

MAOFU HOME HEALTH SERVICES

CORONAVIRUS DISEASE 2019 (COVID-19)

MEDICAL EMERGENCY PLAN

The COVID-19 is rapidly spreading across the nation. The Center for Disease Control, Federal and State governments have issued warning regarding how you can stay safe and prevent the spread of the disease. Death from the disease has been recorded for those with advanced age, the elderly, immune compromised, and those physically ill.

We all have a duty to protect ourselves and those under our care. It is your responsibility to follow the guidelines issued by Federal and State officials and this policy.

FOR ALL LIFE THREATENING SITUATIONS: CALL 911 IMMEDIATELY

What to Do If Anyone is Sick in your Home:

[Symptoms of COVID-19](#) may show up 2-14 days after exposure. The steps you should take if you think anyone is sick with COVID-19 are as follows:

High-Risk Individuals:

- People 65 years or older, and/or people with medical issues, like heart disease, diabetes, high blood pressure, cancer, or a weakened immune system, are at a higher risk for getting very sick from COVID-19.
- If any program individual is a high-risk individual and develop fever, cough, shortness of breath or flu like symptoms, immediately contact the Nurse for directions. For life threatening situations, call 911 and also notify the individual's doctor.
- Staff should allow the program individual to remain in his/her room and not to mingle with the other individuals.
- If the individual is not sick enough to be hospitalized, Allow the individual to stay in his/her room to recover. Follow the nurse and doctor's instructions and refer to [CDC recommendations for how to take care of Elderly and Program Individuals at home](#).

General Population:

- If any of the Program Individuals are in generally good health and have mild symptoms, allow them to stay home and take care of them like you would for a cold or the flu.
- If symptoms worsen, call you're the Nurse and his/her doctor.

Prevention of COVID-19

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to take steps to avoid exposure to this virus, which are similar to the steps you take to avoid the flu.

The Texas Department of State Health Services (DSHS) recommends these everyday actions to help prevent the spread of any respiratory virus, including COVID-19: All Staff MUST follow these directions at all times:

- **Wash hands often for 20 seconds and encourage others to do the same.**
- **If no soap and water are available, use hand sanitizer with at least 60% alcohol.**
- **Cover coughs and sneezes with a tissue, then throw the tissue away.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Disinfect surfaces, buttons, handles, knobs, and other places touched often.**
- **Avoid close contact with people who are sick. Program Individuals should NOT visit other group homes.**
- **ALL VISITORS MUST HAVE A FACE MASK AT ALL TIMES WHEN IN THE HOME. STAFF AND THE PROGRAM INDIVIDUALS SHOULD THEIR FACE MASK ON ALSO.**
- **NON-ESSENTIAL WORKERS SUCH AS VISITORS, THERAPIST, ETC. ARE NOT ALLOWED IN THE HOME WITHOUT CONSENT FROM THE PROGRAM INDIVIDUAL OR THE NURSE.**

DSHS also recommends that we should start practicing social distancing. Social distancing involves staying away from other people to avoid catching or spreading illness. It's a fancy term for avoiding crowds and minimizing physical contact. This could mean avoiding concerts or movies, Friday dinner outing, skipping the handshake, and/or staying at least six feet away from others. Therefore, in all our homes, visits to the home by family members, friends and other consultants is strongly discouraged. No visits by anyone to the home. If family member's visit the home, they are required to wash their hands and use hand sanitizer when entering and leaving the home. Their visits should be confined to the individual's room. They should avoid contacts with other individuals.

See the CDC website for more information on what you can do at home to prevent the spread of COVID-19:

How COVID-19 Spreads

Current understanding about how the virus that causes COVID-19 spreads is largely based on what is known about similar coronaviruses.

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Via respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Therefore, staffs and program individuals must have a face mask on when out of the home and when a visitor enters the home.

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads. We strongly encourage all staffs to have their mask on when grocery shopping and avoid crowded areas. Doing so will help protect you and our program individuals.