

ISOLATION STRATEGIES Residential Care COVID-19: Residential Care Home Service

This information is primarily intended for residential providers where clients share living space, meals, and common areas with other clients and staff(s) AND where isolation is required.

Isolation: What does it mean? When a person is symptomatic whether they have been confirmed to have COVID-19 or not, isolation is recommended to prevent the spread. Isolation does not mean that services cannot be provided. It means that when a person is in isolation; certain precautions such Personal Protective Equipment (PPE) may need to be implemented. The precautions will aid in protecting all individuals involved until directed otherwise by a health care provider

Circumstances requiring isolation:

- Symptomatic individuals should isolate whether or not they get testing at least until symptoms completely resolve
- Symptomatic individuals awaiting test results should isolate until negative result AND symptoms resolve
- Contacts to confirmed case of COVID-19: public health calls all persons identified as a close contact to a case. If someone in the care home is contacted by public health because of exposure to a case outside of the care home, isolation period is 14 days and public health will call daily to check symptoms
- Returning traveler: all travelers from outside Manitoba must self-quarantine (essentially same as self-isolation) for 14 days and self-monitor their symptoms and call Health Links if symptoms arise
- Confirmed case of COVID-19: public health calls all persons who test positive. Isolation period is at least 14 days or until symptoms resolve, whichever is longer. Where a confirmed case occurs in a care home, all the household members will be directed by public health to self-isolate as per contacts to a confirmed case (described above)

Isolation Management Strategies:

1. **NO ONE ON ISOLATION:** Client(s) and Provider(s) do not have to isolate. They need to use physical distancing strategies by staying 6feet away from each other, increase hand washing and use routine precautions and more frequent environmental cleaning.
2. **1 OR MORE CLIENT(S) SYMPTOMATIC NEXT STEPS:**

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- i. Ask each client with symptoms to go into their own room, in isolation if symptomatic. Other clients should maintain physical distance from one another (minimum of 6 feet between each other). Ensure they have everything needed to be safe in their room and have good window ventilation while you follow up with Health Links-Info Santé
- ii. Call Health Links/ Info Santé at Health Links- Info Santé at 204-788-8200 or toll free at 1-888-315-9257 and get direction on the following items:
 - Get direction for each client and their isolation needs and the follow up required
 - Ask whether the entire home needs to be on isolation precautions including other clients and care providers OR just the individual(s) with symptoms.
 - Ask does the client(s) need to be tested for COVID-19, if so get the details on the location, time testing site hours of operation, any other information needed.
 - Contact each client's Mental Health Worker and notify them of the direction received from Health Links regarding isolation and follow up plan.
- iii. Wash hands frequently
- iv. Notify any other service provider that comes into the home such as Home Care that isolation precautions are in place if that is the direction Health Links-Info Santé provides

** please make a note of the direction received for each client

3. ONE OR MORE CLIENT(S) ISOLATION: (If Isolation precautions are required as directed by Health Link-Info Santé or public health)

- Wash hand frequently (providers and clients)
- Client(s) directed to isolate must stay in the home and in their own room as much as possible and/or maintain a 6feet distance between anyone else in the home until directed by their health care provider that they no longer need to be isolating or until after their symptoms go away completely . Client(s) on isolation should not go out into the community
- Other client(s) and providers, who are not symptomatic, do not have to isolate in their room but should maintain the distance from one another. They need to use physical distancing strategies by staying 6feet away from each other, and use routine precautions along with increasing hand washing.

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- If client(s) on isolation precaution leaves the home for any other reason other than a smoking break or to see a health care provider and have concerns about the client not following isolation precautions please call the clients Community Mental Health Worker
- If the client who is on isolation needs to go out for a quick smoke break or go to the washroom, please ensure the person on isolation walks to the exit by keeping the physical distancing (having all other people in other rooms and/or 6 feet away at all times without exception), wears a face mask when not smoking and washes their hands frequently and wipes down surfaces that they touch afterwards, e.g., with disinfectant wipes.
- Meals should be prepared and served by a non-symptomatic person. Meals should be eaten in their isolation room or in a room separate from others with a minimum of 6 feet distance. Wash dishes with soap and water right after each use.
- Client(s) on isolation ideally uses a separate washroom from others. When this is not possible the washroom must be cleaned after each use with a quick wipe down of surfaces that were touched with either a cleaning wipe or a cleaning solution and it must be cleaned daily. *Attached is a list of acceptable cleaning products.*
- If the client who needs to be isolated shares a room, the other client must be moved to another area for the isolation period. This can be a spare bedroom or room that can be created to make a temporary bedroom.
- Client should wear a medical face mask as much as possible when outside of their room. If the client cannot tolerate wearing a mask, staff and/or caregiver and/or other people in the room should wear a tight fitted medical mask that covers their mouth and nose when within 6 feet from the client on isolation. Replace mask when they get wet from secretions and replaced with a clean one. Wash hands before and after changing masks

