

COVID-19

Practical Tips for Infection Prevention & Control



Megan Crosser, BS, MPH, CIC



Board-Certified Infection Preventionist

20 Years in Healthcare

10+ Years in Infection Prevention

Acute Care, Long Term Care, Ambulatory Surgery

Want to increase access to quality
infection prevention knowledge
to keep all populations safe



Today's Topics



Severity of COVID

Transmission

Practical Prevention

Resources



Severity of COVID-19



Preliminary U.S. Case Data:

Increase of testing and positive cases early March

Younger adults (20 – 40) be hospitalized from illness

Fatality rate greatest in 85+ age group

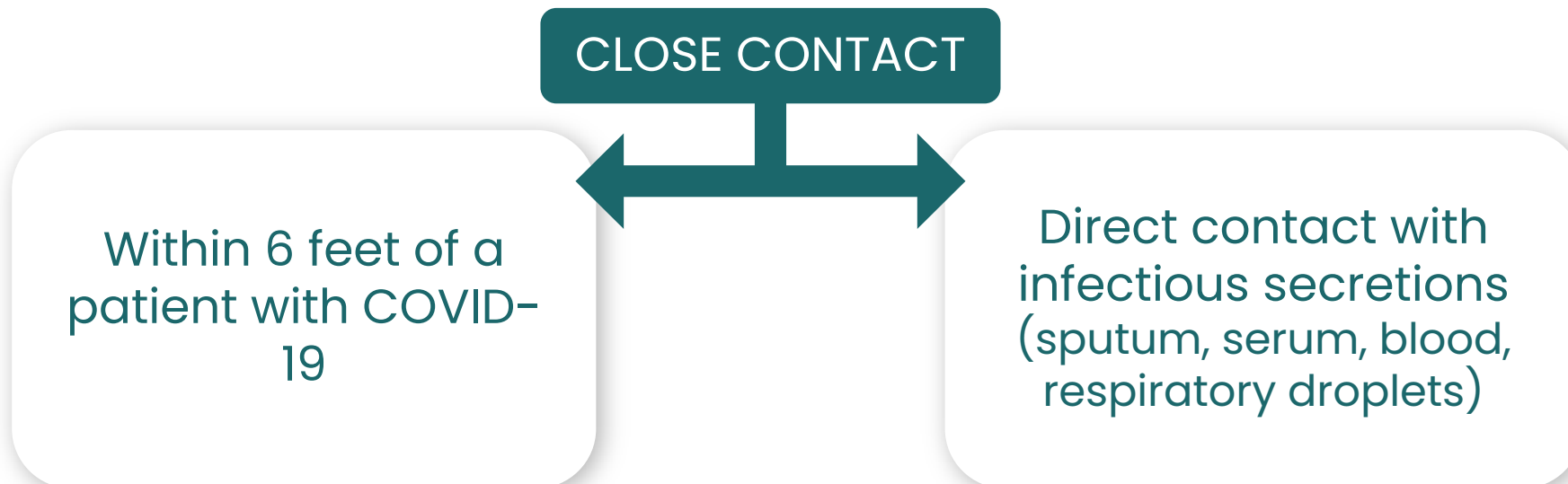
Reference: CDC MMWR (March 18, 2020) Severe Outcomes Among Patients with Coronavirus Disease 2019 (COVID-19) — United States, February 12–March 16, 2020

