



Adult Day Centers Office Hours



April 10th, 2024

Zoom Meeting Logistics



To **ask a question**, please use the chat box.



Raise your hand if you want to verbally ask a question.



Resources from today's session will be posted in **Chat**.



You may adjust your audio by clicking **Audio Settings**.



You have been automatically muted with video turned off

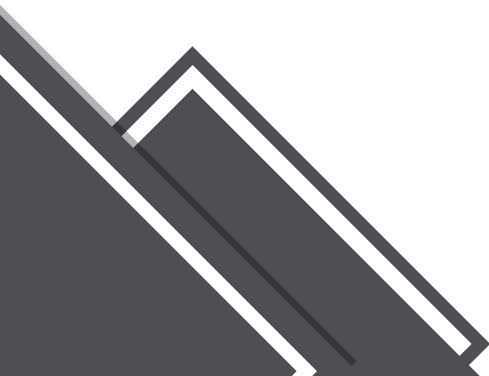
Next Session

Adult Day Centers Office Hours

❖ **Date:** May 8th

❖ **Time:** 1:30pm–2pm

[REGISTER NOW](#)



More IPC resources for adult days coming soon!



Polling Questions

Do you find that the ADC Office Hours sessions are helpful and informative?

Would you be interested in joining me for a 1:1 zoom meeting to discuss your center's IPC Needs and resource development?

Agenda

- ❖ **Guest presentation:** Mary Locklin, MSN, RN, CIC
from Health Quality Innovators (HQI)
- ❖ **Q & A**



HEALTH QUALITY INNOVATORS

Viruses Can Be Virulent!

