

# Don't stand, Don't Stand So Close to Me: Keeping You and Staff Safe During the Coronavirus Pandemic

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# What you and your staff can do to keep safe

- Physical distancing
- PPE
  - Universal masking
  - Screen staff/providers for symptoms before start of clinic
- Hand hygiene
- Environmental cleaning
- Other practices....

# THINGS KEEP CHANGING, WE NEED TO BE FLEXIBLE...

## Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings

Updated  
April 13

Summary of Changes to the Guidance:

- Updated PPE recommendations for the care of patients with known or suspected COVID-19:

## Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19)

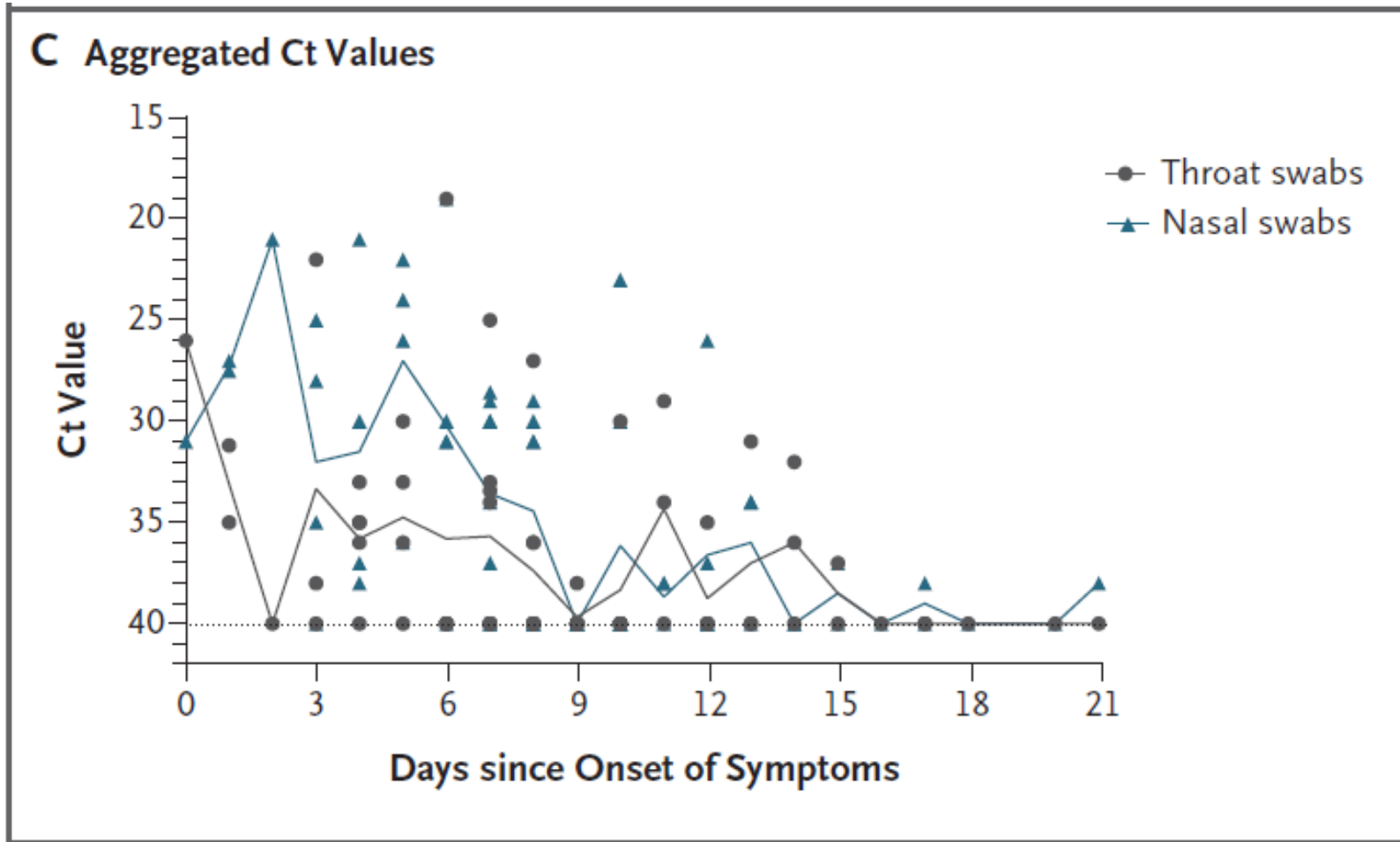
