



Essential Caregiver Information / Educational Packet



Designated Essential Caregiver Information

As The Wesleyan continues to respond to the evolving challenges of this pandemic, our goal is to continue to protect our residents and teammates along with reuniting loved ones in support of providing social and emotional support in the safest environment possible.

Please be advised that the Essential Caregiver Visitation Procedure may change at any time due to numerous circumstances. The facility will make every effort to notify you as soon as changes in the policy are identified.

Your Responsibility as a Designated Essential Caregiver:

- Visits must be scheduled with facility staff prior to arriving at facility. No walk-up visitation will be allowed.
- Each resident may designate a maximum of two Essential Caregivers, but only ONE Essential Caregiver may visit at a time.
- Essential Caregiver will be screened and symptom-checked when arriving at the facility. **Essential Caregivers who meet any of the screening criteria that prohibits visitation must leave the facility property and reschedule the visit.**
 - a. Fever defined as a temperature of 99.6 Fahrenheit and above, or signs or symptoms of a respiratory infection, such as cough, shortness of breath, or sore throat;
 - b. signs or symptoms of COVID-19, including 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, or diarrhea;
 - c. additional signs and symptoms as outlined by the Centers for Disease Control and Prevention (CDC) in Symptoms of Coronavirus at [cdc.gov](https://www.cdc.gov);
 - d. contact in the last 14 days with someone who has a confirmed diagnosis of COVID-19, is under investigation for COVID-19, or is ill with a respiratory illness; or
 - e. has a positive COVID-19 test result from a test performed in the last 10 days.
- Essential Caregiver will show valid proof of a negative COVID-19 test (Antigen or PCR) in the last **7 days** prior to visit.
- Essential Caregiver is required to review visitation protocols, procedures, requirements, facts about COVID-19, use of personal protective equipment (PPE) and Infection Control prevention.
- Essential Caregiver will sign a written Agreement and Acknowledgement of Education form, indicating that they understand and agree to follow the applicable policies, procedures, and requirements.
- Essential Caregiver will acknowledge and agree to leave the facility at the assigned end of visit time.

- Essential Caregiver must follow hand hygiene protocols, handwashing and/or alcohol gel, before and after the visit.
- Essential Caregiver will enter and exit the facility only at designated front entrances.
- Essential Caregiver will sign out at the conclusion of the visit per the facility sign out procedures.
- Essential Caregiver must report to the facility if they experience any COVID-19 symptoms prior to a scheduled visit, and/or two weeks (14 days) following the day of the visit.
- Essential Caregiver will be advised that the facility will respect the privacy of the resident during the visit, but the community will monitor to ensure procedures are followed.
- Essential Caregiver who does not meet screening protocols will not be permitted to attend the visit.
- Essential Caregiver will be required to wear a surgical facemask and appropriate PPE for visitation, and it must be worn at all times. The surgical facemask must cover both the mouth and nose. If the essential caregiver has not arrived with an appropriate mask, a mask will be provided during the screening process.
 - Essential Caregivers will wear full PPE for visitation with a resident whose COVID-19 status is “unknown.”
- Essential Caregiver may have contact with resident they are visiting, but must maintain physical distancing between themselves and all other residents and staff.
- Essential Caregiver will be advised that they are not allowed to share a meal with the resident.
- Essential Caregiver Visits are allowed for residents with negative or unknown COVID-19 status.

Failure to comply with visitation instruction and guidance will result in an inability to attend or schedule future visitation.

Thank you for your efforts in keeping our community, residents and teammates safe!



COVID-19 Education

A coronavirus is a kind of common virus that can cause mild upper-respiratory tract illnesses. There are many types of human coronaviruses, and most of them are not dangerous. However, in December 2019, the World Health Organization identified **Severe Acute Respiratory Syndrome-CoronaVirus-2**, or SARS-CoV-2, as a new (novel) type of coronavirus. The disease caused by this virus is known as COVID-19. (The “CO” stands for corona; the “VI” stands for virus; and the “D” stands for disease.) The virus is thought to spread mainly from person to person, via respiratory transmission – droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or can possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about six (6) feet). Because there is little to no pre-existing immunity against the new virus, it is easily transmitted from one person to another. COVID-19 seems to be spreading easily and sustainably in the community (“community spread”), defining the condition as a pandemic.

The symptoms of COVID-19 can range from mild (no symptoms) to severe illness. The risks associated with COVID-19 are higher for individuals who are in close contact with someone known to have COVID-19. Other individuals considered at high risk for infection are those who live in, or have recently been in, an area with an ongoing spread of COVID-19.

