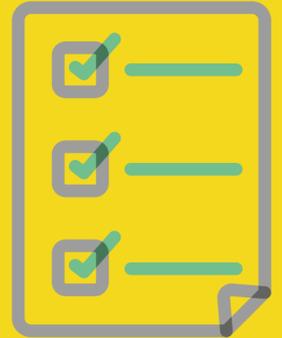


What to do if you feel sick at work?

These are the common symptoms of COVID-19

- Cough
- Fever (> 100.4 F)
- Sneeze
- Shortness of Breath
- Chest pain
- Fatigue
- Diarrhea
- Stomach pain
- Loss of taste and smell
- Headaches



Separate yourself from others to avoid causing an outbreak.



Inform your manager and go home.

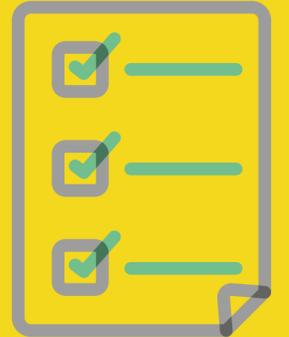
Avoid public transport if possible.



What to do if you feel sick at work?

Look out for these common symptoms of COVID-19

- Cough
- Fever (> 100.4 F)
- Sneeze
- Shortness of Breath
- Chest pain
- Fatigue
- Diarrhea
- Stomach pain
- Loss of taste and smell
- Headaches



Go home & Begin monitoring your symptoms twice a day

- Monitor your symptoms with CDC's Self Checker.
- Seek emergency care if you experience
 - Fever > 100.4
 - Trouble breathing
 - Continuous pressure in the chest
 - Extreme fatigue
 - Bluish lips or face



CDC Symptom
Checker

What to do if I feel sick before coming to work?

Stay home.

COVID symptoms reflect the common cold. It's best to stay home away from others to avoid an outbreak if you do have COVID.



These are the common symptoms of COVID-19

- Cough
- Fever (> 100.4 F)
- Sneeze
- Shortness of Breath
- Chest pain
- Fatigue
- Diarrhea
- Stomach pain
- Loss of taste and smell
- Headaches



Inform your manager.



Get tested 4-5 days after your symptoms start.

What to do while waiting for COVID-19 test results?

Stay home.

COVID symptoms reflect the common cold. It's best to stay home away from others to avoid an outbreak if you do have COVID.



These are the common symptoms of COVID-19

- Cough
- Fever (> 100.4 F)
- Sneeze
- Shortness of Breath
- Chest pain
- Fatigue
- Diarrhea
- Stomach pain
- Loss of taste and smell
- Headaches



Monitor your symptoms with CDCs Self Checker.

Seek emergency care if you experience:

- Fever > 100.4
- Trouble breathing
- Continuous pressure in the chest
- Extreme fatigue
- Bluish lips or face



SCAN ME
CDC Symptom
Checker

Where can I get tested if I leave the group home after feeling sick at work?

Free testing is available to you at testing sites throughout Montgomery County.

- If you have insurance, the site may ask for your information
- Your Group Home may already have a designated site for you to get tested.
- Ask your manager about this site and how it is billed.



Scan this code to access all the County sites in Montgomery County online.



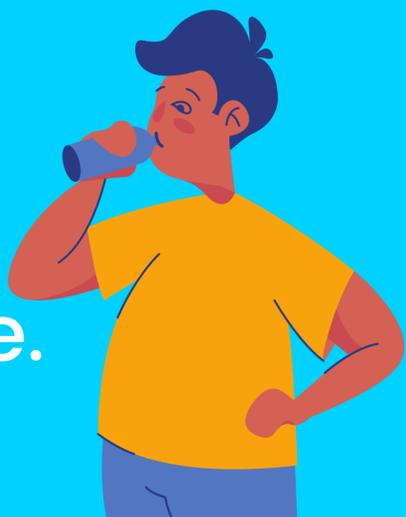
What to do while waiting for test results?

Isolate while awaiting your results.

