



Covid-19 RCP Employee Protocols

OBJECTIVE: To provide guidance to all RCP Employees to minimize exposure to; themselves, family, fellow employees, and SNF Residents/Staff

- No entrance to working environment or SNF's if you have been overseas in the last 14 days.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- **If a tissue is not available, use the elbow technique shown in illustration provided on following page.**
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).



- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see [CDC's Handwashing website](#)

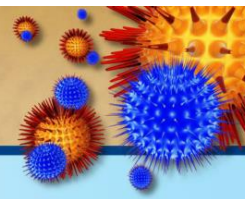
For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).

Treatment

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately. See [Interim Guidance for Healthcare Professionals](#) for information on persons under investigation.



Cover up When Coughing or Sneezing



Use a tissue or cough and sneeze into your elbow or arm, not your hand.

This significantly reduces the number of airborne droplets and helps keep your hands clean.

Cover Sneezes and Coughs

The flu virus is most easily spread through airborne droplets from sneezes and coughs.



DO NOT use your hands to cover your mouth, as they come into contact with other objects and people frequently.



Coughs and sneezes spread germs



Only use tissues, not your hands



Viruses can live on surfaces for 8 hours



Elbows can be used if there are no tissues



Remember to wash hands frequently