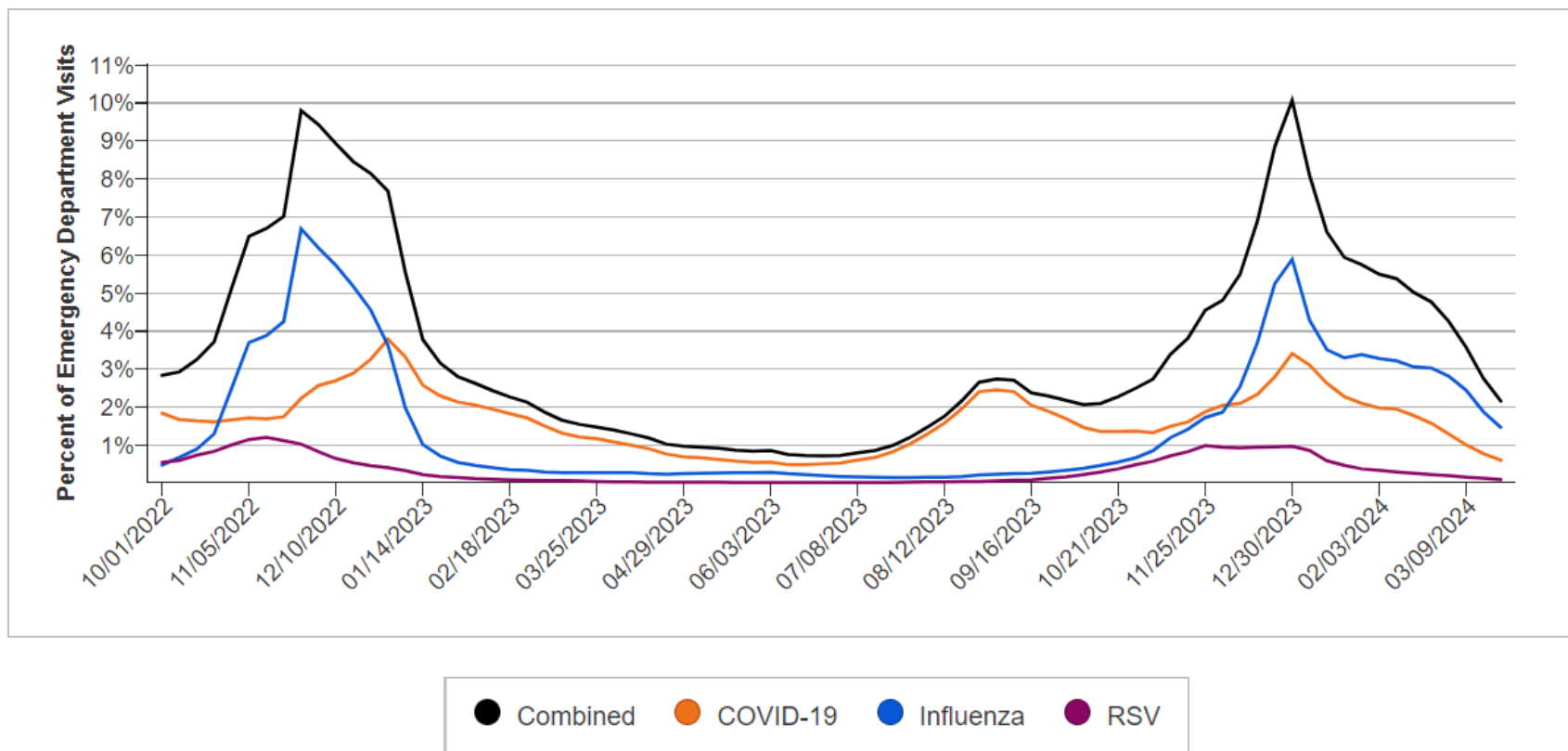
April 2024

Viruses Can Make Us Sick!



[How Do Viruses Make You Sick? video](#)

Respiratory Illness



[Respiratory Virus Guidance Update FAQs | CDC](#)

[National Respiratory and Enteric Virus Surveillance System | CDC](#)

Respiratory Syncytial Virus

Older Adults Are at High Risk for Severe RSV Illness

Respiratory Syncytial Virus, or **RSV**, is a common virus that affects the lungs and breathing passages

- ✓ RSV vaccine is available to adults 60 and over
- ✓ It can **PROTECT** against severe illness
- ✓ Talk to your doctor to see if vaccination is right for you

RSV can be dangerous for older adults

Adults who are 60 years or older are at highest risk, especially:

- Adults who have chronic heart or lung disease
- Adults who have weakened immune systems

RSV can lead to serious conditions

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

Everyday preventive measures help protect against respiratory viruses

- Wash hands often
- Cover coughs and sneezes
- Avoid close contact with sick people
- Clean frequently touched surfaces
- Avoid touching your face with unwashed hands
- Stay home when sick



**EACH
YEAR
RSV**
causes
serious illness
in older adults

**60,000–160,000
hospitalizations**

**6,000–10,000
deaths**



www.cdc.gov/rsv

12-041628A September 2014

Respiratory Syncytial Virus (RSV) is a **common cause** of respiratory infections, especially in young children and older adults.

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

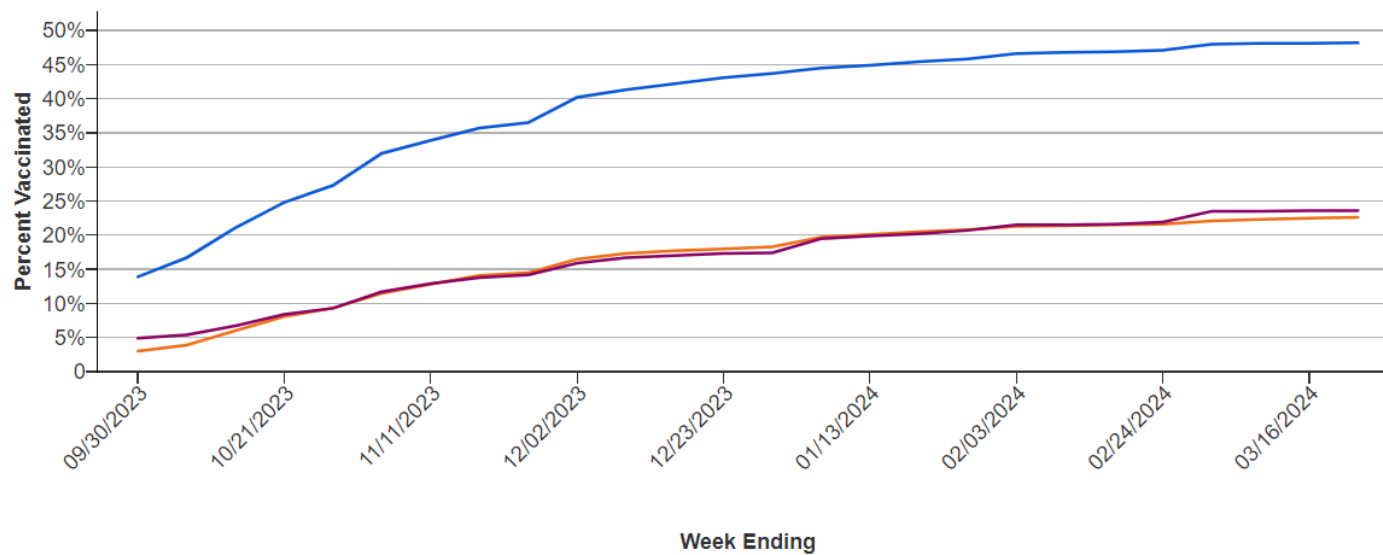


Symptoms usually appear in stages, not all at once.