- Test results can take 3-4 days to receive
- Inform your manager of your result
- Isolate from others in your personal residence.
- Where a mask around others if you have to be around them.



Rest.



Hydrate.



Monitor.



Rest, hydrate, and continue monitoring your symptoms twice daily

- Monitor your symptoms with CDCs Self Checker.
- Seek emergency care if you experience
 - Fever > 100.4
 - Trouble breathing
 - Continuous pressure in the chest
 - Extreme fatigue
 - Bluish lips or face

What should I do if my test results are positive?

If your COVID-19 test result is positive,

- Inform your manager
- Isolate at home



Rest, hydrate, and continue monitoring your symptoms twice daily

- Monitor your symptoms with CDCs Self Checker.
- Seek emergency care if you experience
 - Fever > 100.4
 - Trouble breathing
 - Continuous pressure in the chest
 - Extreme fatigue
 - Bluish lips or face



What should I do if my test is negative?

If your COVID-19 test result is negative,

- Inform your manager
- Sometimes the test is negative especially if your symptoms have just begun when the test is performed



Rest, hydrate, and continue monitoring your symptoms twice daily

- Monitor your symptoms with CDCs Self Checker.
- Seek emergency care if you experience
 - Fever > 100.4
 - Trouble breathing
 - Continuous pressure in the chest
 - Extreme fatigue
 - Bluish lips or face

What to do if an individual with I/DD who I support appears sick or reports feeling sick?

If an individual with I/DD is experiencing any symptoms:



Inform your manager



The Individual with I/DD can be tested for Covid-19 at the Group Home



Isolation for 10 days is recommended if an individual with I/DD tests positive.



Close contacts to the individual with I/DD should quarantine

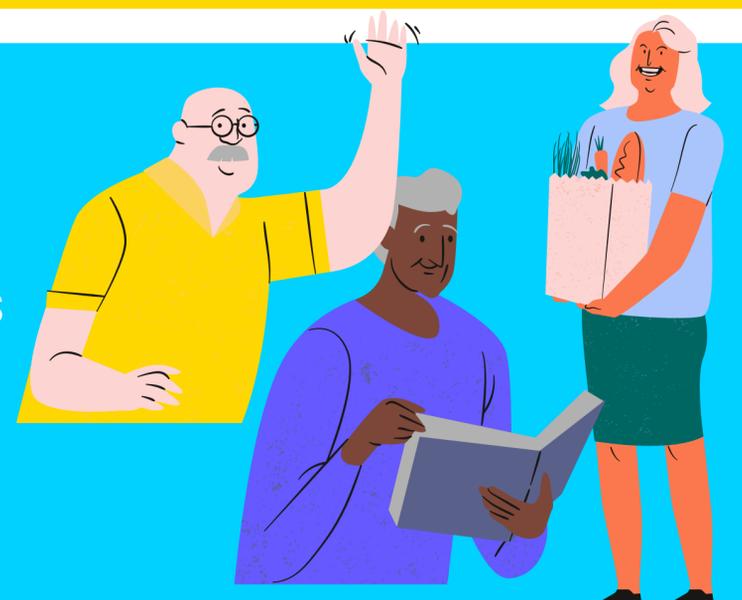


Wear full PPE if working with the individual with I/DD who is sick



Limit close contact with sick or symptomatic individuals with I/DD

While having a disability probably doesn't by itself put someone at higher risk from Coronavirus, many persons with I/DD disabilities do have specific underlying conditions that make the disease more dangerous for them. (World Health Organization)



If an individual with I/DD tests positive what steps should I take?

Individuals with I/DD who test positive for COVID-19 should isolate for 10 days



What is isolation?

Isolation separates sick people from those who are not sick.

Individuals with I/DD should remain in isolation for 10 days after symptom onset, 24 hours after fever, or until outbreak ends

If an individual with I/DD tests positive, how do we keep the rest safe?

To keep staff and Individuals with I/DD safe, you can cohort.

What is cohorting?

- Cohorting means assigning the same Direct Support Professionals to work with sick individuals with I/DD and separating individuals with I/DD from well ones.
- This helps control the outbreak, and reduce the spread of COVID-19

COVID-19 +



HEALTHY



What PPE should I wear when working with an individual with I/DD who test positive for COVID-19?

