

# **COVID-19**

**Education for Healthcare Employees**

# SYMPTOMS

MAY APPEAR 2-14 DAYS AFTER BEING EXPOSED TO THE VIRUS THAT CAUSES COVID-19. NOT EVERYONE WILL HAVE ALL OF THESE SYMPTOMS.

## Common

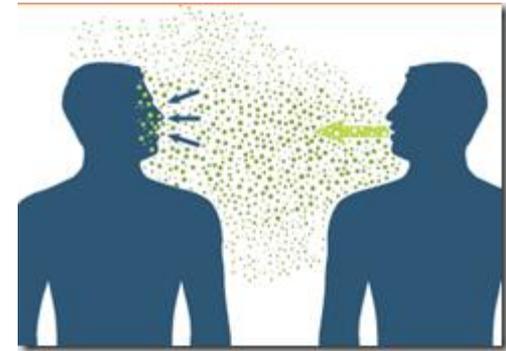
- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

## Less common

- Nausea
- Vomiting
- Diarrhea



# HOW COVID-19 SPREADS



## ○ **Person-to-person**

- Close contact (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks
- Droplets can land in the mouths or noses of people who are nearby or inhaled into the lungs
- May be spread by people who are not showing symptoms

## ○ **Touching surfaces or objects**

- It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or possibly the eyes
- This is not thought to be the main way the virus is spread



# PROTECT YOURSELF AND OTHERS

- Maintain good social distance
- Wash your hands often
- Routinely clean and disinfect frequently touched surfaces
- Monitor your health



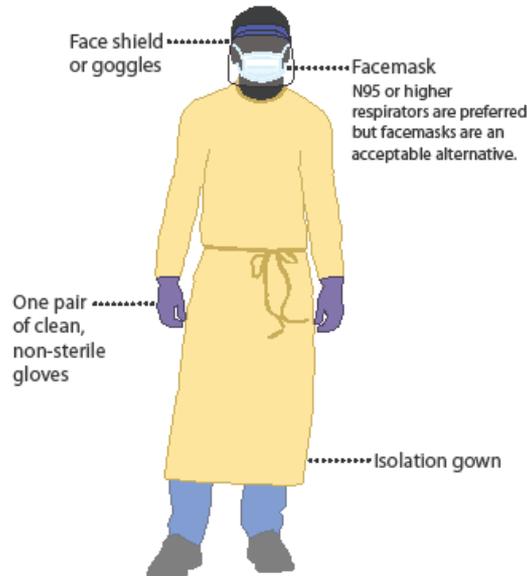
- Gown, gloves, facemask or respirator, eye protection (goggles or face shield)

## COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

### Preferred PPE – Use N95 or Higher Respirator



### Acceptable Alternative PPE – Use Facemask



CS110814-C 05/20/2008

[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

# WHAT PPE SHOULD I WEAR?

- Use an N95 respirator (or higher level respirator) when performing aerosol-generating procedures
- Follow your facility's policy for PPE optimization strategies

# WHO WEARS WHAT PPE?

## Direct-care staff

- Mask & eye protection (all patient care)



## All other staff

- Source control mask



There are situations when housekeeping will wear PPE, such as cleaning isolation precaution rooms

# STORING YOUR MASK OR N95

- Between uses, masks should be folded with the outside of the mask against itself and stored in a paper bag or other breathable container.
- May hang in a designated area.
- N95 respirators can be used up to 5 times.
- Between uses, the respirator should be stored in a paper bag or other breathable container.



