Everyday health and preparedness steps in clinic

In response to the COVID-19 outbreak, the Academy is highlighting some everyday health and preparedness steps that our members can take now

Note: this is not an all-inclusive list of actions that you can take to protect your patients, your staff and yourself — see the links below for detailed and current guidance from the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). This is a fluid situation and this document may be updated daily.

Screening recommendations to minimize chance for exposure:

- Measures should be implemented to minimize chance of exposure to COVID-19 before patient arrival, upon arrival, throughout the duration of the patient's visit, and until the patient's room is cleaned and disinfected
- Prior to arrival for an appointment or on the day before the appointment, check with the patient if he/she has developed any symptoms of a respiratory infection (e.g., cough, sore throat, and fever). Additionally, ask the patient if he/she has had any recent contacts with patients either diagnosed with or exposed to COVID-19. If the patient has symptoms or recent possible exposures, ask the patient to reschedule non-critical visits
- At the time of patient check-in, ask all patients about the presence of symptoms of a respiratory infection and contact with possible COVID-19 patients
- For those with the symptoms, apply droplet precautions, which includes providing the patient with a mask. Isolate the patient in an examination room with the door closed and notify all staff caring for the patient. For all patients regardless of symptoms, limit points of entry and ensure patients adhere to respiratory hygiene, cough etiquette, and hand hygiene

Between each patient during a clinical day:

Using the WHO recommended products below, wipe exam tabletops, countertop, exam beds/tables, doorknobs, and exam light buttons/handles <u>between each patient during a clinical day.</u>

At the end of each clinic day:

Using the WHO recommended products below, wipe all common high-touch areas <u>at the end of the day</u>, including but not limited to:

- Exam room: exam tabletops, countertop, exam beds/tables, doorknobs, and exam light buttons/handles, chairs including arm rests, and faucet handles
- Bathroom: all bathroom surfaces, urine sample pass through areas/trays, and toilets
- Reception: all countertop surfaces and chairs including arm rests
- Offices: all surfaces and chairs including arm rest
- Lab: all surfaces and countertops

- Kitchen/break room: all surfaces
- Trash cans: empty all trash cans, then use cleaning cloths to wipe the inside and outside of the garbage can thoroughly
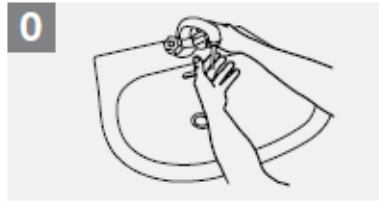
For the COVID-19 virus, the WHO recommends the use of:

- 70% ethyl alcohol to disinfect small areas between uses, such as reusable dedicated equipment (for example, thermometers)
- Sodium hypochlorite at 0.5% (equivalent to 5000 ppm) for disinfecting surfaces

Other steps to prevent virus spread include:

- Place additional hand sanitizers and wipes in the waiting area, exam rooms, bathroom, reception area, and throughout the clinic
- Cleaning hands with soap and water or an alcohol-based hand rub between each patient and when in and out of the exam room (Follow the WHO's recommendations on how to handwash and handrub below)
- Practice social distancing. Greet patients and staff with a nod, smile and/or wave. Do not shake hands or hug.
- Educate patients on signs and symptoms of COVID-19 infection. Tell them to call their primary care physician if he/she develops symptoms and has been in close contact with a person known to have the disease or if he/she has recently traveled from an area with widespread or ongoing community spread of the disease
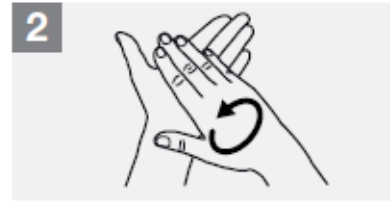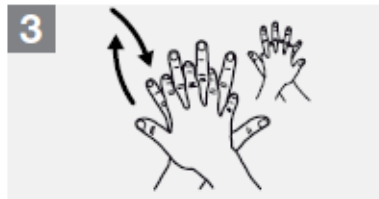
How to handwash (WHO 2009 [1]):

0 Wet hands with water;

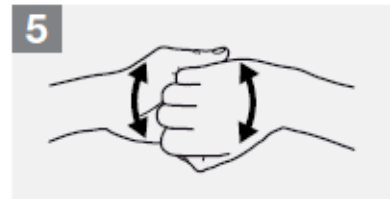**1** Apply enough soap to cover all hand surfaces;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

