



10/29/20

Long-Term Care Facility High Transmission Guidance for COVID-19

Beginning 11-02-20 the Thurston County Health Officer has directed Long Term Care Facilities to do the following:

Requested Action:

1. Follow DSHS safe start guidance for Phase 1 based on high transmission rates in Thurston County (more than 75 cases per 100,000 over 14 days).
2. Restricted to entry of essential healthcare personnel only. All healthcare personnel must be screened upon entry and additional precautions taken, including hand hygiene, donning of appropriate PPE as determined by the task, and at a minimum, wearing a face mask for the duration of the visit.
3. Telemedicine should be utilized whenever possible.
4. Avoid non-medically necessary trips.
5. For medically and non-medically necessary trips away from of the facility:
 - o The resident must wear a cloth face covering or facemask unless medically contraindicated; and
 - o The facility must share the resident's COVID-19 status with the transportation service and entity with whom the resident has the appointment.
 - o Transportation staff, at a minimum, must wear a facemask. Additional PPE may be required.
 - o Transportation equipment shall be sanitized between transports.
6. Avoid communal dining. For residents who require staff assistance with feeding, appropriate hand hygiene must occur between residents and residents must be seated at least 6 feet apart. Sanitize all eating areas with disinfectant before and after meals. Maintain physical distancing and table spacing.
7. Restrict group activities. Engagement through technology is preferred. Have procedures in place for residents to engage remotely or virtually where possible in activities that improve quality of life.
8. Screen all individuals working in long-term care facilities at the beginning of their shift and residents living in the facility daily for fever, and symptoms of COVID-19 (respiratory symptoms, shortness of breath, new or change in cough, and sore throat, headache, fatigue) and perform pulse oximetry of residents for changes in oxygen saturation at least daily. (Note: Long-term care residents with confirmed COVID-19 infection may be less likely to show signs of fever and respiratory signs and symptoms may be subtle.)
9. Maintain a record (e.g., a log with contact information, date, travel and illness screening and temperature) of all staff and residents (including vendors, inspectors, etc.)
10. All individuals working in long-term care facilities must wear a mask when providing patient care and at all times within the facility. Masks can be removed while eating, but only when individuals are at least 6 feet apart.
11. All individuals working in long-term care facilities must wash their hands or use hand sanitizer frequently:
 - Upon entering the establishment
 - Before and after putting on personal protective equipment gloves, face shields, masks, gowns, etc.

PUBLIC HEALTH ADVISORY

THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470 INFORMATION: (360) 867-2500
Dimyana Abdelmalek, MD, MPH, Health Officer



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- Upon entering and leaving a resident's room, between resident's, providing care and/or services
 - Before and after using the restroom, taking breaks, eating meals
12. Resident's positive for fever or respiratory signs/symptoms, must be isolated in their room. Implement recommended infection control precautions and put plans in place for testing.
 13. Immediately isolate residents who live in nursing homes or assisted living facilities and who test positive for COVID-19 away from other people.
 14. Employees positive for fever or respiratory signs/symptoms, must immediately put on a facemask, leave the facility, self-isolate at home, and put plans in place for testing.
 15. Instruct employees testing positive for COVID-19 to self-isolate at home and wait for instruction from the health department.
 16. Put plans in place to limit movement and ensure physical distancing (i.e., staying 6 feet away from others) throughout the facility.
 17. Ensure residents perform hand hygiene and wear a facemask (contingent on supply) if they leave their room.
 18. Increase environmental cleaning. Disinfect all frequently touched surfaces such as doorknobs, elevator buttons, bathrooms, remote controls, and wheelchairs. Limit sharing of personal items between residents.
 19. Keep a record of other facilities where your staff are working. (Note: Staff who work in multiple healthcare facilities may pose a higher risk.)
 20. DSHS safe start guidance for Phase 1 to remain in effect at minimum until Thurston County has maintained moderate transmission rates for two incubation periods of the SARS-CoV-2 virus (28 days).

Background:

On Friday October 23, 2020 Thurston county passed the high transmission threshold with 75.9 cases per 100,000 population over 14 days. The high transmission threshold is 75 cases per 100,000 over 14 days. This trend is likely to continue as we are currently monitoring six outbreaks in long-term care facilities in our county. These recent outbreaks have been associated with at least 10 deaths.

Resources:

DOH Long-Term Care -

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/LongTermCareFacilities>

DOH COVID-19 - <https://www.doh.wa.gov/Emergencies/Coronavirus>

Centers for Disease Control - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Thurston County Public Health and Social Services -

<https://www.thurstoncountywa.gov/phss/Pages/coronavirus.aspx>

DSHS Safe Start for Long-Term Care (Adult Family Homes, Assisted Living Facilities & Enhanced Services Facilities)

<https://www.governor.wa.gov/sites/default/files/LTC%20Safe%20Start%20AFH-ALF-ESF.pdf>

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THANK YOU FOR REPORTING

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY

Voice mail for reporting non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 360-867-2601
Day time immediately reportable conditions – Call detailed information to the 24-hour Notifiable Condition Reporting Line at 360-786-5470. Messages are picked up hourly. If a call back can't wait call 360-867-2500 and ask staff to locate a Communicable Disease staff.	Phone: 360-786-5470
After hours immediately and 24-hour reportable conditions or a public health emergency	Call 1-800-986-9050
No one is available with Thurston County Public Health and condition is immediately notifiable	1-877-539-4344

Communicable Disease Updates are posted online at: <http://bit.ly/CDUpdatePHSS>