

Together we can prevent outbreaks and continue to save lives

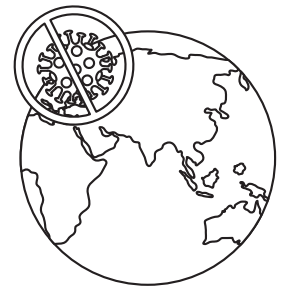
The COVID-19 pandemic has challenged us like never before. We appreciate all your hard work to keep our community safe during this difficult period. While we must take time to rest and recover, we also need to **be prepared** for future COVID-19 surges.

Most employers in California are required by Cal/OSHA to have a written COVID-19 Prevention Program (CPP) within their Injury and Illness Prevention Program (IIPP). In addition to that, congregate facilities are **required by their regulatory body to have a COVID-19 Plan in place.**

Here are some **resources** to help update your facility's COVID-19 plan, as well as **actions to take to prevent future outbreaks:**

Key measures of COVID-19 outbreak prevention

- ✓ Reduce Airborne Spread
- ✓ Vaccinate and Boost
- ✓ Monitor, Test, and Treat



Reduce Airborne Spread of COVID-19

The virus that causes **COVID-19 is transmitted through the air and concentrates indoors.** Prevent spread of infection by wearing PPE, physical distancing, and improving ventilation and air cleaning. PPE (masks, eye protection, gloves, and gowns) protects yourself and others. Physical distancing limits spread by preventing crowding and close contact with other people. **Ventilation and air cleaning replace air that contains the virus with cleaner air.**

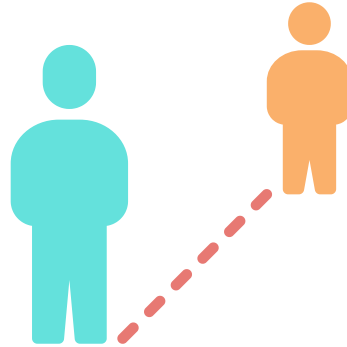
Use PPE

- **Universal masking** is still required in congregate living spaces, such as long-term care and adult and senior care facilities, emergency and homeless shelters, and correctional and detention facilities
- Make sure staff and residents have **access to N95 masks.** N95s provide the best protection
 - Avoid counterfeit N95 masks by purchasing those that are **NIOSH approved**
 - Do a **seal check** when putting on a N95 respirator
 - **Fit-test** staff for their N95s and keep these N95s in stock



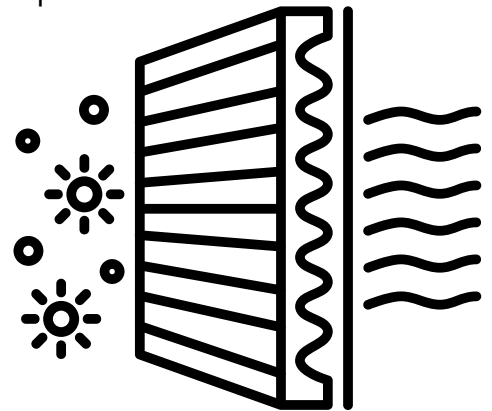
Physically Distance

- Keep **numbers to a minimum in meeting places**, such as staff rooms and offices
- **Remove extra chairs** from gathering areas and **post signs** to discourage congregating
- **Avoid** spending time in **small, crowded, or poorly ventilated spaces**



Improve Ventilation and Air Cleaning

- Keep windows and doors **open to outside air** whenever possible
- Consult with your building management to ensure your HVAC system has the **best filter possible** (MERV 13 or higher is recommended)
- Place portable **HEPA** (high efficiency particulate air) **air cleaners** in high-traffic rooms



More Information on Reducing Airborne Spread

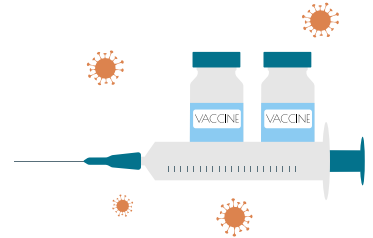
- [CDC Healthcare-Specific PPE Use Guidance](#)
- [Cal/OSHA Ventilation Guidance](#)
- [CDC Project Firstline Educational Videos](#)
- [CDPH Interim Guidance for Ventilation, Filtration, and Air Quality in Indoor Environments \(Spanish\)](#)
- CDPH Health Services Advisory Group (HSAG) *Ventilation Strategies to Control COVID-19 Transmission in Skilled Nursing Facilities (Part 1) (Part 2)*

Vaccinate and Boost

Continue to **promote vaccines and boosters**. Vaccines are our best tool for **preventing serious illness and reduce risk of transmission**.

