



COVID-19: Education for Nursing Home Healthcare Personnel

Symptoms of COVID-19



Fever



Cough



Shortness of breath



Sore throat

It can take as little as two days or as long as 14 days after exposure to the virus before you show signs that you have COVID-19. The symptoms can range from mild to severe.

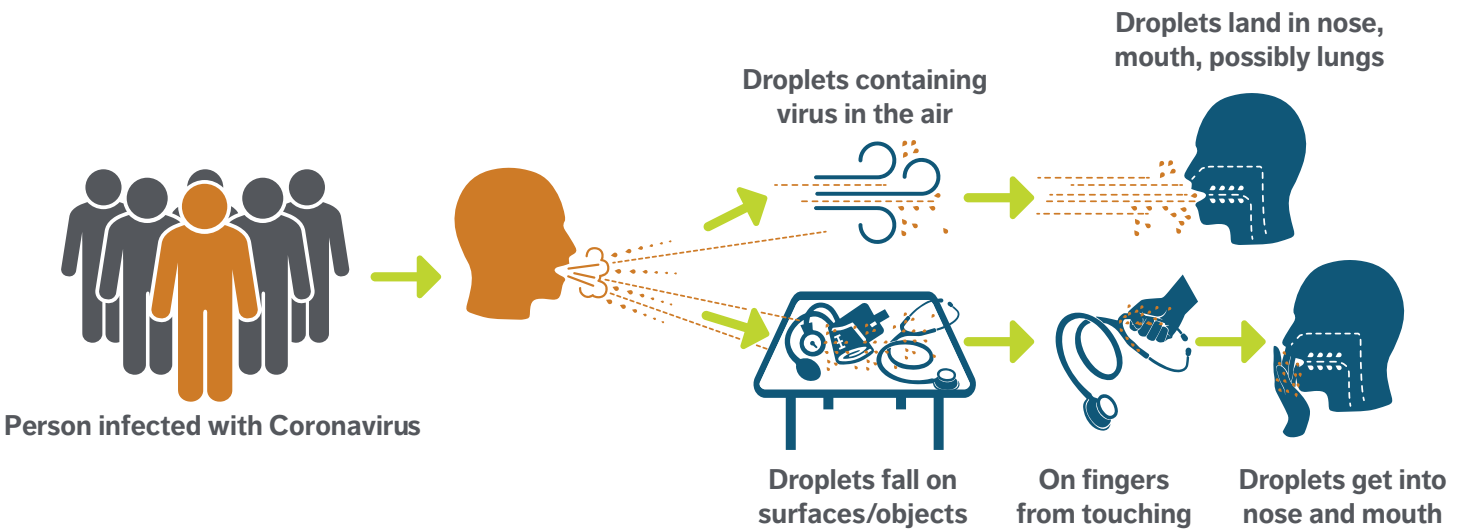
Screening - You will be screened for these symptoms before you begin work each day. If you have these symptoms, you will be asked to return home and contact your physician. If you begin to experience these symptoms while at work, notify your supervisor immediately.

Monitoring Residents - If you see that a resident has these symptoms, or doesn't feel well, report to the nurse immediately.

Spread of COVID-19

The virus is spread or transmitted from person to person through respiratory droplets that are produced when someone coughs or sneezes. Droplet spread occurs when you are within approximately six feet of someone and droplets from the infected person land in your mouth or nose, or possibly are even inhaled into your lungs.

Infectious secretions containing the virus, including sputum, blood, and respiratory droplets may also transmit COVID-19. This occurs when an infected person contaminates objects, which another person touches with their hands and then transmits by touching their mouth or face.



Protecting Yourself and Your Residents

- Wash your hands before and after all resident contact, after contact with potentially contaminated materials or surfaces, and before and after using Personal Protective Equipment (PPE) including gloves, gowns, masks, etc.
- Follow instructions to use PPE.
- Practice how to don (put on) and doff (take off) PPE to avoid self-contamination.

Work Restrictions

The following situations will result in a work restriction.

- Displaying symptoms of COVID-19, or
- Testing positive for COVID-19, or
- Travel from a country with a level 3 health notice, or
- Travel on a cruise ship or river boat, or
- Living with a person who has COVID-19, or
- Prolonged exposure to a resident with COVID-19 while not wearing a facemask or other PPE.