# CLEANING THE FACE SHIELD OR GOGGLES

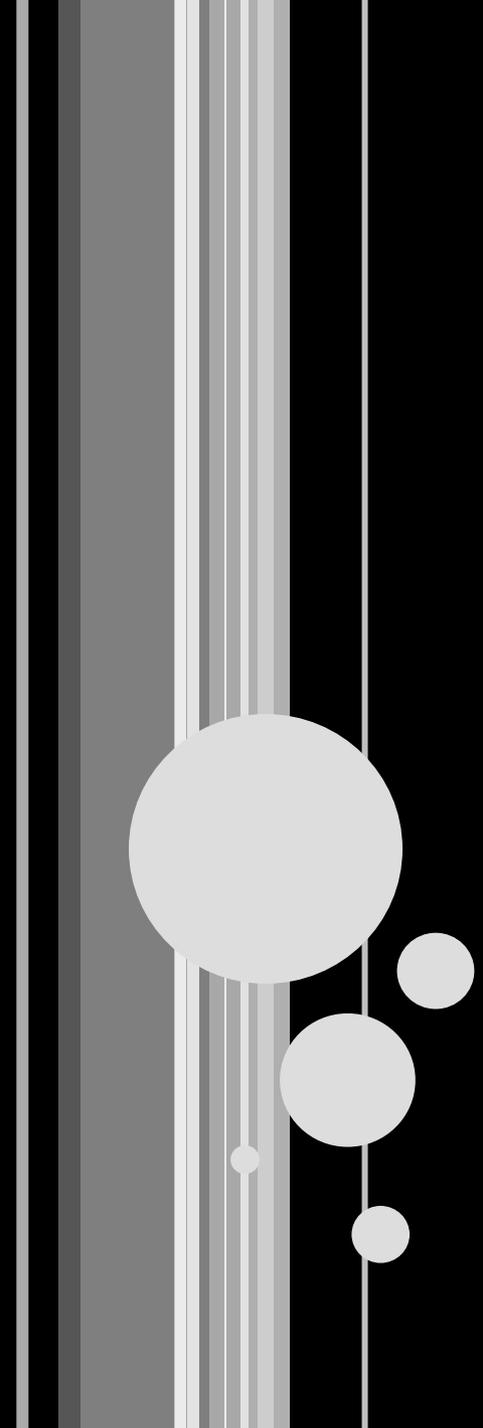
- While wearing gloves, carefully wipe the *inside*, followed by the *outside* of the face shield or goggles using a clean cloth saturated with neutral detergent solution or cleaner wipe.
- Carefully wipe the *outside* of the face shield or goggles using a wipe or clean cloth saturated with EPA-registered hospital disinfectant solution.
- Wipe the outside of face shield or goggles with clean water or alcohol to remove residue.
- Fully dry (air dry or use absorbent towels).
- Remove gloves and perform hand hygiene.



# POTENTIAL EXPOSURE

- If you feel you have been exposed to someone with confirmed COVID-19, notify your supervisor immediately and do not come to work





# **DO NOT COME TO WORK ILL**

**Follow your facility's COVID-19 policy for ill employees**

- Stay home/leave work immediately
- Notify your manager or next in command

# IF YOU ARE SICK



## ○ **Stay home**

- Most people with COVID-19 have mild illness, but do **NOT** leave your home unless you need medical care
  - Call your doctor before going to the clinic
- Rest and stay hydrated

## ○ **Separate yourself from other people**

- As much as possible, stay in a specific room away from others and pets. Use a separate bathroom. Wear a cloth facemask if you need to go around others.

## ○ **Monitor your symptoms**

- Trouble breathing is a more serious problem and requires medical attention



# DISCONTINUING HOME ISOLATION



**If you had a test, you can leave home after:**

- You no longer have a fever without using medication AND
- Other symptoms have improved AND
- You received 2 negative tests in a row at least 24 hours apart

**If you have not had a test, you can leave home after:**

- You have had no fever for at least 3 full days without using medication AND
- Other symptoms have improved AND
- At least 10 days have passed since symptoms first appeared



# DISCONTINUING ISOLATION

- If you had **NO** symptoms, but tested positive, you may leave home under the following conditions:
  - At least 10 days have passed since the date of your first positive test **AND**
  - You continue to have no symptoms



OR

You may receive 2 negative tests in a row, at least 24 hours apart.

**\* The decision to stop isolation will be made in consultation with your provider and the healthcare department. Your doctor will follow CDC guidelines.**



## REFERENCES

- CDC. Coronavirus Disease (2019). [www.cdc.gov](http://www.cdc.gov)
- MDH. Health Care: Coronavirus Disease 2019 (COVID-19). [www.health.state.mn.us](http://www.health.state.mn.us)

## REQUIRED EDUCATION SIGN OFF

After reviewing this PDF file please click [here](#) to sign off that you have received this education.

