

## **CORE PRINCIPLES OF COVID-19 INFECTION PREVENTION**

- Visitors who have a positive viral test for COVID-19, symptoms of COVID-19, or currently meet the criteria for quarantine, should not enter the facility.
- Facilities should screen all who enter for these visitation exclusions.
- Hand hygiene (use of alcohol-based hand rub is preferred) perform hand hygiene prior to entering visitation area or resident room; before and after any physical contact with others and/or objects in the environment; and upon exit from the visitation area or resident room.
- Clean your hands by rubbing them with an alcohol-based formulation if hands are not visibly soiled. Wash your hands with soap and water when hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.
- Face covering or mask (covering mouth and nose) and physical distancing of at least six feet between people, in accordance with CDC guidance.
- Instructional signage throughout the facility and proper visitor education on COVID19 signs and symptoms, infection control precautions, other applicable facility practices (e.g., use of face covering or mask, specified entries, exits and routes to designated areas, hand hygiene).
- Cleaning and disinfecting high frequency touched surfaces in the facility often, and designated visitation areas after each visit.
- Appropriate staff use of Personal Protective Equipment (PPE).
- Effective cohorting of residents (e.g., separate areas dedicated to COVID-19 care).
- Resident and staff testing conducted as required at 42 CFR § 483.80(h) (see QSO20- 38-NH).
- Visitors who cannot follow the infection control policies of the facility may be asked to leave or reschedule their visit.
  
- If you develop any of the following symptoms within 14 days of your visit to the facility or are diagnosed with COVID-19 and ask to speak with the Director of Nursing or Staff Development Coordinator.
  - Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
  
- The facility may limit or restrict visitation at any time following CDC, CMS, NCDHHS guidelines.

**PEAK RESOURCES ENCOURAGES ALL VISITORS TO GET TESTED AND GET VACCINATED TO PREVENT THE TRANSMISSION OF COVID-19.**