Who is at risk?

COVID-19 poses a serious threat to older adults, especially those 80 years old and older, and those with underlying health conditions. This is why the federal government and many state governments are restricting visitors to nursing homes and assisted living communities. We understand this is a difficult and stressful time. Those who work in long-term care facilities are focused on your safety and well-being.

Here’s how you can continue to stay in touch with your loved ones, and how you can help:

1. Ask the facility about other ways you can communicate with your loved ones, whether by phone, video or social media in the event you are unable to visit.
2. Follow everyday preventative actions such as the following:
 - **Wash your hands and/or use alcohol-based hand sanitizers.**
 - **Cover your cough and sneezes; use a tissue and throw it directly into the trashcan.**
 - **The resident and Essential Caregiver must wear a surgical mask at all times when visiting including when resident is out of their room.**
 - **Maintain a 6ft distance.**
 - **Do not come to the facility if you are sick, feeling ill or present any of the symptoms associated with COVID-19 and listed below.**
 - **Exercise and drink sufficient amounts of fluids.**
 - **Eat nutritious meals.**
3. Ask other individuals (including staff) to avoid touching you with handshakes, hugs or kisses. Ask them to wash their hands. Do not be shy! It’s okay to remind people.

Symptoms to Report Immediately

- Feeling feverish
- Cough
- Difficulty breathing
- Chills – repeated shaking with chills
- Muscle pain or aches
- Headache
- Sore throat
- New loss of taste or smell
- Fatigue
- Runny nose
- Abdominal pain/discomfort
- Nausea/vomiting
- Diarrhea

For at least 14 days after exiting this, or any facility, The Wesleyan advises you to closely monitor for signs and symptoms of respiratory infection. If symptoms occur, we advise you to self-isolate at home and to contact your healthcare provider. Also, immediately notify this facility's Administrator of the date you were in the facility, the individuals you were in contact with, and the locations within the facility you visited. The facility will immediately screen the individuals of reported contact, and take all necessary actions based on findings.

First and Last Name, Administrator | phone number

Thank you for respecting the importance of keeping our residents and healthcare team healthy!

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue,
then throw the tissue
in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently
touched objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



TEXAS
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For more information: dshs.texas.gov/coronavirus

Facemask Do's and Don'ts

For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

*If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.



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Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
 - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- * Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



How should I use?

Soap and Water

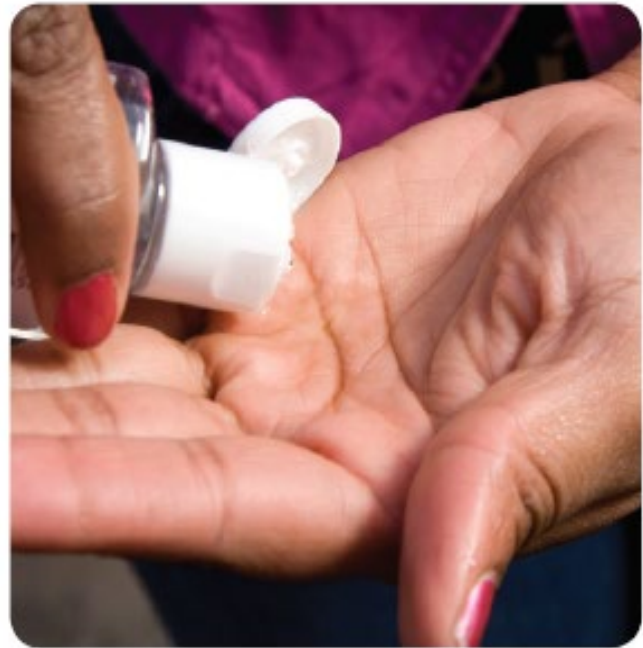
- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

