

We are in this together!

Assisted Living staff roles in preventing the spread of Covid-19.



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The Wisconsin Community-Based Care and Treatment Training Registry

You Are Essential!

- Your residents rely on you for care, socialization, and support each day
- You make a difference in their lives each time you come to work
- Keeping yourself and your family healthy is an important way to protect your residents!



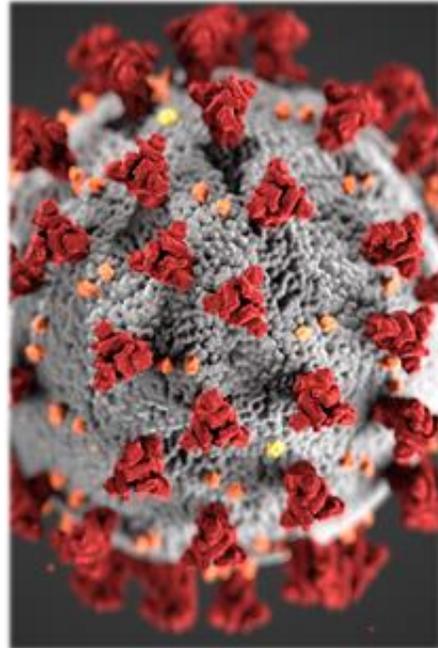
What is Covid-19 or Novel Coronavirus?

Coronavirus (Covid-19) is an illness caused by a virus that can spread from person to person

You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has Covid-19

It is primarily spread person to person by respiratory droplets when an infected person coughs, sneezes, or talks

You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes



Watch for Symptoms

COVID-19

Symptoms of Coronavirus Disease



Even if you have only one symptom,

GET TESTED.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



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<https://www.dhs.wisconsin.gov/covid-19/testing.htm>

What is the risk of Covid-19?

- Some people have mild cases and can even be asymptomatic (not having any symptoms) while other people can become seriously ill and even die
- Even when you are asymptomatic you can spread Covid-19 to other people.
- You may not be in a high-risk category, but your residents are the most vulnerable if they get Covid-19
- Did you know of all the deaths in Wisconsin from Covid-19 over 37% of those have been people who live in long-term care facilities like our facility?

37% of Deaths



How to Protect Residents When at Work



- Complete a screening when entering the facility
- Wear a facemask (or cloth face covering if facemasks are not available and you are not caring for someone who is ill) at all times while you are in the facility
- Wash your hands frequently
- Clean and disinfect often
- Maintain 6 feet of distance whenever possible among residents and other staff members
- Report **ANY and ALL** symptoms of Covid-19 that you have
- Report if you have been exposed to a known or suspected case of Covid-19
- Stay home when you are sick
- Follow your facility's Covid-19 policies and procedures



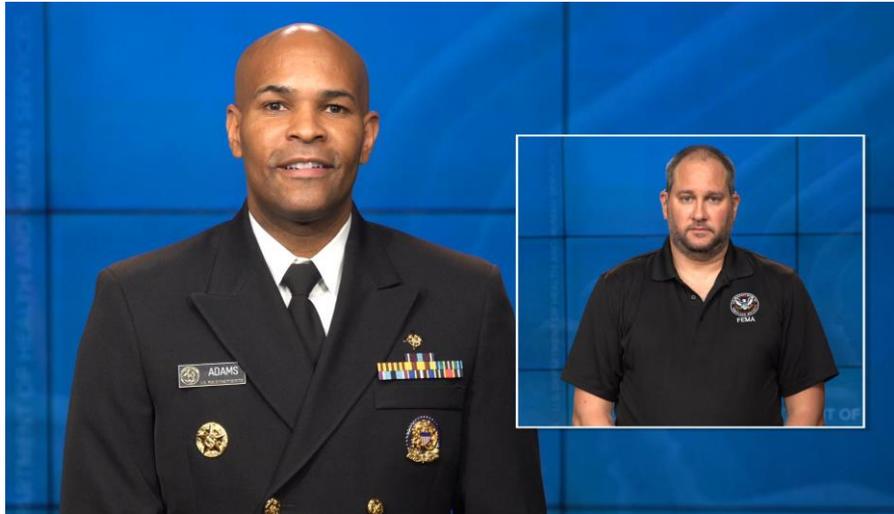
**COMMUNICATION
MATTERS**

Protect Your Residents!

- Be honest about your symptoms and exposure – keeping quiet could put your residents at risk
- Communicate timely – IMMEDIATELY let your supervisor know if you have any symptoms or have been exposed
- Communicate to your supervisor if you hear of someone being exposed or someone working sick
- It is important to have open communication at work



Protecting Residents When You are Off the Clock



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#COVIDStopsWithMe

<https://www.youtube.com/watch?v=rI4qcsLEPnE&feature=youtu.be>

Limit Your Community Exposure





At Home

- Wash your hands often
- Clean and disinfect
- Cover coughs and sneezes

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).





- www.Ready.gov/plan has resources for making your families emergency plan
- Think about what you will do if your family is exposed to Covid-19
- How can your family reduce the risk of being exposed?
- What can you put in place so that you are still able to come to work and take care of your residents?
- Prepare your family - <https://www.ready.gov/kids/family-emergency-planning>
- Helping your kids cope is important - <https://www.ready.gov/helping-children-cope>

Make a Plan



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True or False

False

1. I am safe if I attend a large family reunion because I am related to all the people

False

2. I don't have symptoms, so I do not have COVID-19

True

False

3. Wearing a mask when I am out in public places helps protect my residents

4. What I do on my time off does not increase the risk for my residents



Learn More About Standard Precautions and Protecting Your Residents at:

<https://www.uwgb.edu/registry/instructors/standard-precautions-covid-19-update/>



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