

FAQs for Long Term Care and Assisted Living Facilities

June 3, 2020

Today's Overview



Last Week's FAQ Follow-up



Testing Team Updates



Audience Q&A

“Can residents gather outside in small groups?”

- ▶ Still no *congregating* indoors or outdoors!
- ▶ In facilities with **no cases** of COVID-19, residents may go outside but must wear cloth face coverings and maintain 6 feet between
 - A staff member should monitor resident activity to ensure social distancing and to make sure outside visitors are not present
- ▶ In facilities **with outbreaks** of COVID-19
 - Restrict residents to their rooms to the extent possible

What challenges did you encounter?

CDC on Social Distancing in Nursing Homes

- ▶ “Implement aggressive social distancing measures (remaining at least 6 feet apart from others):
 - Cancel communal dining and group activities, such as internal and external activities
 - Remind residents to practice social distancing, wear a cloth face covering (if tolerated), and perform hand hygiene
 - Remind staff to practice social distancing and wear a facemask (for source control) when in break rooms or common areas”

Source: [CDC’s “Additional Strategies Depending on the Facility’s Reopening Status”](#)

CDC on Relaxing Group Activity Restrictions

- ▶ In NH we are not here yet, but we will be issuing guidance for the future
- ▶ *“These strategies will depend on the stages described in the CMS Reopening Guidance or the direction of state and local officials”*
- ▶ “Considerations when restrictions are being relaxed include:
 - Allowing communal dining and group activities for residents without COVID-19, including those who have fully recovered while maintaining social distancing, source control measures, and limiting the numbers of residents who participate.
 - Allowing for safe, socially distanced outdoor excursions for residents without COVID-19, including those who have fully recovered. Planning for such excursions should address:
 - Use of cloth face covering for residents and facemask by staff (for source control) while they are outside
 - Potential need for additional PPE by staff accompanying residents
 - Rotating schedule to ensure all residents will have an opportunity if desired, but that does not fully disrupt other resident care activities by staff
 - **Defining times for outdoor activities so families could plan around the opportunity to see their loved ones”**

Source: [CDC’s “Additional Strategies Depending on the Facility’s Reopening Status”](#)

“When will group activities be allowed?”

- ▶ While CMS and CDC released guidance for reopening, we aren't there yet
- ▶ Relaxing of restrictions does not apply to long term care facilities
- ▶ Current recommendations and restrictions:
 - Visitor restrictions still apply
 - **Hairdressers and barbers are still not allowed to enter the facility**
 - Communal dining and group activities still canceled
 - Screening for residents and non-residents still applies
 - Universal source control still implemented
 - Residents should only leave for essential medical procedures
 - **For dental appointments, this means only essential ones**

Are there special precautions for employees who live in MA?

- ▶ Discourage public transportation
 - Counsel staff that NH state policy requires quarantine after use of public transportation outside of NH, ME, and VT
- ▶ No quarantine necessary for staff commuting to and from work in a personal/shared vehicle
- ▶ Staff are considered essential personnel
 - See [CDC's guidance](#) for allowing essential personnel to work after an unprotected exposure
- ▶ [NH Travel Guidance for Staff](#)

If family from out of town visits, do staff need to quarantine before returning to work?

- ▶ If you have close contact to a person who is on quarantine (NOT suspected or confirmed), you do not need to quarantine
 - You do not need to quarantine just because you were in contact with someone on quarantine
- ▶ If your contact who visits becomes suspected or confirmed 48 hours after contact with you, you should quarantine

Who needs to quarantine after a community exposure?

► Community Exposure Risk Assessment

Person	Exposure to	Recommended Precautions for the Public
<ul style="list-style-type: none"> • Household member • Intimate partner • Individual providing care in a household without using recommended infection control precautions • Individual who has had close contact (< 6 feet)** for a prolonged period of time *** 	<ul style="list-style-type: none"> • Person with symptomatic COVID-19 during period from 48 hours before symptoms onset until meets criteria for discontinuing home isolation (can be a laboratory-confirmed disease or a clinically compatible illness in a state or territory with widespread community transmission) 	<ul style="list-style-type: none"> • Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times • Self-monitor for symptoms <ul style="list-style-type: none"> ◦ Check temperature twice a day ◦ Watch for fever*, cough, or shortness of breath • Avoid contact with people at higher risk for severe illness (unless they live in the same home and had same exposure) • Follow CDC guidance if symptoms develop

Who needs to quarantine after a work exposure?

▶ HCP Exposure Risk Assessment

Exposure	Personal Protective Equipment Used	Work Restrictions
HCP who had prolonged ¹ close contact ² with a patient, visitor, or HCP with confirmed COVID-19 ³	<ul style="list-style-type: none">• HCP not wearing a respirator or facemask⁴• HCP not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask• HCP not wearing all recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure¹	<ul style="list-style-type: none">• Exclude from work for 14 days after last exposure⁵• Advise HCP to monitor themselves for fever or symptoms consistent with COVID-19⁶• Any HCP who develop fever or symptoms consistent with COVID-19⁶ should immediately contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.

Who needs to quarantine after travel?

- ▶ [NH Travel Guidance for Staff](#)
- ▶ Anyone who answers “yes” to any of the following questions:

Have you traveled in the past 14 days either:

- 1) Internationally (outside the U.S.);
- 2) By cruise ship; or,
- 3) Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.)?

Additional Q&A