



TOWN OF CROMWELL
HEALTH DEPARTMENT
Nathaniel White Building
41 West Street, Cromwell, CT 06416

April 7, 2020

To: Personal Care Assistants
From: Cromwell Health Department
Re: **COVID 19 Guidelines for Care of Patients and Staff**

The Cromwell Health Department has been working with our Assisted Living and Independent living facilities to provide updated COVID19 information for the protection of both the residents and those who care for them. It is critically important that Personal Care Assistants (PCAs) practice appropriate personal protection and follow CDC guidelines when working with individuals with confirmed COVID19 who may be recovering at home AND/OR individuals who have fever, cough or symptoms consistent with COVID19.

The only way to stop the spread of COVID19 is STRICT adherence to the following policies:

- All PCA's should wear masks while caring for clients.
- If your clients have COVID19 or are coughing, have them put a mask on.
- Perform hand hygiene frequently by both washing your hands and using hand sanitizer, when available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear disposable gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.

If you have cared for someone who is COVID19 positive AND/OR someone who has had symptoms consistent with COVID19, you should do the following:

- Take your temperature daily (must be under 100 degrees Fahrenheit)
- Monitor yourself for cough, shortness of breath
- IF you experience any of the above, STOP providing patient care until you are:
 - 3 days fever free with no anti-fever medications
 - Other symptoms have improved
 - At least 7 days from the beginning of your symptoms.

We understand that this is a difficult time and that limiting your ability to work can have a financial impact on you and your family but it is IMPERATIVE that you do your part and do not spread this virus to the most vulnerable members of our community.

If you have questions, please do not hesitate to contact us for more information at 860-632-3426 or visit our website at www.cromwellct.com.