Transmission

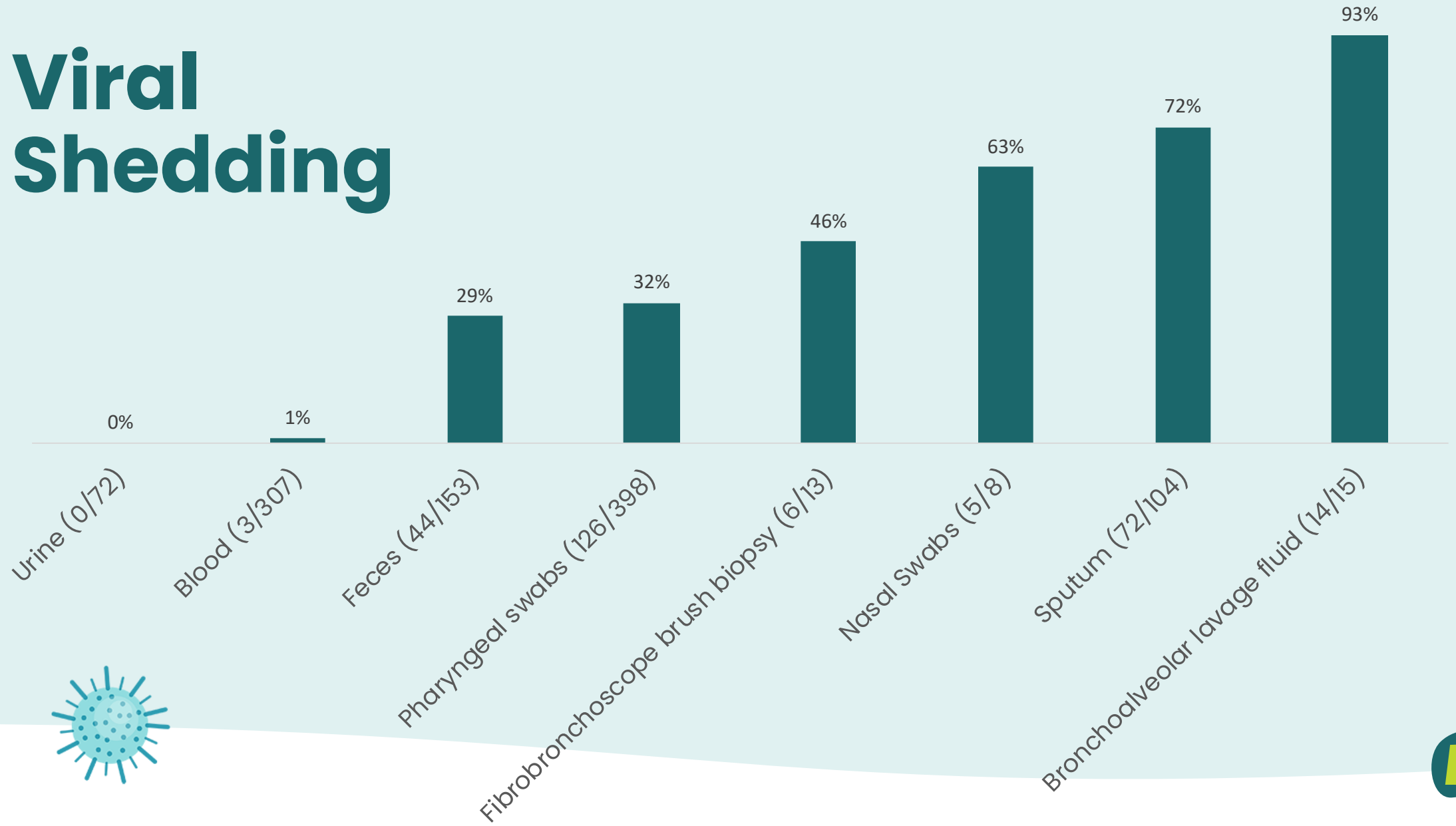


Person-to-person via respiratory droplets

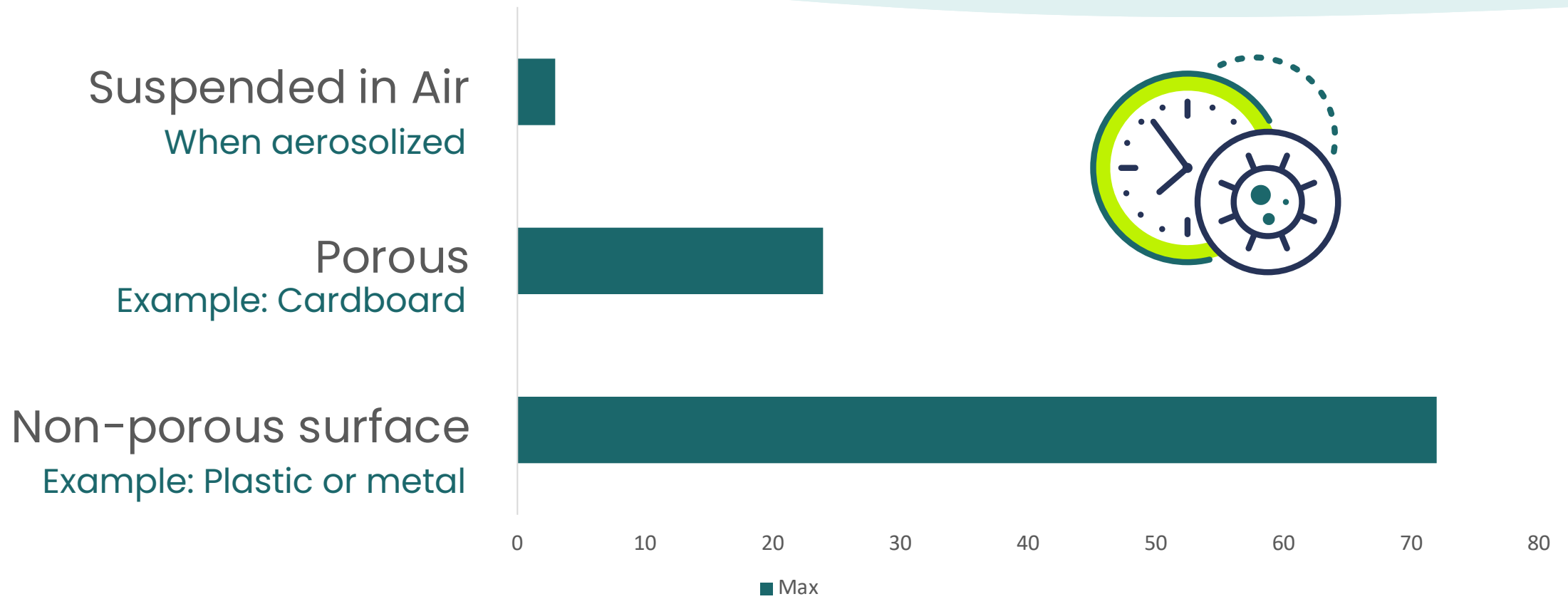
Respiratory droplets are excreted from infected individual when they cough or sneeze



