

COVID-19 Everyday Operations vs. Enhanced Infection Prevention (IP) Strategies ([CDC](#))

	Everyday Operations	Enhanced IP Strategies	Resources
	<ul style="list-style-type: none"> <li>In place at all times</li> </ul>	<ul style="list-style-type: none"> <li>Use any time <b>COVID-19 is spreading in the facility</b> or when increased risk of this</li> <li>Use when County <a href="#">hospital admission level=high</a></li> </ul>	<p>*PHSKC=Public Health - Seattle &amp; King County</p>
<b>Vaccinations</b>	<ul style="list-style-type: none"> <li>Encourage staff, volunteers, and residents to stay up to date on vaccinations (COVID-19 and flu) and get boosters when available</li> </ul>		<ul style="list-style-type: none"> <li><a href="#">Getting vaccinated in King County</a></li> <li>Request vaccine clinic: email <a href="mailto:CHS.HEART@kingcounty.gov">CHS.HEART@kingcounty.gov</a> (limited availability)</li> </ul>
<b>Masking</b>	<ul style="list-style-type: none"> <li>Stock up on personal protective equipment (PPE)</li> <li>Offer <a href="#">well-fitting masks/respirators</a> to all and recommend use in indoor public spaces</li> </ul>	<ul style="list-style-type: none"> <li>Require all staff, volunteers, and residents to wear masks indoors, regardless of vaccination status</li> </ul>	
<b>Ventilation</b>	<p><b>Ensure acceptable indoor air quality</b></p> <ul style="list-style-type: none"> <li>Ensure HVAC system is maintained and operates properly</li> <li>Open windows and doors when weather permits and use fans to improve airflow</li> <li>Add air filtration like HEPA air cleaners</li> </ul>	<p><b>Increase/improve air quality as much as possible</b></p> <ul style="list-style-type: none"> <li>Set HVAC fan to “on” position instead of “auto”</li> <li>Ensure restroom fans operating at full capacity</li> <li>Turn on kitchen/cooking area exhaust fans</li> <li>Hold group activities outdoors, if possible</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Improving Air Quality (PHSKC)</a></li> <li>Request free PHSKC technical assistance <a href="#">here</a></li> <li><a href="#">Improve Indoor Air flyer (PHSKC)</a></li> <li><a href="#">Ventilation in Buildings   CDC</a></li> </ul>
<b>Testing and Treatment</b>	<ul style="list-style-type: none"> <li>Stock up on test kits if able</li> <li>Encourage testing on day 5 after exposure of any residents, volunteers, and staff who have been exposed to COVID-19</li> <li>If testing onsite is not possible, advise exposed/symptomatic people to seek offsite testing</li> <li>Refer ill people for medical evaluation and treatment when applicable</li> </ul>	<ul style="list-style-type: none"> <li>Consult with PHSKC on whether to start routine screening testing, especially when staff, volunteers, or residents are at high risks of severe illness from COVID-19. Routine testing can help identify infections early, which is important for early isolation and for people who are eligible for treatment.</li> </ul>	<ul style="list-style-type: none"> <li>Order free over-the-counter (OTC) test kits through PHSKC at this <a href="#">link</a> (through ~Dec 2023)</li> <li>To request a free onsite mobile testing event through InMotion (through July 2024), email <a href="mailto:COVIDCaseReview@kingcounty.gov">COVIDCaseReview@kingcounty.gov</a></li> <li><a href="#">DOH free telehealth appointments for COVID-19 treatment</a></li> </ul>
<b>Promote Infection Control and Facility Cleaning</b>	<ul style="list-style-type: none"> <li>Maintain supplies for hand hygiene, cleaning, and disinfection</li> <li>Clean high touch surfaces regularly</li> <li>Encourage proper hand hygiene, cough etiquette, and social distancing</li> </ul>	<ul style="list-style-type: none"> <li>Clean high touch surfaces more frequently</li> <li>Consider using disinfectant on high touch surfaces in addition to cleaning</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Safer Cleaning, Sanitizing, and Disinfecting Guide (PHSKC)</a></li> <li><a href="#">Sanitation and Hygiene Guide (PHSKC)</a></li> <li><a href="#">Stop Germs, Stay Healthy! (PHSKC)</a></li> </ul>
<b>Isolation Onsite and Social Distancing Considerations</b>	<ul style="list-style-type: none"> <li>Prepare to accept and isolate residents with or suspected to have COVID-19</li> <li>Strategies will depend on unique factors to each setting. Any measures to maximize physical distancing provide benefit <b>along with improved ventilation, masking, and other measures above</b></li> </ul>	<ul style="list-style-type: none"> <li>Ideal = place infectious resident in separate room with private bathroom or cohorted with others who are COVID positive</li> <li>When unable to place in a separate room, <b>to the extent possible</b>, designate an area of the shelter space for those infected with COVID</li> <li>Locate portable air cleaner close to COVID-positive resident</li> </ul>	<ul style="list-style-type: none"> <li>Increase access to hand hygiene supplies</li> <li>Determine provision of food, like designating someone to deliver to person isolating</li> <li>Maximize physical distancing in common spaces to the extent possible</li> <li>Position beds head-to-toe with as much distance between heads as possible</li> </ul>

