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**FEB. 23, 2021**

**LOCAL HEALTH  
DEPARTMENT  
TRAIN THE  
TRAINER FOR  
LONG TERM  
CARE**

**KEY  
TAKEAWAYS  
AND  
RESOURCE LIST**

**WEEK 3:  
PREVENTING  
COVID-19  
TRANSMISSION  
IN THE LONG-  
TERM CARE  
SETTING**

**Key Takeaways:**

- Key steps for preventing COVID-19 in Long-Term Care Facilities include: Quarantine upon admission/ readmission, Visitation policies and procedures, vaccines, frequent hand hygiene, proper PPE, regular cleaning and disinfection and audit and feedback of processes.
- Gray Zone (Transitional Zone) is a dedicated, geographically distinct area that incoming residents can quarantine for 14 days.
- Residents may not need to go through Gray Zone quarantine if they attend medically necessary appointment outside of the facility if it can be verified that proper IPC precautions were taken during all aspects of the appointment.
- Skilled Nursing Facility (SNF) visitation is a regulatory issue and is based on the CMS County Positivity rate that is provided by CMS. Green and yellow counties can have indoor visitation. Red counties should only allow compassionate care visitation.
- Compassionate Care visits can include more than end of life visits. The mental health of the resident should be assessed and if it is declining drastically, compassionate care visits may be an option.
- Assisted Living Facility (ALF) visitation may occur if a facility has more than 75% staff and more than 90% residents vaccinated. This can occur in CMS green, yellow and red counties.
- The Essential Caregiver Program may be implemented in facilities and allows for an outside caregiver to come into the facility regardless of their visitation status to help with the care of the resident.
- Quarantine for vaccinated public: Do not have to quarantine after an exposure if they have had both doses of vaccine, are 14 days past last dose, within 3 months of last dose and have remained asymptomatic since exposure.
- Quarantine guidance for vaccinated individuals does not apply to healthcare workers. Staff should continue to quarantine after an exposure unless a staffing shortage creates a need.

**Resource List:**

1. Cohorting Plan for Long Term Care Facilities: <https://icap.nebraskamed.com/wp-content/uploads/sites/2/2020/04/Cohorting-Plan-for-LTCF-4.16.20.pdf>
2. CMS Guidance for Nursing Home Visitation: <https://www.cms.gov/files/document/qso-20-39-nh.pdf>
3. CMS COVID-19 County Positivity Rates: <https://data.cms.gov/stories/s/q5r5-gjyu>
4. Ne Essential Caregiver Guidance: <http://dhhs.ne.gov/Documents/COVID-19-Long-Term-Care-Essential-Caregiver-Guidance.pdf>
5. Leading Age Ne Essential Caregiver Toolkit: <https://leadingagene.org/essential-caregiver-toolkit>
6. Clinical Considerations for Vaccinated Individuals: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#phrecs>