

Covid-19 Basic Orientation Training

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Version 8/19/20

Objectives

- The training aims to provide information on:
 - Stopping the spread of germs related to COVID-19 and other viruses and bacteria
 - Proper handwashing and hand sanitizer use
 - Proper wearing of a face mask
 - Social distancing
 - Screening
 - Preventing the spread of COVID-19 if you are sick
 - 10 things you can do to manage your COVID-19 symptoms at home



<https://www.mass.gov/doc/stop-the-spread-of-germs-respiratory-diseases-like-flu-and-covid-19/download> Also available in Spanish and Portuguese.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?





Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing


This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GGLIO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CDCP16007-A

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-fact-sheet-508.pdf>

Also available in Spanish.

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germes are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?



Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water


- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf?fbclid=IwAR2xqgCbuTM66fdNVuSR2xXDXcHcPH7ZjIDzQvCZwMehSOs4AMZa8ARwvb8>



<https://www.mass.gov/doc/wear-a-mask-or-face-covering/download>

Also available in Spanish and Portuguese



<https://www.mass.gov/doc/help-prevent-covid-19-with-social-distancing/download>

Also available in Spanish and Portuguese



Improving the quality of life for all

COVID-19 SCREENING TOOL

The following screening should be performed on all people (employees and participants) entering PRIDE, Inc. Please screen **everyone** who wishes to enter the building at the beginning of each day and follow the recommendations of the screen based on the answers. *If all answers to the screen are NO, please provide the individual with a screening sticker to be worn while in the building for the remainder of the day.*

1. Today or in the past 24 hours, have you or any household participants had any of the following symptoms?

• Fever ($\geq 100.0^{\circ}\text{F}$), feverish, or chills	Yes ___ or No ___
• Cough	Yes ___ or No ___
• Sore Throat	Yes ___ or No ___
• Shortness of Breath/ Difficulty breathing	Yes ___ or No ___
• Abdominal Pain	Yes ___ or No ___
• Unexplained Rash	Yes ___ or No ___
• Fatigue	Yes ___ or No ___
• Headache	Yes ___ or No ___
• New loss of smell or taste	Yes ___ or No ___
• New muscle aches	Yes ___ or No ___
• Nausea or vomiting	Yes ___ or No ___
• Diarrhea	Yes ___ or No ___

✦ If YES to any you must return home and wait for further advisement from PRIDE, Inc.
If NO – proceed to the question #2

2. Have you received a positive test result for COVID-19? When was the date of the test? Are you waiting to receive results of a COVID-19 test? Yes ___ No ___

✦ If YES to any you must return home and wait for further advisement from PRIDE, Inc.
If NO – proceed to the question #3

3. In the past 14 days, have you had close contact with a person known to be infected with COVID-19? Yes ___ or No ___

✦ If YES to any you must return home and wait for further advisement from PRIDE, Inc.
If NO – proceed to the question #4

4. In the past 14 days, have you or anyone you have been in contact with been on a commercial flight or traveled outside of the United States? Yes ___ or No ___

✦ If YES to any you must return home and wait for further advisement from PRIDE, Inc.

Screening Signature: _____ Date: _____

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

- 1. Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. 
- 3. Get rest and stay hydrated.** 
- 4. If you have a medical appointment, call the healthcare provider** ahead of time and tell them that you have or may have COVID-19. 
- 5. For medical emergencies, call 911 and notify the dispatch personnel** that you have or may have COVID-19. 
- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow. 
- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. 
- 8. As much as possible, stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask. 
- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. 
- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions. 



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

Also available in Spanish

**Please direct questions to
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Thank you!