Have you had close contact with a person who tested positive for COVID19 without PPE?

**YES**

Mask immediately and notify Infection Preventionist or DNS. Leave the facility and self-quarantine for 14 days. If you have questions Call 211. Seek medical evaluation if you become symptomatic.

**NO**

Yes, you can work. You will be screened daily prior to your shift.

Close Contact = Prolonged Direct Contact with an individual who has tested positive for COVID19.

Close Contact as a healthcare provider = Being present in the room for procedures that generate aerosols (e.g., cardiopulmonary resuscitation, intubation, extubation, nebulizer therapy, sputum induction) on residents with COVID-19 when the healthcare providers’ eyes, nose, or mouth were not protected.

I had dinner a week ago with the wife whose husband recently tested positive for COVID19. Can I come to work?

**YES**

I had close contact with someone being tested for COVID19 and results are not back yet. Can I go to work?

**YES**

I just got back from vacation in Vegas. Can I go to work?

**YES**

I have a sore throat but no fever, cough and no shortness of breath. Can I work?

**NO**

Current guidance indicates that you must be present (within 6 feet) for prolonged periods of time with the person who has tested positive for the risk of COVID19 transfer to raise to the level of isolation/staying home from work.

Do I need to wear a face mask while working in my facility if I have not had contact with someone who is COVID19 positive?

**NO**

Personal Protective Equipment (PPE) should be conserved for when the need arises and not used unless there is a resident testing positive for COVID19.

Staff who develop signs or symptoms compatible with COVID-19 must IMMEDIATELY mask and go directly to their Director of Nursing or Infection Preventionist.
Do I need to wear a mask?
If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID19 infection.
Practice good infection prevention hygiene.

Does COVID19 affect just older people, or are younger people also susceptible?
People of all ages can be infected. Older people, and people with pre-existing conditions appear to be more vulnerable.

Are antibiotics effective in preventing/treating COVID19?
No. Antibiotics DO NOT work against viruses.

Are there any medications to treat COVID19?
No. To date there are no specific medications to prevent or treat COVID19.

Are there herbal remedies that block COVID19 from entering the body?
Herbal remedies can often be healthy for the body; but there is NO evidence that herbal remedies protect people against COVID19.

Can I get COVID19 from goods made in countries reporting outbreaks?
NO, goods manufactured in countries reporting COVID19 cases cannot transmit the virus to you.

How should I greet another person to prevent COVID19 transmission?
Protect each other. Be kind. Greet people with a smile, a wave, a nod. Use your voice to greet your residents, make your resident know you are here for them.

COVID19 MythBusters

Maine Health Care Association
How to Self-Isolate

Stay home except to get medical care. Separate yourself from other people and animals in your home. Call ahead before visiting your doctor.

Wear a facemask when others are around. Cover your coughs and sneezes. Wash your hands often for at least 20 seconds at a time.

Avoid sharing personal household items. Clean all "high-touch" surfaces every day.

What if I get sick?

If you get sick with fever (100°F) or cough, or sore throat or have shortness of breath:

- Don’t go to work.
- Seek medical care. Call ahead before you go to a doctor’s office.
- Tell your doctor about your symptoms and that you work in LTC.
- Avoid contact with others. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor to determine alternative treatment options if able.

Staff who develop signs or symptoms compatible with COVID-19 prior to or during a work shift should immediately put on a mask and speak with your Infection Preventionist or DNS.

When can I come back to work?

Exclude from work until:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 7 days have passed since symptoms first appeared

If HCP were never tested for COVID-19 but have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to work should be based on that diagnosis.
How to Protect Yourself and Others
General Infection Control Practices

- Avoid direct contact with others when you are sick.
- Stay Home when you are sick.
- Eat well and get plenty of sleep.
- Wash your hands often with soap and water for at least 20 seconds at a time.
- Dry your hands with a clean towel or air dry.
- Avoid touching your eyes, face, nose, mouth with unwashed hands.
- Disinfect high touch surfaces often. Remember phones, computer keyboards, name badges etc.
- Cover your mouth when you sneeze or cough.
Self-Screening: Before you enter an Assisted Living or Nursing Home

Since your last shift, have you had contact with anyone who has tested positive for COVID19?
If yes, call your DNS or Infection Preventionist before you leave for work.

Are you experiencing symptoms? (Symptoms may appear in 2–14 days after exposure)

- New or Worsening Cough
- Fever $\geq 100^\circ F$
- Sore Throat
- Shortness of Breath

If you answered “YES” to any of the above questions, call the facility and speak with the DNS or Infection Preventionist PRIOR to arriving at the facility to discuss your situation.
## Daily COVID19 Staff Screening Log

<table>
<thead>
<tr>
<th>Name:</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
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<td>Week of:</td>
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<thead>
<tr>
<th>Temperature &lt;100 F</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Y / N</td>
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<thead>
<tr>
<th>New or Change in Cough or Shortness of Breath or Sore Throat</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<thead>
<tr>
<th>Cleared to Work</th>
<th>Monday</th>
<th>Tuesday</th>
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If a staff member is NOT cleared to work, that person may not return to the facility until:

- 1. Cleared by a medical provider
- 2. Negative COVID19 test result
- 3. Meet the federal CDC return to work guidance if they were confirmed or suspect positive for COVID19.