March 7, 2020

Updated  
April 15

Summary of Recent Changes

# WHY THE CHANGES?

## SARS-CoV-2 Viral Load in Upper Respiratory Specimens of Infected Patients



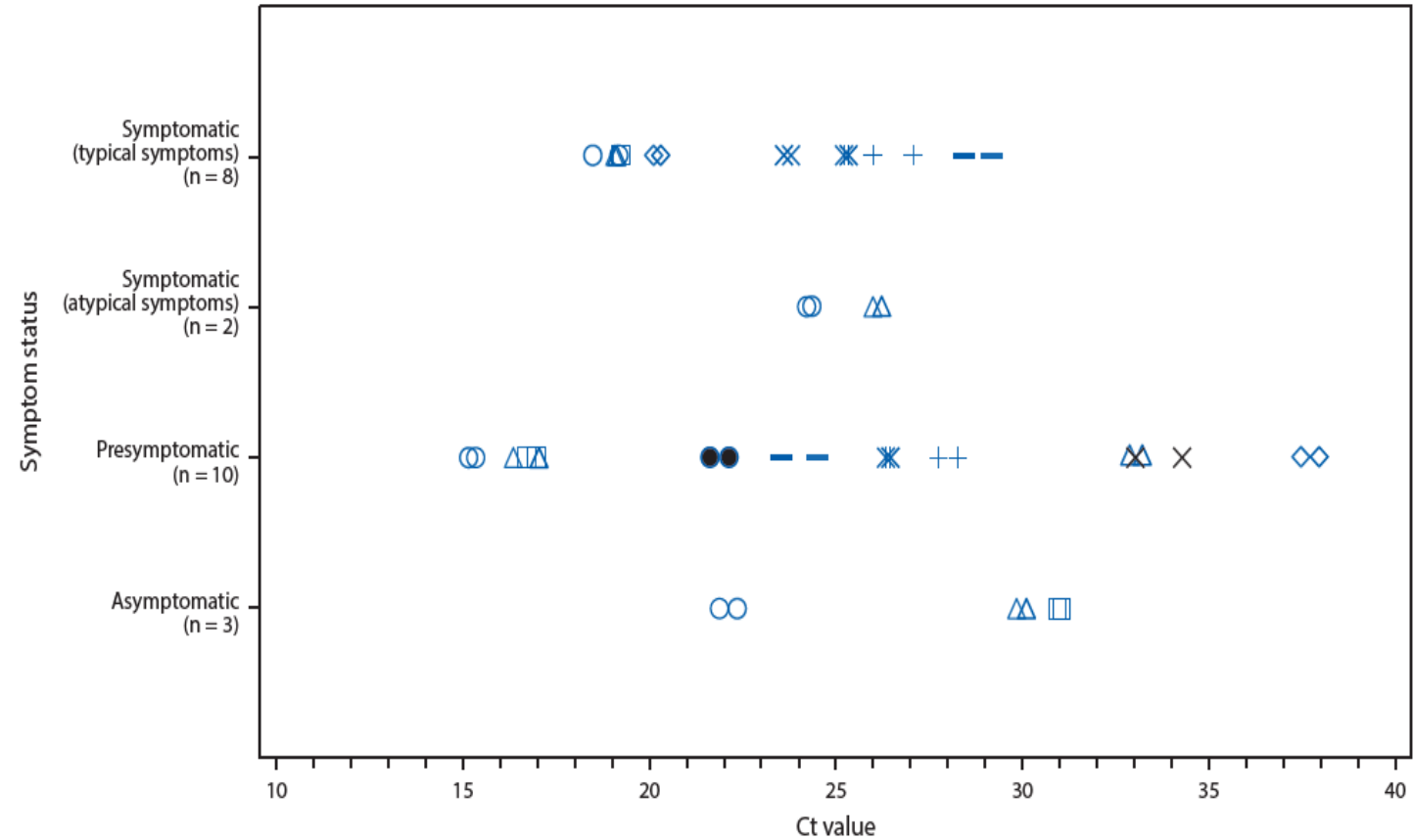
Zhou NEJM 382;12

# WHY THE CHANGES?

## Morbidity and Mortality Weekly Report

### Asymptomatic and Presymptomatic SARS-CoV-2 Infections in Residents of a Long-Term Care Skilled Nursing Facility — King County, Washington, March 2020

FIGURE. Cycle threshold (Ct) values\* for residents of a long-term care skilled nursing facility with positive test results for SARS-CoV-2 by real-time reverse transcription–polymerase chain reaction on March 13, 2020 (n = 23), by symptom status<sup>†,§</sup> at time of test — facility A, King County, Washington



