
Care Consideration for COVID-19
Community Transmission Level: Substantial

Preventative Measures

- Are protocols for COVID-19 testing before ending isolation/quarantine available, implemented, and followed?
- Are guidelines for wearing masks for caregivers and household members available, implemented, and followed?
- Are protocols for cleaning common and private areas available, implemented, and followed?

Preparedness

- Are there designated areas of isolation/quarantine?
- Is there a plan available, implemented, and followed for staff shortages?
- Are infectious control measures available, implemented, and followed, per agency policies?
- Is there a plan for obtaining food and medications?
- Are there planned activities for someone in quarantine?
 - Television
 - Phone access
 - Transportation to and from appointments
- Is there a crisis plan available?

Health and Wellness

- Are there plans and resources available related to:
 - Taking care of the mind and body?
 - Taking breaks from news, social media?
 - Maintaining contact with others?
 - Getting daily physical activity?
 - Relaxing and unwinding?

Resources

- Centers for Disease Control and Prevention (CDC) – COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Pennsylvania Department of Health – COVID-19 in Pennsylvania
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
- Pennsylvania Department of Human Services, Office of Developmental Programs – Coronavirus (COVID-19)
<https://www.myodp.org/mod/page/view.php?id=26883>
- Kepro Health Care Quality Unit (HCQU)
<https://hcqu.kepro.com>
 - Informational resources
 - COVID-19 fact sheets
 - Rehearsal guides related to COVID-19
 - Activity books for self-advocates
 - Relevant external resources
 - Self-Advocate Trainings
 - Community: New Rules (COVID-19)
 - Coronavirus
 - Emergencies: How to Get Help
 - Exercise for Fun
 - Friends
 - Getting Along with People at Home
 - Healthy Eating
 - Healthy Living
 - Personal Hygiene
 - Personal Space
 - Relaxation
 - Self-Control: Dealing with Your Feelings
 - Sleep Well
 - Weighing a Healthy Weight
 - Provider Trainings
 - Coronavirus
 - Emergency Preparedness
 - Exercise for Mind and Body
 - Nutrition
 - Relaxation
 - Standard Precautions
 - Stress Management

Virtual trainings are presented via Microsoft Teams; online trainings, available at https://hcqu-training.kepro.com/content/pages/online_training_registration.aspx.

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- Centers for Disease Control and Prevention (CDC). (2022, September 9). Use and Care of Masks. Retrieved September 27, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

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