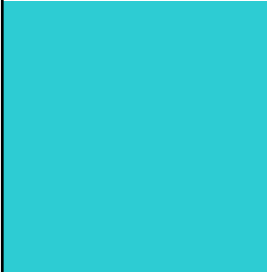







**Alameda County
Health Care for
the Homeless**


COVID, Safety, & PPE



Laura M. Miller, MD
Chief Medical Officer, Community Health Center Network
April 3rd, 2020

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Welcome!

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.

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Novel Corona Virus

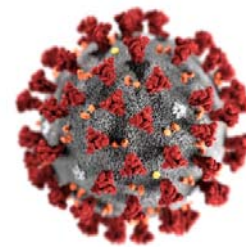
Appeared in Wuhan, China in late 2019 – rapid spread

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%



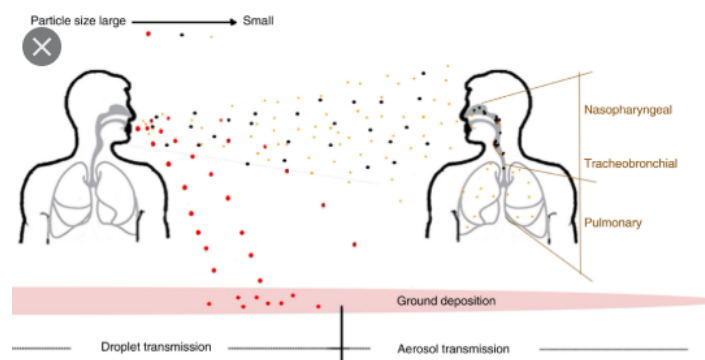
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How is it spread?

- 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!



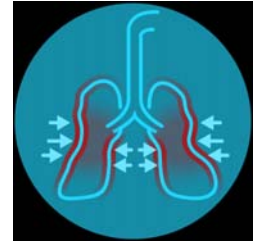
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COVID-19 symptoms

- 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%
- Lack of fever does NOT rule out COVID-19



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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

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Does my client have COVID-19?

Ask about:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Headache
- Contacts with ill people
- Lack of appetite



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Call 911 when:

- Difficulty speaking in full sentences because cannot catch their breath
- Chest pain
- Confusion



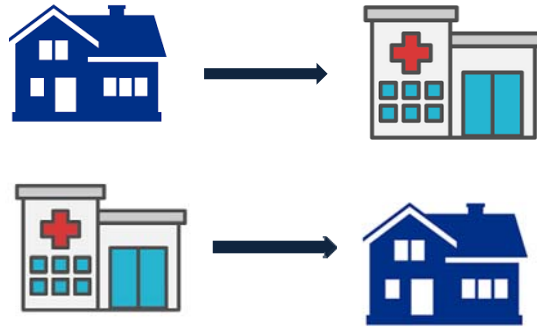
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Keeping safe when taking care

- From home to work
- Safety at work
- From work to home



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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.)





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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

Following the below steps to wash your hands should take you at least twenty seconds. Use soap and water.



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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.





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How to put on and take off a surgical mask



<https://www.youtube.com/watch?v=OABvzu9e-hw>

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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.

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PRO TIPS FOR EXPERT SURGICAL MASK SKILLS

Clean hands before & after touching MASK

MASK should always cover nose and chin

MASK should not hang on one ear, hang around neck or be pushed to forehead

Discard if MASK becomes wet or soiled

Store MASK safely if planned for re-use during shift

CLEAN & dry

Discard MASK when leaving building for the day

Remove & store MASK before eating or drinking

Avoid touching MASK

Wear inside facing you and metal piece pressed onto nose bridge

UCSF Health

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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

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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



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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



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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

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Coronavirus: Safety Tips for You

Keeping
clients
safe

Message →

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.



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Questions



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Thank you for all that you do!

Stay Safe

Take Care

achch@acgov.org



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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.groupsie.com