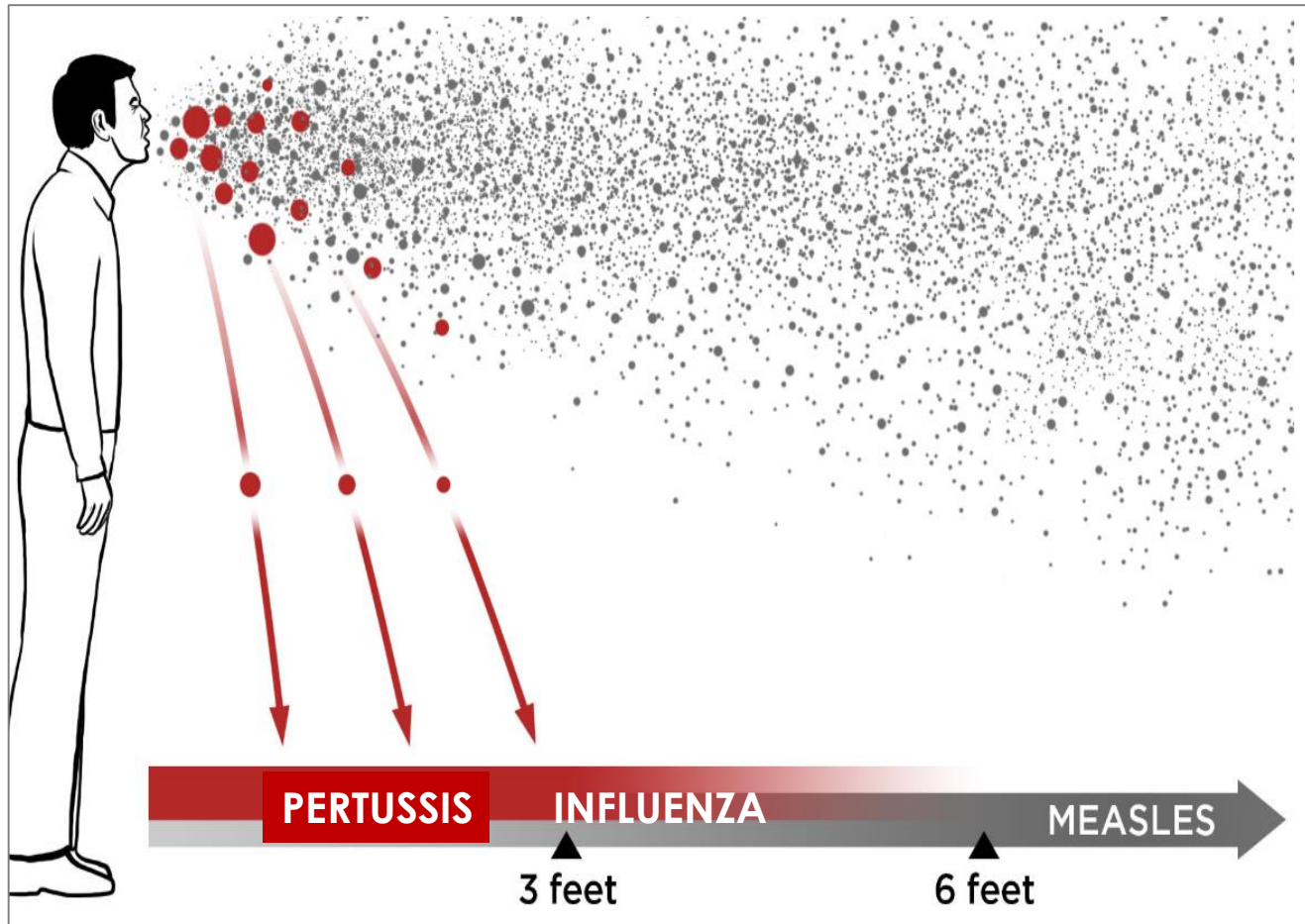
And several reports of clusters of infections initiated by asymptomatic individuals

# Know how it spreads

**Best way to prevent illness is avoid being exposed to the virus**

- The virus is thought to spread mainly from person-to-person
  - Between people in close contact (within ~ 6 feet)
  - By respiratory droplets when an infected person coughs, sneezes, talks
    - Droplets can land in mouths or noses of those nearby or possibly inhale into the lungs
- Some recent studies suggest that COVID-19 may be spread by people not showing symptoms

# TRANSMISSION OF INFECTIOUS RESPIRATORY ORGANISMS



- **DROPLET**

- Large droplets  $> 5 \mu$  in size
- Don't remain suspended in air
- If inhaled, don't reach alveoli

