

MANAGING A CASE OF COVID-19 IN A LONG TERM CARE FACILITY

According to the World Health Organization, the most common symptoms of COVID-19 are fever, fatigue, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel sick. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention. In our industry, we know that the first sign of illness in the elderly is often confusion and disorientation or simply a change in condition. We recommend monitoring for these changes as well. You know your residents.

Today a resident in your facility begins running a fever and coughing or a staff member whose family member was recently out of the country begins coughing and doesn't look well.

What do you do?

- Stay calm. Take a few deep breaths in a quiet space and collect your thoughts. Your staff and residents will need your leadership and positive, clear guidance.
- Take charge be prepared to communicate and make decisions. Share only verified facts with your staff and instruct them to do the same.
- What does your emergency preparedness plan say? Follow those steps.
- If you're dealing with a resident, immediately implement droplet precaution procedures and move them to an isolated room.
- If you have a suspected case of COVID-19, have your provider call one of the following numbers (502) 564-5459 or 1-888-404-15396. If a staff member shows symptoms: Have them put on a mask and go home immediately. They should contact their provider to determine if they are eligible for a test.
- Understand that while more labs are coming online, the number of test kits are extremely limited. See [here](#) for criteria for testing. The Department of Public Health officials will determine appropriateness for testing.
- Follow the recommendations of the DPH officials.
- If a case is confirmed in the facility, please use the following communication tools: For non-impacted facilities, download a [template statement and talking points](#). For impacted facilities, download a [template statement and talking points](#).