If the isolated person's symptoms become worse or change, call Health Links- Info Santé at 204-788-8200 or toll free at 1-888-315-9257 or their Physician. If isolated person is being contacted daily by public health, they may do this. Call 911 if urgent and identify that person's COVID-19 status to 911 operator

4. SYMPTOMATIC PROVIDER NEXT STEPS:

- I. Provider who is symptomatic is asked to go into their own room or a room where you can maintain a minimum of 6 feet distance from anyone else in the home

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- II. Call Health Links/ Info Santé at Health Links- Info Santé at 204-788-8200 or toll free at 1-888-315-9257 and get direction on the following items:
 - Get direction for each person isolation needs in the home and follow up required
 - Ask whether the entire home needs to be on isolation precautions including other clients and care providers OR just the individual(s) with symptoms.
 - Ask who needs to be tested for COVID-19: Get the details on the location, time testing site hour's operation, any other information needed.
- III. Contact Licensing Coordinator and Community Mental Health notify of isolation measures and plan

** please make a note of the direction received for each client if client also symptomatic

5. **PROVIDER ISOLATION:**

- Wash hand frequently, providers and clients
- Isolate Provider must stay in the home and preferably in a room separate from others in the home until directed by their health care provider they no longer need to be isolating or their symptoms completely go away. Provider on isolation cannot go out into the community.
- Isolated Provider while symptomatic and on isolation cannot provide any personal care to clients while on isolation precautions that is within 6feet of the client.
- Isolated Provider while symptomatic and on isolation must use personal protective equipment such as gloves, face mask and gowns to prepare & serve all meals of find an alternative person to prepare and serve meals
- Isolated Provider while symptomatic and on isolation must use personal protective equipment such as gloves, face mask and gowns to clean the home and to do laundry. It is better if an alternative person who is not symptomatic can perform these duties
- If needed, call in support staff/respice to come to the home to assist while Provider is in isolation and provide meals, cleaning and supervision required. If there is no support staff or respice available within the providers own resources, call Community Mental Health and develop a plan for the support required for the isolation period. This may include asking mental health staff from other areas or

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agencies to come assist in the home or moving clients out temporarily. This will be discussed and decided based on what the needs are in each home and on a 1:1 basis.

If the symptoms become worse or change, call Health Links- Info Santé at 204-788-8200 or toll free at 1-888-315-9257 or their Physician or 911 if urgent.

6. ENTIRE RESIDENTIAL CARE HOME UNDER ISOLATION

- Only as directed by Health Links-Info Santé, Mental Health Program or Public Health
- All care providers and clients, even if not symptomatic, must stay in the home and physical distance at all times by being in separate rooms for the full isolation period. This means taking turns or creating a schedule for the use of certain rooms in the home such as a TV room so that people living in the home are not confined to their bedrooms for the entire period. Ensure rooms have good ventilation such as an open window
- Bathrooms and personal areas must be cleaned daily. Frequently touched surfaces should be wiped down as much as possible after use with disinfectant wipe or equivalent
- Use frequent hand washing & routine practices along with physical distancing

7. Training for Personal Protective Equipment (PPE)/ Universal Precautions:

(PPE is: gloves, medical/procedure face mask, and gowns)

- **Ensure all providers and staff are trained and knowledgeable about when and how to use PPE effectively.**
- **The following resources are available to assist:**
 1. **Practice safe hand cleaning.** Hand washing saves lives. Please refer to reference in Shared Health website <https://sharedhealthmb.ca/files/hand-rub-digital.jpg> and <https://sharedhealthmb.ca/files/hand-wash-digital.jpg>
 2. **Staff Training:** Ensure all you and your staff are trained in the use of Personal Protective Equipment (PPE) (please see Shared Health video link to help train: <https://youtu.be/B5ew8020fwc> and <https://youtu.be/Lly8DjGcvDM>). There are more resources available on the Shared Health Website to assist you in the best

Stay Updated: Review daily updates on the Shared Health link for further resources (<https://sharedhealthmb.ca/covid19/providers/>).

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