What is PPE? Personal Protective Equipment



When working with any individual with I/DD during the duration of their 10-day isolation for COVID-19 you are responsible for wearing full PPE provided by your Group Home.

You should put on PPE the order below when working with the individual with I/DD who is positive for COVID-19:



1. Gown



2. N95 Mask



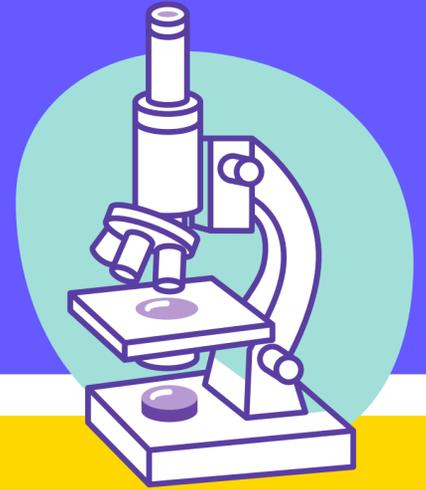
3. Goggles or face shield



4. Gloves

How will testing take place at my Group Home?

Direct Support Professionals are being asked to take PCR tests

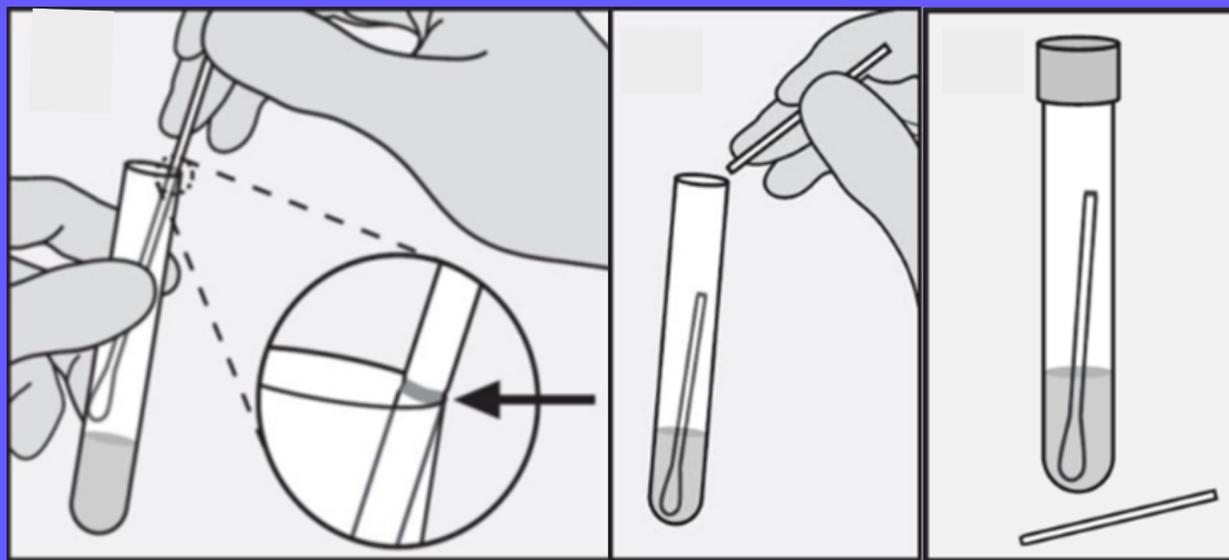
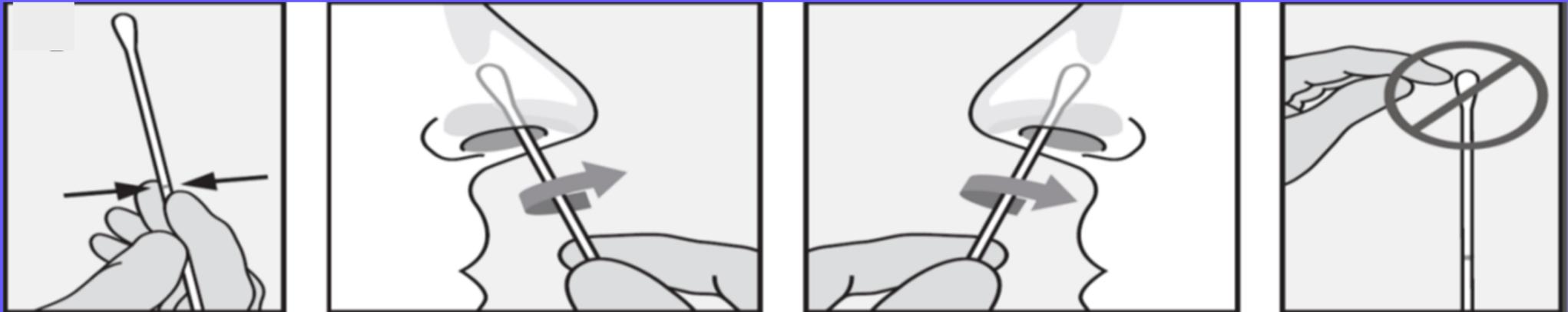


