

SARS CoV-2 COVID-19

Safe Work Practices: Source Control and Personal Protective Equipment

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Coronavirus Disease 2019 Basics (COVID-19)

- COVID-19, or coronavirus disease 2019, is the respiratory disease caused by the virus SARS-CoV-2.
 - It is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.
- The virus that causes COVID-19 spreads most commonly through person-to-person contact (within about 6 feet of each other), primarily through the inhalation of respiratory particles (droplets and aerosols) produced when an infected person exhales, talks, sings, shouts, coughs, or sneezes.

How COVID-19 Spreads

- COVID-19 is spread in three main ways:
 - Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
 - Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
 - Touching eyes, nose, or mouth with hands that have the virus on them.
- An infected person can spread the virus before they show symptoms (pre-symptomatic) or without ever showing symptoms (asymptomatic).

People Who Are at Higher Risk for Severe Illness COVID-19

- Older adults
 - The risk for severe illness with COVID-19 increases with age
 - People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions including:
 - Chronic lung disease or moderate to severe asthma
 - Heart conditions
 - Immunocompromised state including cancer treatment, smoking, bone marrow or organ transplantations, immune deficiencies, poorly control HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - Overweight and obesity – risk of severe COVID-19 illness increases sharply with elevated BMI
 - Diabetes (type 1 or type 2)
 - Chronic kidney disease
 - Dementia or other neurological conditions
 - Liver disease
 - Down Syndrome
 - Pregnancy
 - Sickle cell disease or thalassemia
 - Stroke or cerebrovascular disease, which affects blood flow to the brain
 - Substance use disorders

Signs and Symptoms of COVID-19

- Commonly recognized symptoms can include
 - Fever (defined as temperature >100.0)
 - Chills or repeated shaking with chills
 - Cough
 - Shortness of breath or trouble breathing
 - Fatigue
 - Unexplained muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Actions to Reduce Transmission

- Wash/sanitize your hands often. Use soap and water for 20 seconds or an alcohol-based hand sanitizer
 - Avoid touching your eyes, nose, and mouth with unwashed hands
- Wear a well-fitting mask that covers your nose and mouth
 - Follow mask requirements based on COVID-19 Operational Levels (see next slides)
- Stay 6 feet apart from others when possible
- Clean and disinfect high-contact surfaces
- Stay home when you are sick
- Get vaccinated
- In the healthcare setting follow Standard and Transmission Based Precautions

COVID-19 Operations Level

COVID-19 OPERATIONS LEVEL

COVID-19 Level Red – What it means for you when you come to LVHN. [Learn more >>](#)

Nivel Rojo de COVID-19 – Lo que significa para ti cuando vengas a un centro de atención de LVHN. [Más información >>](#)



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COVID-19 Help Center

As your health partner, LVHN provides all the COVID-19 information you need in one place.



LVHN is now operating under one of four levels (green, yellow, orange or red) depending on the risk of COVID-19 transmission in our community.





The four operations levels include evidence-based guidelines on topics such as proper masking and PPE use, creating a safe environment during meetings and in break rooms, on-site visitors and more.

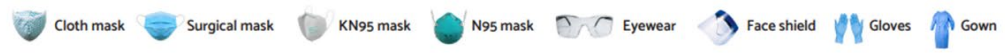
Just click the colorful internet banner on www.lvhn.org to find out how to stay safe at LVHN

Personal Protective Equipment

- PPE is obtained in the clinical area where it is used
- Facemasks
 - Worn over the nose and mouth
 - Discarded at the end of the shift or whenever soiled or damaged
- Protective Eyewear
 - Includes face shields and approved goggles
 - Eyeglasses are not protective eyewear
 - Face shields preferred for procedures and during codes
 - Reusable – disinfect after removing
- Respirators
 - NIOSH approved; protect against airborne hazards
 - Require education, medical clearance and fit testing prior to use
 - Discarded at the end of the shift or whenever soiled, damaged or difficult to breath through
- Gowns
 - Do not reuse gowns
- Refer to poster on the next slide for full details on when and how to use PPE

Personal Protective Equipment

ROLE	⚠ LEVEL GREEN	⚠ LEVEL YELLOW	⚠ LEVEL ORANGE	⚠ LEVEL RED
Direct patient care (COVID-19 positive or suspected positive) or Aerosol-Generating Procedures (AGP), including but not limited to open suctioning, sputum induction, CPR, endotracheal intubation or extubation, BIPAP or CPAP, bronchoscopy, manual ventilation, OR and procedural areas, postmortem procedures and dental procedures	 <p>N-95 + eyewear or face shield + gloves + gown for patient care activities</p>			
Direct patient care (non-COVID)*	Surgical, KN95 or N95 mask optional.	 <p>Surgical, KN95 or N95 + eyewear</p>		
Patient-facing role without direct patient care (e.g. welcome desk, registration)	Cloth, surgical, KN95 or N95 mask optional.			
Non-patient-facing role in a clinical area (e.g. nursing station, charting room, medication room)	Cloth, surgical, KN95 or N95 mask optional.			
Nonclinical areas (e.g. administrative buildings and offices)	Cloth, surgical, KN95 or N95 mask optional.	Mask optional if fully vaccinated. Surgical, KN95 or N95 mask required if unvaccinated or vaccine exempt.	 <p>Surgical, KN95 or N95 mask</p>	
Patients and visitors	Cloth, surgical, KN95 or N95 mask optional.	 <p>Cloth, surgical, KN95 or N95 mask</p>		



Donning and Doffing PPE

[PPE Training Video: Donning and Doffing PPE Nursing Skill – YouTube](#) (click on skip ads)

N95 Respirator

Applying the Respirator

- Perform hand hygiene
- Place top strap first, then place bottom strap



Removing the Respirator

- **Never touch or cup outside of respirator during removal**
- Remove bottom strap first then lift off mask using top strap
- Perform hand hygiene after discarding respirator

Fit testing required prior to initial use

Daily Health Screening and Reporting Illness

- Complete the Conversa self-screening tool before beginning job duties at an LVHN facility
- If you are ill or have any symptoms mentioned during the self-screening, contact your supervisor and do not come to work.