- **AIRBORNE**

- Small droplet nuclei,  $< 5 \mu$
- Stay suspended in air
- When inhaled, can reach alveoli

- **PRIMARY ROUTE OF TRANSMISSION** for SARS-COV2 felt to be **droplet**

# What you and your staff can do

Maintain physical distance of at least 6 feet when possible

- Ask patients to call in when ill so you can be prepared
- Determine if a telehealth or phone visit can be done
- When an in-person visit is required
  - Ask patient to wear a face covering & call upon arrival
  - Staff in PPE should meet ill patients at clinic entrance
    - Mask (or provide tissue to) unmasked patient & escort to a room with door closed
  - Talk or take a history from across the room (or even call in)
- If labs are needed
  - Collect blood in the patient's room
  - If a PCR for COVID is needed
    - Send to in car test site if available, if not
    - Collect a nares instead of NP specimen



**PPE for  
your patient and you & your staff**

# Recent masking recommendations for the public from CDC

## Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission

[Español](#)

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from [recent studies](#) that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) **especially** in areas of significant community-based transmission



Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

[Learn More](#)

## How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



## CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

## Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.



# WHAT'S THE "JUST RIGHT" PPE FOR MOST HCW CARING FOR COVID-19





# AND Wearing a mask



- Won't be helpful if
  - HCW touches mask and then face, fomite, shared surfaces
- Instead
  - If masked, **keep it on & don't touch until remove**
  - Frequent hand hygiene

# Reducing HCW to HCW transmission as well...

- CDC changed the period of exposure risk from “onset of symptoms” to “48 hours before symptom onset” on April 12

To address:

- Universal source control (AKA universal masking for all HCW and patients)
- Screen patients AND HCW prior to each shift for fever and symptoms of COVID
- HCW need to distance ~6 ft from each other

# Preventing spread of COVID-19 from HCW to HCW



- Mask for each other, not just for your patients
- During breaks
  - Chairs should be at least 6 ft apart
  - Take shifts to reduce the number of staff together in a break room

# HCW exposure risk related to patient mask status

**Patient wears a mask**



**Patient does NOT wear a mask**



Epidemiologic risk factors	Exposure category	Recommended Monitoring for COVID-19 (until 14 days after last potential exposure)	Work Restrictions for Asymptomatic HCP
<b>Prolonged close contact with a patient with COVID-19 (beginning 48 hours before symptom onset) who was wearing a cloth face covering or facemask (i.e., source control)</b>			
HCP PPE: None	Medium	Active	Exclude from work for 14 days after last exposure
HCP PPE: Not wearing a facemask or respirator	Medium	Active	Exclude from work for 14 days after last exposure
HCP PPE: Not wearing eye protection	Low	Self with delegated supervision	None
HCP PPE: Not wearing gown or gloves <sup>a</sup>	Low	Self with delegated supervision	None
HCP PPE: Wearing all recommended PPE (except wearing a facemask instead of a respirator)	Low	Self with delegated supervision	None

Epidemiologic risk factors	Exposure category	Recommended Monitoring for COVID-19 (until 14 days after last potential exposure)	Work Restrictions for Asymptomatic HCP
<b>Prolonged close contact with a patient with COVID-19 (beginning 48 hours before symptom onset) who was not wearing a cloth face covering or facemask (i.e., no source control)</b>			
HCP PPE: None	High	Active	Exclude from work for 14 days after last exposure
HCP PPE: Not wearing a facemask or respirator	High	Active	Exclude from work for 14 days after last exposure
HCP PPE: Not wearing eye protection <sup>b</sup>	Medium	Active	Exclude from work for 14 days after last exposure
HCP PPE: Not wearing gown or gloves <sup>a,b</sup>	Low	Self with delegated supervision	None
HCP PPE: Wearing all recommended PPE (except wearing a facemask instead of a respirator) <sup>b</sup>	Low	Self with delegated supervision	None

