



# Infection Control & COVID-19

## Expectations From Your Therapy Team & Reasons to Continue Therapy Services

### Key Facts About Covid-19:

- COVID-19, or the coronavirus, spreads from person to person via small respiratory droplets, when a person with the virus exhales, coughs, or sneezes.
- Additionally, respiratory droplets containing the virus may land on various objects or surfaces. Touching a contaminated object or surface and then touching your eyes, nose, or mouth can also lead to infection.
- While many people who have contracted COVID-19 have a mild illness, others may experience difficulty breathing, pneumonia, and even respiratory failure.
- Older individuals and those with underlying health conditions may be the most at risk.

### Newest Update:

As of April 2<sup>nd</sup>, the CDC along with the Center for Medicare Services (CMS), have urged all healthcare providers in long-term care to wear face masks. To comply with this request, HealthPRO-Heritage is now asking that ALL our therapists wear face masks while in your facility/community and during your therapy sessions.

Masks help to:

- Block germs like viruses and prevent them from reaching the mouth and nose, when properly worn.
- Prevent the spread of potentially infectious respiratory secretions from the wearer to others.

We do understand that this may be something new and may cause increased anxiety and uncertainty for some. As your therapy team, it is our role to help you work through the many barriers and fears. One of our key responsibilities during this time is to support you through this entire process. Do not be afraid! Please know that HealthPRO-Heritage therapists are here to protect you and are taking all necessary precautions to keep you safe.

### What to Expect From Your Therapy Team:

- All therapists go through an extensive screening process each time we enter the community (temperature is taken and questionnaires are answered to ensure we are symptom free).
- We share and demonstrate the reasons for wearing Personal Protective Equipment (PPE) including masks, gowns, and gloves we use and why. We follow specific Center of Disease Control (CDC) Guidelines and/or your state mandates.
- We all have comprehensive training and education on infection control methods of handwashing, bag technique, effective equipment cleaning and Universal Precautions to exercise during a pandemic situation. We will take you through each step of the process and explain if you wish.

- o Handwashing- we follow CDC guidelines to wash hands thoroughly with soap and water before and after any contact.
  - o Bag technique- we make sure bag/equipment is rested on a barrier at all times while in your room/apartment; also, we make sure to follow proper steps for sanitizing hands/items when taken from or put into bag.
  - o Universal Precautions-the steps we take for infection control/limiting transmission of germs.
- We practice social distancing as much as possible.

### **Why is it Important to Continue with Your Therapy?**

At this time, HealthPRO-Heritage has no plans to stop daily therapy service operations. We are here to serve you for all your therapy needs no matter the situation. It is crucial that we continue with planned therapy services in order to:

- Prevent a decline and to keep things as normal as possible.
- Follow your doctor's recommendations based on your therapy order(s).
- Provide an extra set of eyes to ensure you are safe and sound including safety in your room/apartment, have social interaction, do you need for additional services or supplies, take quick checks on your medications, see how you are eating and drinking, and just check on your overall health.
- Allow for an additional social connection for you during a time of confinement and we may also be your connection to your family/loved ones. Ask us how we can use our ipads to connect to your family!
- To prevent further declines and risk for hospitalization.
- Provide a system of checks and balances to ensure you are up and moving at least once a day.
- Provide you and your loved ones with handouts/resources on key ways to maintain your health and wellbeing immunity boosting exercise and to help explain how exercise can help with keeping your immunity strong.

Please do not hesitate to ask questions at any time throughout our time working with you.

**Note:** Please know that if you are positive for COVID-19, with ACTIVE symptoms, you will be placed on a medical hold until your symptoms have resolved and your physician has cleared you to resume therapy services.