Viral Shedding



Virus on Surfaces



Human-to-Human Transmission



Common with an incubation period between 2-14 days

Spread via droplets via contaminated hands or surfaces.

- Talking
- Coughing
- Sneezing



Knowledge Drives Prevention



- Hand Hygiene
- Surface Disinfection
- Respiratory Etiquette
- Social Distancing
- Prevention within Healthcare Settings



FLATTEN THE CURVE

The faster we can flatten the curve, the faster we can prevent serious illness & get back to normal life



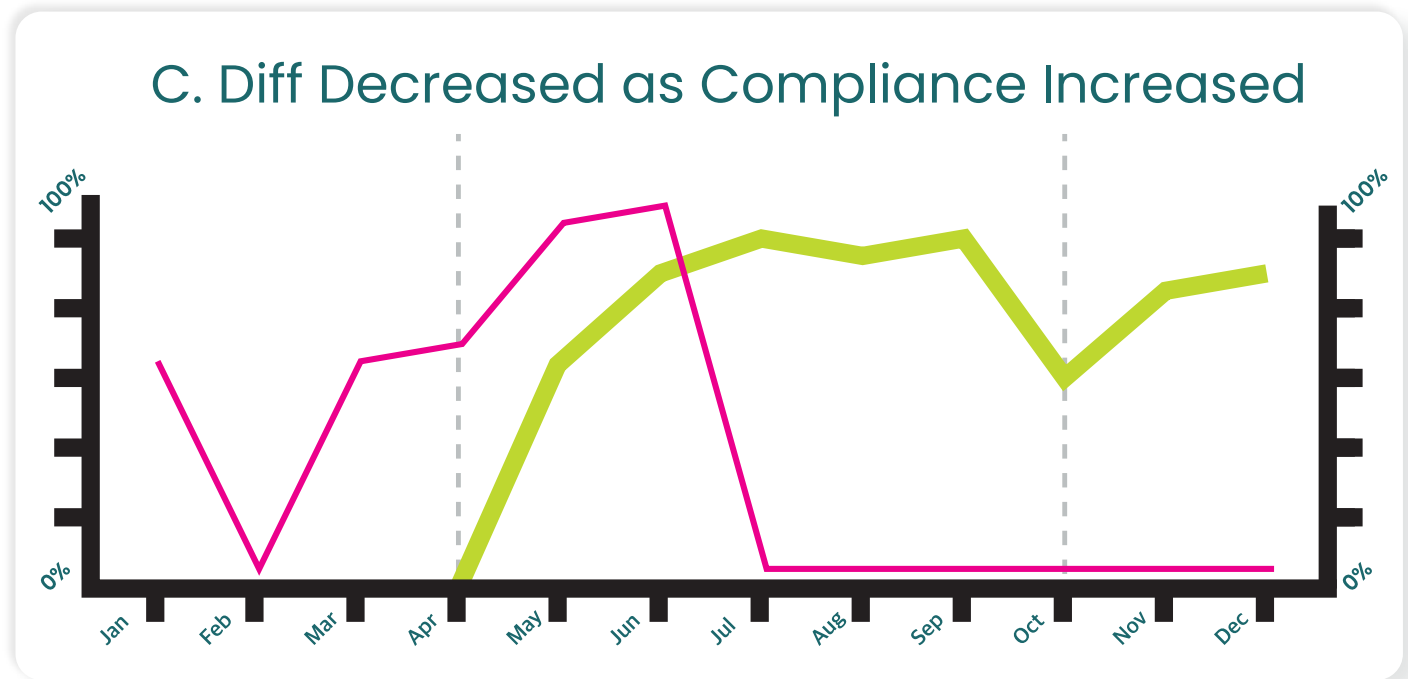
Hand Hygiene



Compliance Average

Healthcare: 50%

Public: 5%



Hand Hygiene



Need to establish policies for all healthcare facilities

- Audits and compliance
- Fingernail Policy
 - Prohibit artificial nails, unmaintained nails, surfaces other than natural or nail polish

Hand Hygiene



Alcohol-based hand rub

- Preferred routine method in most settings
- Must be an FDA approved product
 - > 60% ethanol or > 70% isopropanol as active ingredients
 - Formulated with emollients, to protect skin and less drying
- Applied to all surfaces of the hands

Hand Hygiene



Soap and water Hand Washing

Minimum of 20 seconds

- Hand are visibly soiled
- Using restroom
- Before/after eating
- Diarrheal illness



#TRENDING

Social Distancing

Deliberately increasing the physical space between people to avoid spreading illness



Social Distancing



- Staying at least six feet away from other people lessens your chances of catching COVID-19
- One of the best forms to prevent transmission.
- Droplets can be transmitted through coughing, talking, sneezing
- One of multiple layers of prevention and containment

Social Distancing



Based on NIH data on China

- There are 5–10 undetected cases for every 1 confirmed
- Undetected infections were the infection source for 86% of confirmed cases
- After China established social distancing, the spread slowed considerable

