

Quick Points on COVID-19

Our top three recommendations for long term care providers at this point are:

- 1) Prepare your facility. Review and update your infection prevention and control plans and your emergency communication plan.
- 2) Prepare your staff. Reinforce that anyone who is sick should stay home.
- 3) Follow the same basic procedures used during flu season: handwashing, using alcohol-based hand sanitizers and covering coughs. Consider limiting contractors and visitors, including family members, if appropriate. Family can visit by using Skype or calling, texting or checking in on social media.

Common media questions at this point

- *Should families who are worried move their loved ones out of skilled nursing centers or assisted living communities?*
 - No. Moving the elderly or frail is from a center is risky and often has long-lasting impacts. Research around natural disasters and other emergency events has proven this over time. CDC does not currently recommend transferring residents either home or to the hospital.
- *How concerned are you for skilled nursing center or assisted living residents?*
 - Just like the flu, we know that the frail and elderly are especially susceptible to this virus. That's why we are in close communication with CDC and CMS to ensure we have the latest information and resources available.
- *Are you having trouble getting things like masks and gowns?*
 - Long term care providers are having some of the same difficulties as other health care providers getting masks and gowns. Providers should contact their state and local health departments if they are unable to place orders for equipment they need. It's important to note that CDC does not recommend masks for the general public at this point.

Learn more

- *Where can long term care providers get more information?*
 - CDC has information online specifically for long term care providers:
<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>
 - Refer to the AHCA/NCAL website for the our latest information for long term care providers:
https://www.ahcancal.org/facility_operations/disaster_planning/Pages/Coronavirus.aspx