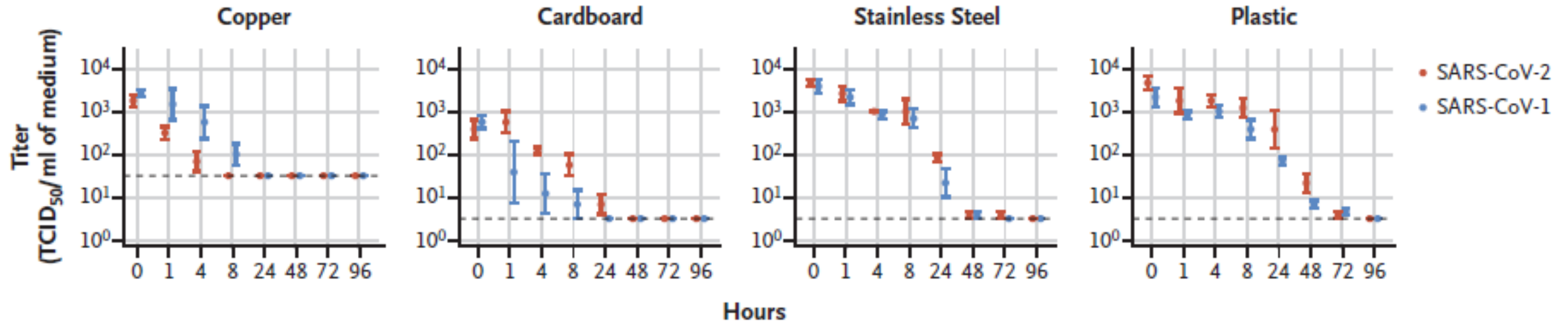


# More masking when low on supplies!

- Extended use of masks by HCW
  - Wear same mask with multiple patients
  - Discard mask if soiled or damaged
  - Don't touch mask but if done to adjust/remove then perform hand hygiene
- Encourage patients to wear their own mask
  - Provide patient with a tissue to cover their mouth & nose

# Environmental Contamination

- SARS-CoV-2 contaminated surfaces (van Doremalan, NEJM 2020)
  - **Prolonged** duration on stainless steel, plastics but very susceptible to disinfectants



- Speaks to frequent cleaning of surfaces with standard hospital grade disinfectants and hand hygiene

## Hospital Human Resources ▸ work exposure



Pulse / Sites / Hospital Human Resources / work exposure

# What if I've been exposed to COVID-19 at work?

### Please follow these steps:

1. Continue to work if you are feeling well.
2. Consider showering and changing at the end of your shift, before returning home.
3. Launder your clothes and shower as soon as you get home, if you haven't showered and changed already before leaving work.
4. Consider bringing a change of clean clothes to put on before going home at the end of each shift.
5. Stay home if you have any symptoms of illness.
6. Report to work if you do not have any symptoms of illness.
7. Complete a [form 122, first report of injury](#), to document the exposure for Workers' Compensation.
8. We are advising ALL employees to self-monitor for symptoms daily, and check their temperature at home daily—twice a day, including before coming in to work. **Stay home if temp > 99.9 or if any symptoms develop.**
9. If symptoms develop, self-care at home.
10. If symptoms persist **after 48 hours**, or worsen acutely, call 801-581-2227<sup>®</sup>, option 1, for employee triage.
11. Practice good hand hygiene and good self-care, including proper sleep, nutrition, exercise, and stress management, as able. Utilize the Employee Assistance Program or [Resiliency Center resources](#) as needed.

# How to keep COVID out of your home

BEFORE WORK	<ul style="list-style-type: none"><li><input type="checkbox"/> Remove watch and jewelry</li><li><input type="checkbox"/> Wear clean scrubs to work</li><li><input type="checkbox"/> Bring change of clothes in a washable bag &amp; a pair of shoes that can be easily cleaned and left at work</li><li><input type="checkbox"/> Bring lunch in a disposable bag</li><li><input type="checkbox"/> Practice proper hand hygiene.</li></ul>
DURING WORK	<ul style="list-style-type: none"><li><input type="checkbox"/> Sanitize phone, ID badge, eyewear, and any work supplies (like your stethoscope) regularly</li><li><input type="checkbox"/> Hand hygiene before/after each patient and when touching new surfaces</li><li><input type="checkbox"/> Sanitize lunch space before eating</li><li><input type="checkbox"/> Avoid handshakes or high-fives</li><li><input type="checkbox"/> Wear appropriate PPE as directed</li></ul>
AFTER WORK	<ul style="list-style-type: none"><li><input type="checkbox"/> Sanitize phone, ID badge, eyewear, and any work supplies. Leave what you can at work.</li><li><input type="checkbox"/> Change into clean clothes/shoes and put scrubs in washable bag.</li><li><input type="checkbox"/> Wipe down work shoes and leave them at work</li><li><input type="checkbox"/> Shower at work or immediately after arriving home</li><li><input type="checkbox"/> Leave outside shoes in garage or outside front door</li><li><input type="checkbox"/> Wash scrubs in washing machine on highest heat setting.</li><li><input type="checkbox"/> Put any water bottles, food containers, etc. in dishwasher</li><li><input type="checkbox"/> Practice wellness activities every day</li></ul>