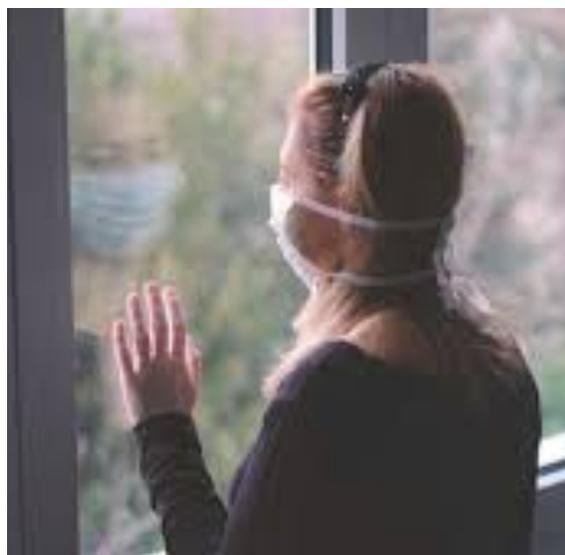
[montcopa.org/covid-19](https://montcopa.org/covid-19)

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CDC Guidance for Direct Service Providers, cont.

## Coping with Stress

- **Take care of your body**
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Take breaks from watching, reading, or listening to news stories**
- **Connect with others in a safe way (maintaining social distancing).**
  - Talk with people you trust about your concerns and how you are feeling.



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CDC Guidance for Direct Service Providers, cont.

## Crisis Care

If you are feeling overwhelmed with emotions like sadness, depression, anxiety, or thoughts of hurting or killing yourself or others:

**Call 911 if you feel like you want to harm yourself or others.**

- Visit the [Disaster Distress Helplineexternal icon](#), call 1-800-985-5990, or text TalkWithUs to 66746.
- Visit the [National Domestic Violence Hotlineexternal icon](#) or call 1-800-799-7233 and TTY 1-800-787-3224.
- Visit the [National Suicide Prevention Lifelineexternal icon](#) or call 1-800-273-8255.

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Thank You!

Please see the handout for additional resources and reference materials!

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