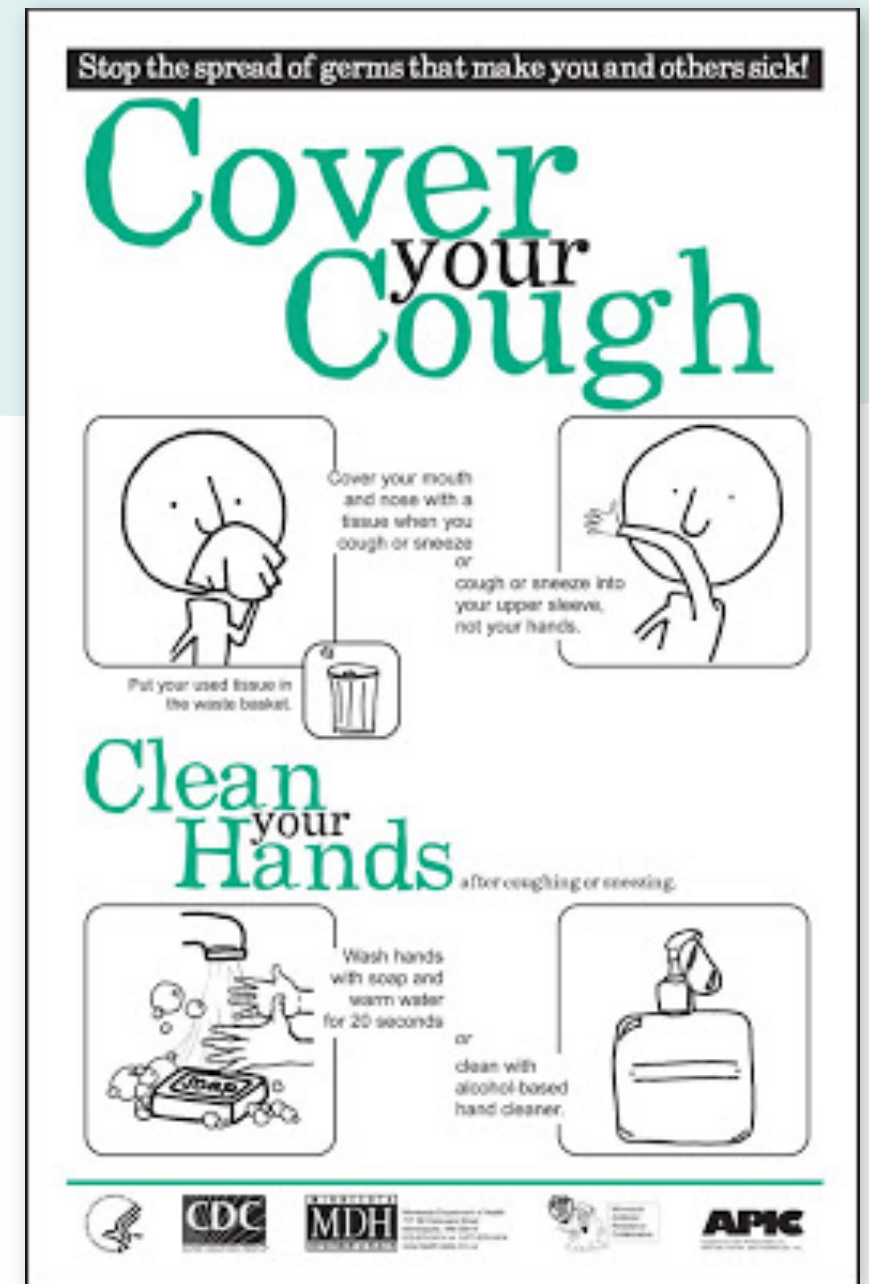
Surface Disinfection



- Use an EPA registered hospital disinfectant
 - Review label for contact time (most are < 1 min)
 - <https://bit.ly/covid-19-disinfectants>
- Lack of availability
 - Dilute bleach can be used (follow label)
 - Ensure appropriate contact time
- For LTC settings- required to disinfect high touch surfaces at least 3 times/day (document)
- Establish frequent cleaning routines

Respiratory Etiquette

- Use tissue for cough/sneeze
- Dispose of in trash
- Perform hand hygiene
- Mask if ill



Prevention in Healthcare

Stop The Spread.
Alleviating Fear.



Communicate Efforts

To residents, patients, families, guests, vendors, and staff



Prevention Prior to Entry



Post signs at entrance

- Screen all entrants into facility
(questionnaire & temperature check)
- Most healthcare facilities now restricting visitors
 - Others– Visitors to be instructed not to visit if they have fever/respiratory infection
- Follow local health dept recommendations on restricting visitors

Prevention Prior to Entry



- Ensure sick policies allow employees to stay home
 - Consider screening all staff/physicians or implement self screening
- Assess ALL patients & residents UPON admission
 - Implement appropriate transmission-based precautions and infection control measures for incoming symptomatic residents

Prevention Within Facilities



Follow current CDC and local health department definitions for guidance on infection control & evaluating an individual for COVID-19

Prevention Within Facilities

For all patients/residents with undiagnosed respiratory infection, use STANDARD, CONTACT and DROPLET precautions with EYE PROTECTION unless suspected diagnosis requires AIRBORNE precautions (i.e. Tuberculosis, need for aerosol generating procedure such as nebulizer, intubation, BiPAP, etc.)

PPE should include

- Gown
- Gloves
- Facemask
- Goggles or face shield

