Goals for today:

• Learn about Corona Virus or COVID-19
  – How it is transmitted
  – How to recognize symptoms
• How to keep yourself and your clients safe

This information is constantly changing as the situation changes. What is true today may change next week.
Novel Corona Virus
Appeared in Wuhan, China in late 2019 – rapid spread
Disease is called COVID-19
WHO declared pandemic March 11, 2020
Disease ranges from mild viral illness to acute respiratory distress syndrome
• Mild 81%
• Severe disease (needing oxygen) 14%
• Critical (needing ICU care) 5%
• Overall case fatality 2.3%
How is it spread?

- Person to person
- By droplets
- Primarily droplets that are coughed out and land on surfaces
- Virus can live on surfaces for hours – clean hands and surfaces!
- You touch surface → virus on hands → you touch face → virus on mucous membranes → do not touch face!
COVID-19 symptoms

• Fever in 45 to 90%*
• Fatigue in 70%
• Dry cough in 59%
• Loss of appetite in 40%
• Muscle aches in 35%
• Shortness of breath in 31%
• Sputum production in 27%
• Anosmia (lack of sense of smell) also noted
• GI upset (nausea/diarrhea)
• Lack of fever does NOT rule out COVID-19
Risk factors that make COVID-19 worse

- Older age (disease can affect people of any age, but age > 65 is a risk factor for severe disease)
- Heart disease
- Diabetes mellitus
- High blood pressure
- Chronic lung disease -- emphysema
- Cancer
- Chronic kidney disease
- Immune Compromise
- Extreme Obesity
Disparities

https://ac-hcsa.maps.arcgis.com/apps/opsdashboard/index.html#/332a092bbc3641bd9ec8373e7c7b5b3d
Disparities

• Did hospitalizations and deaths vary across the New York City boroughs?

Authors conducted a cross-sectional analysis of COVID-19-related hospitalizations and deaths across the five New York City (NYC) boroughs

**Conclusion:** the NYC borough with the highest rate of poverty and the most racial/ethnic diversity had the highest COVID-19 hospitalization and death rates, while the borough with highest median income (despite highest population density, median age) had the lowest.
Does my client have COVID-19?

Ask about:

• Fever
• Cough
• Shortness of breath
• Sore throat
• Headache
• GI upset
• Contacts with ill people
• Lack of appetite
• Loss of sense of smell
Call 911 when:

• Difficulty speaking in full sentences because cannot catch their breath
• Chest pain
• Confusion
Keeping safe when taking care

• From home to work
• Safety at work
• From work to home
Before leaving home

• Wash hands, arms to elbows, and face
• Put on clean clothes immediately prior to leaving home
• Scrubs can be used to keep work/home clothes separate
• If not wearing scrubs, wear shirt that is either short-sleeved, or can be rolled up to wash arms to elbows
• Avoid scarves and flowy clothing
• Minimize the number of objects transported between home and work
• Clean hard surfaces (with disinfectant wipe, alcohol pad, rubbing alcohol, or soap/water) prior to leaving (phones, purses, lunch bags, etc.)
At work

- Maintain social distance as much as possible- 6 ft. minimum
- Wear surgical mask when not eating
- Wear gloves if touching a client
- Wash hands frequently for 20 seconds
- Wash hands well prior to eating, keep food separate from areas likely to be contaminated
- Frequently disinfect phones, keyboards, mouse, pens, badges, door handles, and other high-touch areas. Can use alcohol pad for electronics.
- Constantly wipe down & disinfect commonly used surfaces in congregate settings
Wearing a simple surgical mask

• Clean your hands with soap and water or hand sanitizer.

• Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.

• Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.

• Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.

• Follow the instructions below for the type of mask you are using.
  – *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.

• Mold or pinch the stiff edge to the shape of your nose.

• Pull the bottom of the mask over your mouth and chin.
How to put on and take off a surgical mask

https://www.youtube.com/watch?v=OABvzu9e-hw
To remove simple surgical mask

• Clean your hands with soap and water or hand sanitizer before touching the mask.

• Avoid touching the front of the mask. The front of the mask is contaminated.

• Hold both of the ear loops and gently lift and remove the mask.

• Throw the mask in the trash.

