

GUIDELINES FOR PRESENCE OF COVID-19 SYMPTOMS IN PDXC

- All residents are asked to create, in advance, their plan for dealing with a potential COVID-19 illness (see worksheet) and share them with the Health Team as soon as possible.
 - Residents are encouraged to anticipate all needs, including food, medications, pet supplies, etc. that would be needed for 2 weeks of potential isolation
- If you think you have had exposure to anyone with symptoms of respiratory infection, self-isolate immediately and discuss your situation with a member of the Health Team as soon as possible.
- Residents are encouraged to carefully monitor themselves for new-onset symptoms of COVID-19, especially:
 - Fever (persistent rise of at least 1 degree above your usual baseline temperature)
 - Cough (often dry)
 - Flu-like symptoms (muscle aches, lack of appetite, feeling lousy)
 - Shortness of breath
 - Sudden loss of taste/smell
 - GI issues like diarrhea, nausea
- If symptoms appear, resident and all cohabitants of the home must self-isolate immediately and contact Nina or Claudette as representatives of the Health Team.
 - Self-isolation means remaining in own home and not moving through/using common spaces at all.
 - Viral shedding is highest among people in the early stages of acute COVID-19 – the risk of spreading to others is very high.
 - If sharing a home, the ill person should self-isolate to a bedroom alone, preferably using their own bathroom to reduce risk of passing virus to cohabitants.
 - Ill person should then wear a mask every time s/he leaves that sick room to move into the rest of the home. Caregiver should wear a mask when inside the sick person's room.
 - Residents in self-isolation need to follow [CDC guidelines](#). Caregivers also need to follow [CDC guidelines](#).
 - Self-isolation should continue for 3 days beyond the acute phase of the illness or as recommended by healthcare provider. Susceptible cohabitants must self-isolate for 2 weeks.
- The PDXC Mitzvah Squad is ready to help support those who are ill – please check in with Marsie or another Mitzvah Squad member if you need assistance from the community that does not require stepping into your home.

- Community helpers will NOT enter the home of anyone with symptoms.
 - We do not have personal protective equipment (PPE) that would protect us from the active viral shedding by an acutely-ill person.
 - Anyone who enters your home and then leaves again would become a vector to spread virus around the community.
 - This includes the Health Team – we will not be able to help you face-to-face inside your home.
- If a caregiver is brought in from outside, that person will be required to self-isolate inside the home in the same manner as a current cohabitant.
 - Come-and-go caregiving by friends, families, or professional caregivers is not allowed due to the risk of contagion to the community from movement of a contaminated person through common space.
 - Common spaces, including guest rooms, cannot be used by anyone caring for a person with COVID-19 symptoms.
 - When the outside caregiver is ready to leave the community after sufficient recovery of the ill person, they must take active precaution as they move toward the outside of the building to not cause asymptomatic viral spread into the common spaces.
- The Health Team is available for consultation and advice, but this in no way substitutes for the recommendations of your own healthcare provider.
- Ill residents must remain in contact with their primary healthcare providers and understand the symptoms that may require an in-person evaluation for possible hospitalization:
 - Worsening shortness of breath that interferes with simple activities (such as getting up to use the bathroom) or being able to speak an entire sentence without taking a breath.
 - Increasing inability to care for self at home
 - Falling oxygen saturations (if known from pulse-ox readings)
 - Other new acute symptoms
- If transfer to a healthcare facility is advised, the ill person must contact a member of the Health Team to arrange for safe movement through common spaces to the outside.

Helpful CDC Information links:

[Cleaning And Disinfecting Your Home](#) (including when caring for someone who is sick)

[Caring for Yourself at Home](#)

[Older Adults](#)