



Promising Practices for Quarantining Individuals who are Exposed to COVID-19
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As COVID-19 continues to spread, chapters are continually planning and reassessing their plans on what to do if someone in their residence becomes exposed to or contracts COVID-19. While there is not one easy solution to this, several chapters have developed safety protocols that we are pleased to share.

Thinking about options that will work for your specific community and working to create a plan before anyone is infected is your best preparedness. Plans may change or need adjustments as things develop, so being flexible and able to make quick adjustments will also be valuable. Below are some ideas to help you think through what may be needed for your specific community.

Primary prevention methods are still the most important method to keeping residences (residents and staff) safe. Always remember to encourage staff and residents to:

1. Wash hands frequently
2. Disinfect all common areas several times per day
3. All staff should wear masks inside group homes
4. Limit (or eliminate) outside visitors coming into residences
5. Reduce number of staff coming/going to residences

If someone in the residence has contracted COVID-19:

If possible, find a place where the person can be moved away from others in the residence. This can be done a number of ways:

- If you have multiple residences in your community designate one home as *the quarantine house* where only infected individuals will live until they have recovered.
 - If no space is available, families of individuals currently living in residences can be contacted to see if they prefer to have their loved one live with them during this time. If they do and individuals are moved out of their residences for a period of time, this will free up rooms to allow for shifting of some living spaces to create an empty home for infected persons

- Look into partnering with a hotel where infected individuals can stay during recovery. Many hotels have significant capacity and may offer very reduced rates for these stays.
- Contact your local municipality to determine if they are contracting with hotels to house individuals with COVID-19
- If you have a residence with live-in staff, these staff could be relocated to hotels to free up their living quarters for infected individuals.

Make sure all individuals are fully recovered and a doctor indicates it is safe for the individual to move back home.

If an individual cannot be moved from the residence or has no other options:

- Try to position them in the most isolated portion of the home (at the end of a hallway, in a finished livable basement, in a room that has a private bathroom, etc.) so they will have maximum distance from rest of residents
- Keep the infected person in their room at all times while sick (except for when using bathroom, etc.)
- Announce every time the person needs to leave their room so that all other members of the home can properly distance themselves
- Immediately wipe down and disinfect the toilet and anything else the individual touches when outside of their room
- Have a covered trashcan and hand sanitizer by the infected person's room at all times
- Contact your local municipality to determine if they are partnering with medical providers to establish facilities, such as a convention center, for people with COVID-19
- Look into moving non-infected residents to a hotel for 2 weeks while the person with COVID-19 recovers
- Contact other providers to see if they have space in their residences

If the participant can be moved somewhere, determine how you will get them there. Do you have a van or car available to transport the person? If so, it is a good idea to have a to-go kit available that contains:

- Extra PPE available for drivers
- Disinfectant to properly clean out the van/car immediately after infected person has been moved
- Gloves
- Hand sanitizer

Develop a plan to staff residences and quarantined homes without cross-contaminating staff.

Some staffing options include:

- Reduce the number of staff being exposed to individuals with COVID-19 by adapting schedules to limit the number of caregivers coming/going throughout the day. Some ideas include:
 - Shifts with longer hours per day (10-plus hour days)
 - 1 staff assigned to AM and PM, so only 2 people per house
 - Staff works 4 days on and 3 days off (similar to a nurse's schedule)
 - Dedicated one-on-one staff
- If space is available, staff can be asked to move into a residence to isolate with individuals with COVID-19 and greatly reduce outside exposure
 - If possible, provide staff with additional pay or extra time off in the future, etc. as incentive
 - Groceries and needed supplies can be dropped off at door by other staff
- Provide staff working with people that have COVID-19 a place to stay (hotel, Airbnb, etc.) to help protect their family
- If possible, permit a 14-day quarantine for all staff working with people with COVID-19 prior to returning to work. This will help to prevent the spread of the virus to residents and staff who are not infected.

This document is not intended to provide professional advice. Chapters are encouraged to consult local health professionals. The ideas in this document are offered for consideration by chapters of The Arc.

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