• Clean your hands with soap and water or hand sanitizer.
PRO TIPS FOR EXPERT SURGICAL MASK SKILLS

- Clean hands before & after touching MASK
- Wear inside facing you and metal piece pressed onto nose bridge
- Avoid touching MASK
- Remove & store MASK before eating or drinking
- Discard MASK when leaving building for the day
- Discard if MASK becomes wet or soiled
- Store MASK safely if planned for re-use during shift
- MASK should not hang on one ear, hang around neck or be pushed to forehead
- MASK should always cover nose and chin

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Gloves

- Wear gloves if touching a client
- Otherwise, wash hands frequently and clean surfaces frequently
- Surfaces to clean include door handles, counter tops, pens, clipboards
How to take off gloves

With left hand, use gloved fingers on one hand to pull off right glove – **glove to glove**.

With right hand (now ungloved), slip finger along wrist and slip off glove – **skin to skin**.

[https://www.youtube.com/watch?v=kesQF_G3pQ8](https://www.youtube.com/watch?v=kesQF_G3pQ8)
At the end of the day, prior to leaving:

- Wash hands, arms to elbows, and face
- Disinfect surface of objects that will be transported home such as purses, lunch bags, binders, phones, computers, etc., and wash hands again
- If you can change clothes at the shelter
  - Remove work clothes
  - Place in plastic bag
  - Wash hands again
- Put on clean clothes to wear home and leave immediately; do not sit back down while wearing clean clothes
At home at end of day:

• Wipe down high touch surfaces of the car (if you drive) such as steering wheel and radio buttons with a cleaning agent compatible with your car’s surface -- refer to car manual

• If on public transport, clean surfaces like backpack or lunch boxes

• If unable to change clothes prior to leaving work, immediately change clothes upon arriving home, prior to hugging family members, sitting on furniture, etc.
  – Consider changing in an open air space or a garage
  – Place clothes in a plastic bag
  – Wash hands again

• If you changed clothes at work, once arriving at home, put dirty clothes bag in designated area
Keeping clients safe

Message →

Coronavirus: Safety Tips for You

Coronavirus Safety

Follow these easy steps to help prevent the spread of COVID-19.

- Disinfect surfaces around your home and work.
- Wash your hands for at least 20 seconds.
- Sneeze or cough? Cover your mouth.
How to clean and disinfect

Clean

- **Wear disposable gloves** to clean and disinfect.
- **Clean surfaces using soap and water, then use disinfectant.**
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. **Disinfecting kills germs** on surfaces.
- **Practice routine cleaning** of frequently touched surfaces.
  - More frequent cleaning and disinfection may be required based on level of use.
  - Surfaces and objects in public places, such as shopping carts and point of sale keypads should be cleaned and disinfected before each use.
- **High touch surfaces include:**
  - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
Disinfect

- Recommend use of [EPA-registered household disinfectant](https://www.epa.gov). Follow the instructions on the label to ensure safe and effective use of the product.
  - Many products recommend:
    - Keeping surface wet for a period of time (see product label).
    - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- **Diluted household bleach solutions may also be used** if appropriate for the surface.
  - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection.
  - Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
  - Leave solution on the surface for at least 1 minute.

  To make a bleach solution, mix:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water
  - OR
  - 4 teaspoons bleach per quart of water

- Bleach solutions will be effective for disinfection up to 24 hours.
- Alcohol solutions with at least 70% alcohol may also be used.
Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

  OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](https://www.epa.gov/covid-19-disinfectant-registration) meet EPA’s criteria for use against COVID-19.
- **Vacuum as usual.**
Electronics
For electronics, such as tablets, touch screens, keyboards, remote controls, and ATM machines

- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer’s instruction** for cleaning and disinfecting.
  - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol**. Dry surface thoroughly.
• Maintain single-use items such as cups, cutlery, plates, and packaged condiments behind the counter and provide upon request.
• Remind employees of best hygiene practices including washing their hands often with soap and water for at least 20 seconds.
• Increase frequency of cleaning and sanitizing per CDC’s Cleaning and Disinfection guidance of all hard surfaces, including tables and counter tops that are being utilized by employees and customers during pickup/delivery options.
Thank you for all that you do!

Stay Safe

Take Care

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Coordination and online platform support provided by:

AC Care Connect Skills Development Unit

For more information on future trainings and supportive resources find us on Groupsite:
accareconnect.groupsite.com