

Helen Purcell
Policies and Procedures

Department: Nursing

Subject: COVID-19 Quarantined and Isolation Precautions Policy

Date: 6/22/2020

Revised: 3/24/23

Policy Effective Date: **Immediately**

COVID -19 Quarantined and Isolation Precautions Policy

It is the policy of the Helen Purcell Home to strive to minimize and/or prevent the spread of Coronavirus (COVID-19) through our facility. Helen Purcell is following the policies of the Ohio Department of Health, and the recommendations of the Muskingum County Department of Health, the Center for Disease Control, and our Medical Director as they relate to Residential Care Facilities.

Quarantine

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others.

Isolation

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

Standard Precautions

When you are close to or handling blood, bodily fluid, bodily tissues, mucous membranes, or areas of open skin, you must use personal protective equipment (PPE).

Follow standard precautions with all residents, based on the type of exposure expected.

Depending on the anticipated exposure, types of PPE that may be required include:

- Gloves
- Masks and goggles

- Aprons, gowns, and shoe covers
- It is also important to properly clean up afterward.

Isolation precautions:

- Isolation precautions create barriers between people and germs. These types of precautions help prevent the spread of germs.
- Anybody who visits a resident who has an isolation sign outside their door should stop at the nurses' station before entering the patient's room. The number of visitors and staff who enter the resident's room may be limited.
- Different types of isolation precautions protect against different types of germs.

Quarantined Resident related to possible unnecessary exposure:

The following procedures are to be followed:

1. Residents will be placed in contact and droplet precautions for 5-10 days.
2. Explain to resident protocol of quarantine.
3. Place red bin in resident's room for laundry and larger trash can for soiled items.
4. Place isolation cart outside resident's room.
5. Resident will be required to wear a mask during direct patient care.
6. KEEP DOOR CLOSED AT ALL TIMES.
7. Staff will assist resident in an exercise program while in quarantine under the direction of the Medical Director.
8. If resident must leave room, they are to wear gloves and mask.

When entering room:

1. Perform hand hygiene.
2. Wear gown to enter the room. Discard gown in the room. DO NOT reuse.
3. Mask is indicated upon entry into room.
4. Wear gloves when entering room. Change after contact with infective material.
5. If multi-resident room, keep curtain drawn. Maintain more than 3 feet of space between resident and visitors.
6. Teach cough etiquette and proper disposal of tissues.
7. Discard linen in a container in the room until it can be taken to the soiled utility room laundry or other designated area.
8. Before leaving room, remove and discard personal protective equipment.
9. Perform hand hygiene.

COVID-19 Positive or Known Exposure

1. The resident will be placed in airborne, contact and droplet precautions until the resident
 - Has a series of three viral tests for SARS-CoV-2 infection.

- Testing is recommended immediately (but not earlier than 24 hours after the exposure) and, if negative, again 48 hours after the first negative test and, if negative, again 48 hours after the second negative test. This will typically be at day 1 (where day of exposure is day 0), day 3, and day 5.
- Due to challenges in interpreting the result, testing is generally not recommended for asymptomatic people who have recovered from SARS-CoV-2 infection in the prior 30 days. Testing should be considered for those who have recovered in the prior 31-90 days; however, an antigen test instead of NAAT (molecular) is recommended. This is because some people may remain NAAT (molecular) positive but not be infectious during this period.
- End isolation is based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

- You may end isolation after day 5 and have two sequential negative tests 48 hours apart but must wear mask through day 10.

If you had symptoms and:

- Your symptoms are improving. You may end isolation after day 5 if: You are fever-free for 24 hours (without the use of fever-reducing medication) and have two sequential negative tests 48 hours apart but must wear mask through day 10.

Your symptoms are not improving

- Continue to isolate until: You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are improving. If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

- You need to isolate through day 10.

Severe illness (you were hospitalized) or have a weakened immune system

- You need to isolate through day 10.
- Consult your doctor before ending isolation.
- Ending isolation without a viral test may not be an option for you.
- After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

2. Explain to resident protocol of isolation.
3. Resident will be required to wear a mask during direct patient care.
4. KEEP DOOR CLOSED AT ALL TIMES.
5. Place red bin in resident's room for laundry and larger trash can for soiled items.
6. Place isolation cart outside resident's room.

When entering room:

1. Perform hand hygiene.
2. Wear gown to enter the room. Discard gown in the room. DO NOT reuse.
3. Mask is indicated upon entry into room.
4. Wear gloves when entering room. Change after contact with infective material.
5. If multi-resident room, keep curtain drawn. Maintain more than 3 feet of space between resident and visitors.
6. Teach cough etiquette and proper disposal of tissues.
7. Discard linen in a container in the room until it can be taken to the soiled utility room laundry or other designated area.
8. Before leaving room, remove and discard personal protective equipment.
9. Perform hand hygiene.
10. Resident must remain in room at all times.