What is a COVID-19 PCR test?

- PCR tests look for pieces of the virus to determine if you have an active COVID-19 infection
- You will take a swab from the front of your nose
- Your manager will take the sample to the lab.
- You will be informed of your results in 2-5 days from your Manager.

A positive PCR test means you have COVID-19 even if you do not have symptoms. You should isolate right away.

How do I test myself for COVID-19 using the PCR test?



1. Perform hand hygiene
2. Insert swab in the front of your nose
3. Firmly sample by rotating the Q-tip in each nostril for 10–15 seconds
4. Do not touch the swab
5. Insert the swab tip into the tube
6. Break the Q-tip at the scoreline
7. Screw on the specimen tube cap
8. Label tube with your name and date of birth.

How can I keep myself and individuals with I/DD safe when leaving the Group Home?

Remember that COVID-19 is spread through close personal contact, and when a sick person breathes, coughs, sneezes or speaks.

When outside the home you should always:



Stay 6ft or greater from others



Wear your cloth mask at all times



Help individuals with I/DD wear their masks



Report risky behaviors to your manager

Are some environments more risky than others?



BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



Review the Texas Risk Hierarchy to understand what environments may be riskier than others.



SCAN ME

Are some environments more risky than others?



7	Going to a hair salon or barbershop
7	Eating in a restaurant (inside)
7	Attending a wedding or funeral
7	Traveling by plane
7	Playing basketball
7	Playing football
7	Hugging or shaking hands when greeting a friend
8	Eating at a buffet
8	Working out at a gym
8	Going to an amusement park
8	Going to a movie theater
9	Attending a large music concert
9	Going to a sports stadium
9	Attending a religious service with 500+ worshippers
9	Going to a bar

MODERATE-HIGH

HIGH RISK

BE INFORMED: Know Your Risk During COVID-19.

Review the Texas Risk Hierarchy to understand what environments may be riskier than others.



SCAN ME

Every visitor should be screened for COVID-19 symptoms.

What is screening?

- Screening includes actively taking any visitors temperature. If their temperature exceeds 100.4* they could have COVID-19 and should not enter the Group Home.



Asking the visitor if they have symptoms for COVID-19?

- Cough
- Fever (> 100.4 F)
- Sneeze
- Shortness of Breath
- Chest pain
- Diarrhea
- Stomach pain
- Loss of taste and smell
- Headaches
- Fatigue



If the visitor is symptom free, they should wash their hands and keep their mask on for the whole visit.



*In the event a COVID-19 outbreak is occurring visitors should not be allowed to enter the Group Home.**

How to put on full PPE to work with an individual with I/DD who is positive for COVID-19



- Gown first.
- Select the right size.
- The opening of gown is in the back
- Secure the gown at your neck and waist.



- Select a fit tested N95 next.
- Place over your nose, mouth and chin.
- Fit flexible nose piece over nose bridge
- Secure on head with elastic
- Adjust to fit
- Perform fit check. Inhale for collapse, and exhale to check for leakage around the face.