Provide Information on Ways to Make a Vaccine Appointment

- Visit santacruzhealth.org/coronavirusvaccine or myturn.ca.gov
- Contact your healthcare provider
- Call the Community Bridges COVID-19 Vaccination Helpline at (831) 219-8607



Host a COVID-19 Vaccine Clinic!

- To **request a clinic** through the County Vaccine Strike Team call (831) 201-3142
- Certain pharmacies and grocery stores also provide on-site vaccine clinics. For information and requirements, visit [CDC Request a COVID-19 Vaccination Clinic](#)



Become a COVID-19 Vaccine Provider!

- Some facilities are **eligible to enroll in myCAvax**, California's COVID-19 Vaccination Program
- For information and to enroll, visit mycavax.cdph.ca.gov



Monitor, Test, and Treat

Regular COVID-19 screening and testing helps identify cases quickly. This allows people to isolate, quarantine, and get treatment to prevent spread and serious illness.

Monitor

- **Screen and monitor** residents, staff and visitors for recent exposure, fever, symptoms of COVID-19
- Encourage staff and residents to **report** symptoms and positive tests

Test

- Make sure to **test symptomatic staff and residents** regardless of vaccination status
- **Call** County Public Health Disease Control when a staff member or resident tests positive (831) 454-4114
- **Have a supply of test kits** (antigen testing is quick and convenient) and know who your suppliers are
- Check if **free test kits** are available through the County MHOAC: [PPE Request Application](#)
- **Sign up** for free State testing: [Partnering with Valencia Branch Laboratory](#)



And Treat

- Therapeutics are a new tool to prevent and treat COVID-19 for individuals at high risk of serious illness
- If given within the first days of COVID-19 infection, therapeutic medications can help prevent hospitalization and death
- Medication may also be given **prior to infection or exposure** to help prevent COVID-19 infections
- **Identify** residents at high risk of serious illness and consult with their healthcare providers about these life-saving therapeutics



More Information on Vaccines, Testing, and Treatments

- www.santacruzhealth.org/coronavirus (Please visit Testing, Vaccines, Treatment, and Employers sections)
- www.covid19.ca.gov/vaccines
- [CDC Vaccine Access in Long-Term Care Settings](#)

Support Mental/Emotional Health

The pandemic has taken its toll on all of us. **Employee Assistance Programs are free** and provide counseling to address concerns and prevent burnout. Remind staff to access these and any available employment benefits. Encourage **adequate rest** and support staff to take sick leave when they are ill. Take care of each other and yourselves.

More Information on Mental Health Support

- www.emotionalppe.org
- www.calhope.org
- CalHOPE Warm Line at 833-317-HOPE (4673)
- www.namisantacruz.org



Additional Resources

- Santa Cruz County Call Center (831) 454-4242
- Join the County's Healthcare Coalition for updates on resources and infection prevention by emailing hcc@santacruzcounty.us
- [Cal/OSHA COVID-19 Prevention Emergency Temporary Standards](#)
- [CDPH Model Infection Prevention Program \(CPP\)](#)
- [CDPH COVID-19 Mitigation Plan Implementation and Submission Requirements for Skilled Nursing Facilities](#)
- [Preparing for COVID-19 in California Skilled Nursing Facilities](#)
- [CDPH COVID-19 Guidance by Topic](#)
- [CDC Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes and Long-Term Care Facilities](#)
- [CDSS Adult and Senior Care Updated Regulations for Infection Control Requirements](#)