

CORONAVIRUS (COVID-19) FACT SHEET

What is COVID-19: COVID-19 is a respiratory illness caused by a newly identified version of the coronavirus.

It is spread from person to person by:

- Respiratory droplets released into the air by coughing and sneezing;
- Close personal contact, such as touching or shaking hands,
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands, and
- RARELY, fecal contamination.

For more info, you can go to: visit <https://on.in.gov/COVID19> and subscribe to receive updates.

YOU should report suspected COVID-19 cases immediately to your supervisor.

Signs and Symptoms:

- Cough
- Fever of 100.4 or more/chills
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea/vomiting
- Diarrhea

If you feel like you or your patient are developing symptoms, call your supervisor immediately

If you or a client develop emergency warning signs for COVID-19 get medical attention *immediately*.

In adults, emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse/wake up
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Precautions: Follow Standard/Universal Precautions

- Don't get close to people who are sick
- Wash your hands often with soap and water for at least 20 seconds
 - Especially after blowing your nose, coughing, or sneezing, or having been in a public place.

- If soap and water are not available, use hand sanitizer.
- Don't touch "high-touch" surfaces in public places: handles/knobs, buttons, switches, etc
 - If you have to, use your sleeve or a tissue to cover your finger/hand
 - Wash your hands after touching surfaces in public places.
- Stop touching your face, nose, eyes, etc.
- Clean and disinfect your home including tables, knobs/handles, light switches, toilets/sinks, etc
- Avoid crowds, practice social distancing (staying at least 6 feet away from others)
- Avoid all non-essential travel including plane trips and cruises
- Face masks:
 - *Always* wear a face mask when in a patient's home.
 - Ensure you always have adequate PPE supplies at all times, if running low come to the office to restock.
 - A facemask should be used by people who *have* COVID-19 and are showing symptoms to protect others from the risk of infection.

Who can get infected: Practicing good universal precautions is the best bet to prevent infection.

People who are at a high risk from getting very sick include:

- Older adults
- People with: Heart disease, diabetes, lung disease

Treatment:

Currently, there are no specific treatments recommended for illnesses caused by COVID-19. Medical care is supportive to help relieve symptoms.

How should agency personnel screen patients for COVID-19?

- When at a client's home, identify their risk factors:
 - International travel
 - Signs/symptoms
 - Contact with someone in the last 14 days who has a respiratory illness
 - Living where there is a community-based spread of COVID-19
- For ill clients:
 - Place a facemask over their nose and mouth
 - Notify your supervisor immediately of signs/symptoms
 - Agency will follow current CDC guidelines

How should agencies monitor or restrict home visits for health care staff?

- If YOU have signs and symptoms of a respiratory infection or illness, **you should not report to work.**
 - ***BE SURE TO NOTIFY YOUR SUPERVISOR IMMEDIATELY OF YOUR ILLNESS***

- Any staff that develop signs/symptoms while at a client's home, should:
 - Immediately step away from your patient, notify your supervisor, and wait for instruction;
 - Tell your supervisor any individuals, equipment, and locations you came into contact with; and
 - Notify your doctor and follow their recommendations