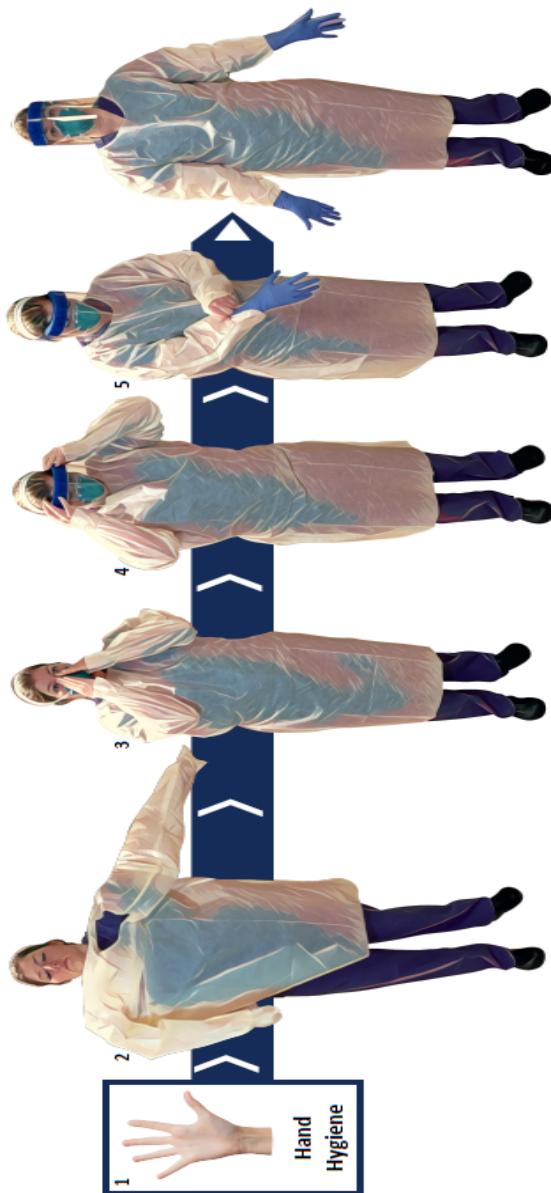
COVID-19 PPE: Donning and Doffing

Items Required

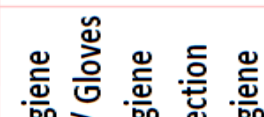
Gown - Standard Isolation
N95 Respirator
Eye Protection
- Face Shield or Goggles
Gloves

Donning Order

1. Hand Hygiene
2. Gown
3. Respirator
4. Eye Protection
5. Gloves

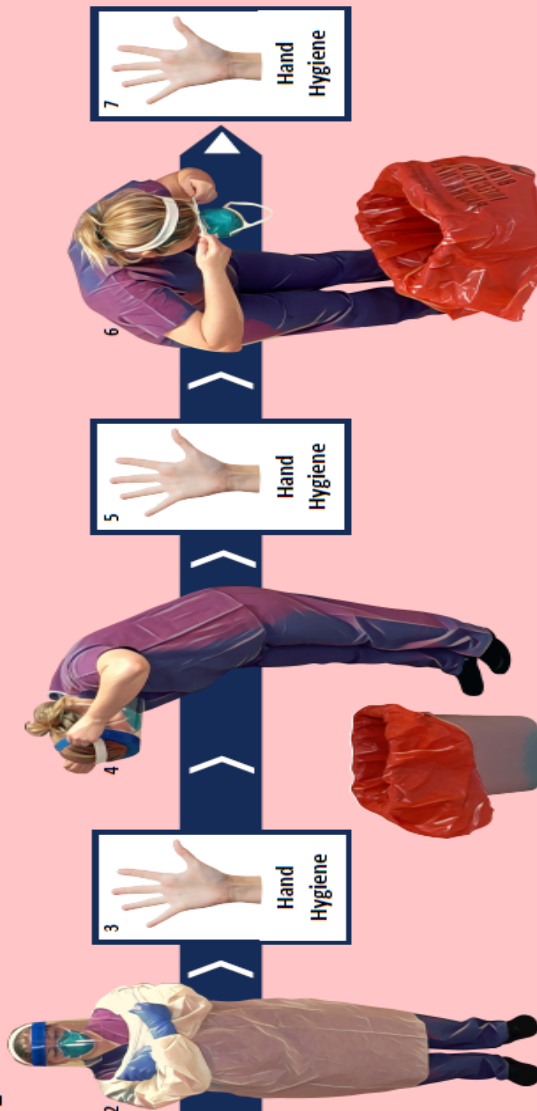


Doffing Order 1



Doffing Order 2

1. Hand Hygiene
2. Gown w/ Gloves
3. Hand Hygiene
4. Eye Protection
5. Hand Hygiene
6. N95
7. Hand Hygiene
8. Hand Hygiene



Additional Educational Resources for Review:

<https://www.youtube.com/watch?v=z-5RYKLYvaw&feature=youtu.be> – Proper Use and Reuse of Facemask

<https://www.youtube.com/watch?v=MzkNSzqmUSY> – Clean Hand Count

<https://www.youtube.com/watch?v=XnJ1wvlIcbs> - *Prevent the Spread of COVID-19 | Five Things To Know About Properly Washing Your Hands*

<https://www.youtube.com/watch?v=ZnSjFr6J9HI> – 1:18 – How to Hand-Rub with Alcohol Based Formula.