Minimize aerosol generating procedures (require airborne precautions with N-95 fitted masks)



Prevention Within Facilities



Frequent hand hygiene

Alcohol-based hand rub or soap and water (for min of 20 secs)

Respiratory/cough etiquette

Proper Stock of Supplies

Tissues, hand sanitizer and/or sinks with sufficient supply of soap and paper towels

Prevention Within Facilities



Frequent surface disinfection throughout the day

- EPA registered healthcare disinfectants, effective against COVID-19 • <http://bit.ly/epa-covid-19>

Dedicate staff to care for COVID-19 patients

Ensure adequate supply of personal protective equipment (PPE)

- Refer to CDC guidance for modifications to PPE as needed

Ensure Proper Use of PPE



- Post transmission-based precaution signs clearly defining the type of precaution and PPE needed prior to room entry
- PPE should be readily available outside the patient's/resident's room, to include, facemasks, eye protection, gown and gloves
- Hand hygiene must be performed prior to donning PPE and prior to exiting room (after removal of PPE)
- Position a trash can near exit of the patient/resident room to discard PPE prior to exiting room
- Education for staff, just in time coaching and assessment

Prevention Between Facilities



- Notify receiving facility prior to transferring a patient with acute respiratory illness, including suspected or confirmed COVID-19
- Report any possible COVID-19 illness in residents, staff, visitors, to your local health department, including your state health department

Caring for Suspect COVID-19 Case

Rapidly evolving situation, follow closely for updates

- Centers for Disease Control & Prevention (CDC)
<http://bit.ly/cdc-facility-recs>
- Local/County Health Department
- State Health Department Recommendations may vary depending on community spread
- NodMD.com

Questions?



Contact Megan Crosser

Email:

mcrosser@nodmd.com

Web:

www.NodMD.com