- Position goggles over your eyes and secure the head using ear pieces or headband.
- Position face shield over face and secure on brow with headband.



- Put on gloves last.
- Select the size that best fits you.
- Insert each hand into the appropriate glove and adjust as needed.
- Tuck your gown cuffs under each glove.

What PPE should I wear when working with an individual with I/DD who is not sick?



Perform hand hygiene with warm soapy water or 60 % alcohol based hand rub.



- Put on surgical mask
- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with ties or elastic
- Adjust to fit



Goggles may be necessary with activities if splashes or sprays are possible such as bathing or toileting.

Handwashing video



Applying surgical mask video



What can PPE do for me and the individuals with I/DD who I care for?



Personal protective equipment (PPE), is a specialized clothing or equipment worn to protect yourself and others from COVID-19 and the spread of other viruses, and bacteria that cause illness or injury.

There are many types of PPE, and different levels of PPE. The type of PPE used or required is based on the level of precautions required.



- Gloves protect the hands from the spread of germs when used properly.



- Gowns protect skin or clothing.
- Masks and respirators protect the nose and mouth from germs that spread viruses and bacteria
- Goggles protect the eyes from splashes and sprays

Handwashing is critical in the fight against COVID-19



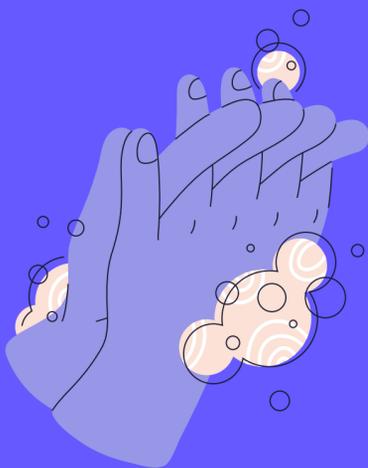
1. wet hands with water



2. apply enough soap to cover all hand surfaces



3. rub hands palm to palm



4. right palm over left dorsum with interlaced fingers and vice versa



5. palm to palm with fingers interlaced



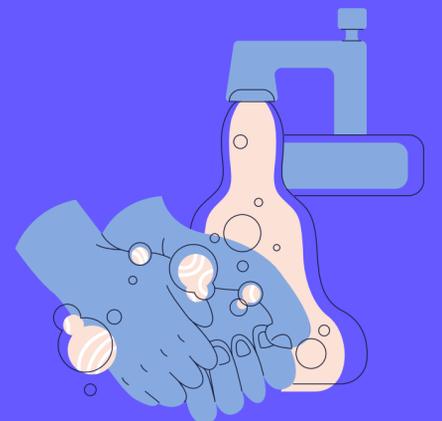
6. backs of fingers to opposing palms with fingers interlocked



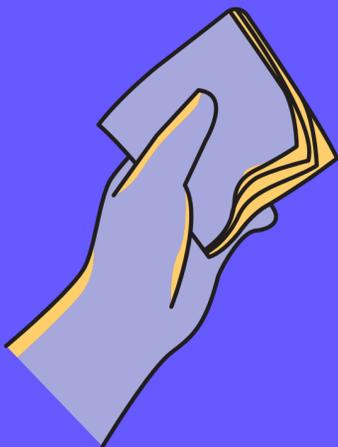
7. rotational rubbing of left thumb collapsed in right palm and vice versa



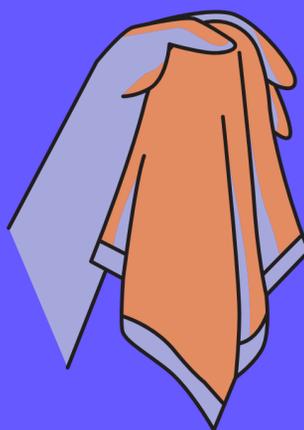
8. rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa



9. rinse hands with water



10. dry thoroughly with a single use towel



11. use towel to turn off faucet



12. now your hands are safe