**Isolation and Quarantine Guidance**

When to end ISOLATION		
Isolation = when someone is infected with COVID-19 and stays away from others to prevent spread (Date of symptom onset or date of positive test if no symptoms = Day 0)		
Conventional Isolation Best practice with lowest risk for transmission	Shortened Isolation For use when conventional method is not feasible	Emergency For use when isolation is NOT feasible, least restrictive and higher risk for transmission
<ul style="list-style-type: none"> <li>Ends 10 days* after symptom onset (or date of positive test if no symptoms); AND</li> <li>24 hours fever-free, and other symptoms improving; AND</li> <li>Infected person wears a <a href="#">well-fitting mask</a> for 10 days when around others</li> </ul>	<ul style="list-style-type: none"> <li>Ends 7 days* after symptom onset (or date of positive test if no symptoms); AND</li> <li>Negative COVID-19 test; ** AND</li> <li>24 hours fever-free, and other symptoms improving; AND</li> <li>Individual not hospitalized and doesn't have weakened immune system</li> <li>Infected person wears a <a href="#">well-fitting mask</a> for 10 days when around others</li> </ul>	<ul style="list-style-type: none"> <li>Infected person wears a <a href="#">well-fitting mask</a> for 10 days when around others and encouraged to distance from others as much as possible</li> <li>Begin testing those exposed and with symptoms (at day 5), if able</li> <li>If you are faced with critical staffing levels or are having difficulties isolating a resident and need support, please contact PHSKC</li> </ul>

\* People who work but do not live in these settings should not go to their workplace for the full isolation period (10 or 7 days). When not at work, staff can refer to guidance for the [general public](#).

\*\*Either a rapid antigen or NAAT/PCR test may be used. If using a rapid test, two negative tests must be obtained, one on day 6 (no sooner) and one 24-48 hours later prior to returning to work (for staff) or ending isolation (for residents). If using a NAAT/PCR, a single test must be obtained within 48 hours prior to ending isolation.

QUARANTINE
Quarantine = when someone without symptoms stays apart from others after close contact to someone with COVID-19
<p><b>Quarantine</b></p> <ul style="list-style-type: none"> <li>No longer recommended for staff, volunteers, or residents but sites can implement their own quarantine protocols, especially as an enhanced strategy</li> </ul> <p>Quarantine Protocol <a href="#">Considerations</a>:</p> <ul style="list-style-type: none"> <li>Length: 5-10 days (Date of exposure = Day 0)</li> <li>Wear a <a href="#">well-fitting mask</a> for 10 days after the exposure when around others</li> </ul> <p>Have employees work remotely if able or work in an isolated environment</p>

**Resources and information on prevention strategies:**

- [COVID-19 Guidance for Non-Healthcare Businesses and Organizations \(wa.gov\)](#)
- [What to do if you were potentially exposed to someone with COVID-19](#) (WA DOH, pg. 2)

**Contact PHSKC**

- Report outbreaks [online](#) or by phone at **206-296-4774** (Outbreak = 5 or more cases in a 14-day period or 20% of individuals in a core group)
- Call us if you need assistance with this guidance (response may be slower during high volume times)