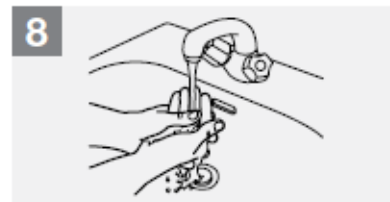**4** Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;
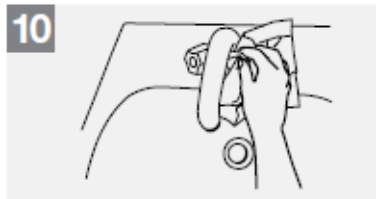
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Rinse hands with water;

9 Dry hands thoroughly with a single use towel;
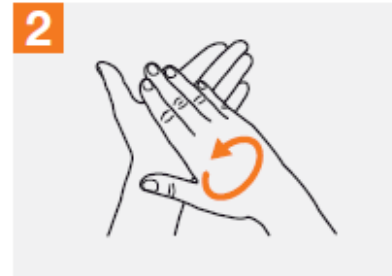
10 Use towel to turn off faucet;

11 Your hands are now safe.

[1] World Health Organization, *Hand Hygiene: Why, How & When?* 2009. Available from: https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf.
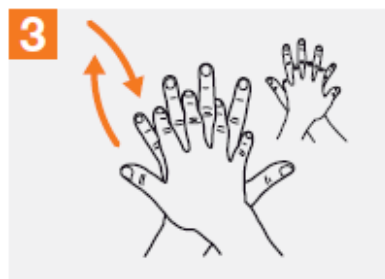
How to use alcohol-based hand rub (WHO 2009 [1]):

1a Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

2 Rub hands palm to palm;

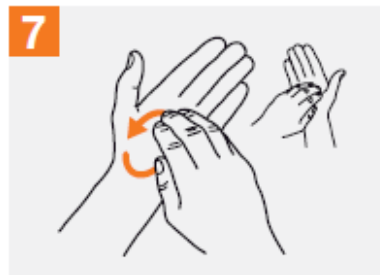**3** Right palm over left dorsum with interlaced fingers and vice versa;

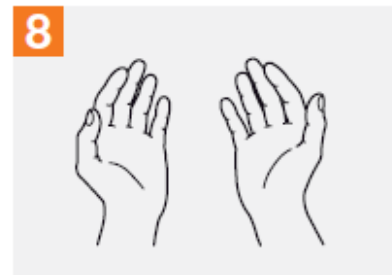**4** Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Once dry, your hands are safe.

[1] World Health Organization, *Hand Hygiene: Why, How & When?* 2009. Available from: https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf.

Helpful resources:

General Information & Patient Communication Resources:
CDC FAQs: https://www.cdc.gov/coronavirus/2019-ncov/faq.html
CDC Fact Sheets: https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html
Information for Exposed Patients: https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html
Information for preparing Households for COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html
WHO COVID-19 Advice for the Public: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public
What is COVID-19 One-pager: https://asm.org/ASM/media/Press-Releases/2019/COVID-19-One-Pager-Global.pdf
Practice Preparation:
CDC Steps to prepare healthcare facilities: https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/steps-to-prepare.html
WHO guides on preventing the spread of COVID-19 in your practice/facility:
https://iris.wpro.who.int/bitstream/handle/10665.1/14482/COVID-19-022020.pdf
Personal Protection Equipment:
CDC Recommended Infection Prevention & Control Practices:
https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html
PPE Use Recommendations & Supply Chain Advice: https://www.cdc.gov/coronavirus/2019-ncov/hcp/healthcare-supply-ppe.html
Strategies for Optimizing the Supply of N95 Respirators: https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Frespirator-supply-strategies.html
WHO Guidance on rational use of PPE:
https://apps.who.int/iris/bitstream/handle/10665/331215/WHO-2019-nCov-IPCPPE_use-2020.1-eng.pdf
What to do if you have been exposed:
CDC Guidance for exposed healthcare workers: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html
Diagnosing Patients:
Criteria for testing & accessing testing: https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-criteria.html
IDSA Testing Resources: https://www.idsociety.org/globalassets/idsa/public-health/covid-19-idsa-testing-intro.pdf
Managing Patients Diagnosed with COVID-19
WHO Patient Management Technical Guidance: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/patient-management
CDC Management Guidance: https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html
Reporting a Suspected COVID-19 Case:
Find your state health department contact: https://www.cste.org/page/EpiOnCall
Coronavirus Education Resources:
Accredited Continuing Education Activities about Coronavirus: https://www.accme.org/coronavirus-resources

NEJM COVID-19 Resources: https://www.nejm.org/coronavirus
The Lancet COVID-19 Resource Center: https://www.thelancet.com/coronavirus?dgcid=etoc-edschoice_email_tlcoronavirus20
John Hopkins Map of Coronavirus Global cases:
https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6