Respiratory Syncytial Virus

Weekly Cumulative Percent Vaccinated in the United States

Cumulative percent of adults vaccinated with COVID-19 (18+ years), influenza (18+ years), or RSV (60+ years) vaccine.



● RSV (60+ years)

RSV Prevention

Two RSV vaccines licensed by the U.S. Food and Drug Administration for use in adults 60 and older in the United States:

- **GSK Arexvy**
- **Pfizer Abrysvo**

New Immunizations to Protect Against Severe RSV		
Who Does It Protect?	Type of Product	Is It for Everyone in Group?
 Adults 60 and over	RSV vaccine	Talk to your doctor first

A single dose of an RSV vaccine helps protect adults 60 years and older from severe RSV illness. **Older adults are at greater risk than young adults for serious complications from RSV because immune systems weaken with age.** Older adults who have chronic medical conditions, are elderly or frail, or are living in nursing homes are at increased risk of getting very sick from RSV and benefit the most from RSV vaccination.

Influenza (Flu) Virus

Common Signs & Symptoms of Flu

Flu Signs and Symptoms

Flu can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these signs and symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.



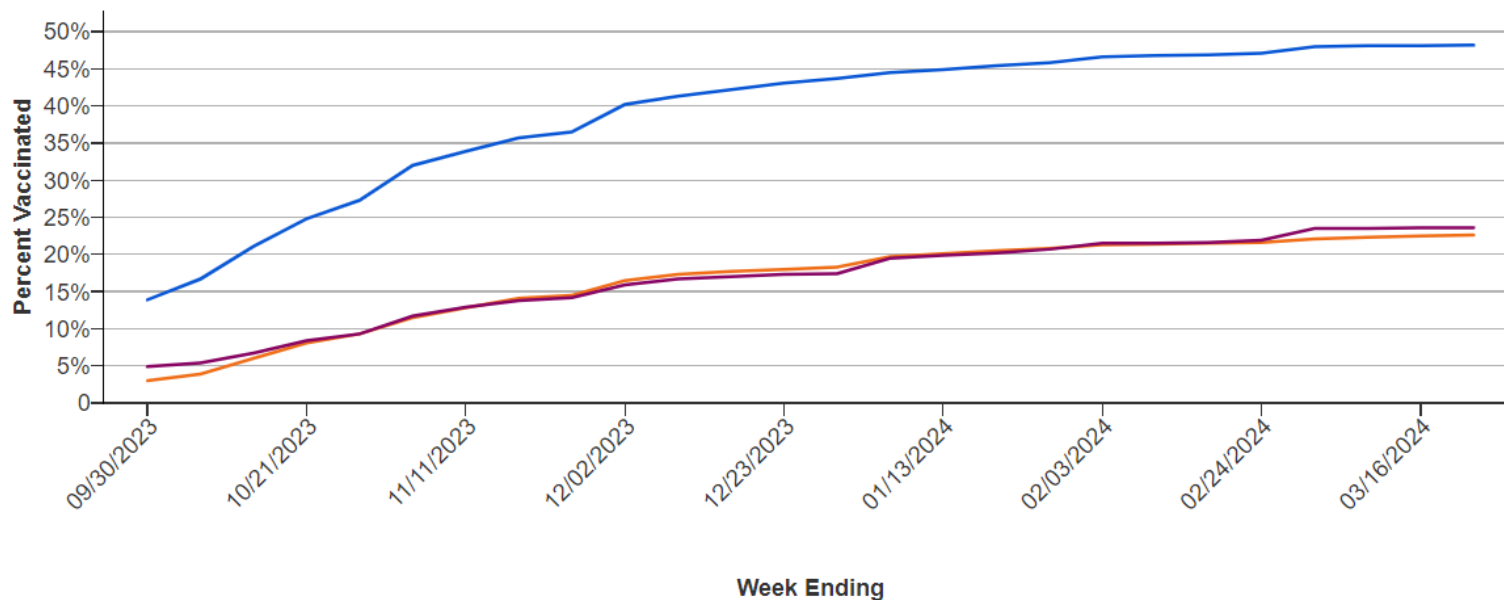
Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Some people, such as people 65 years and older, young children and people with certain health conditions are at higher risk of serious flu complications.

[About Flu | CDC](#)

Influenza (Flu) Virus

Weekly Cumulative Percent Vaccinated in the United States

Cumulative percent of adults vaccinated with COVID-19 (18+ years), influenza (18+ years), or RSV (60+ years) vaccine.



● Influenza (18+ years)

Influenza (Flu) Virus

Adults 65 Years and Older



People 65 years and older are at higher risk of developing serious complications from flu compared with young, healthy adults.

- Adults 65 Years and Older



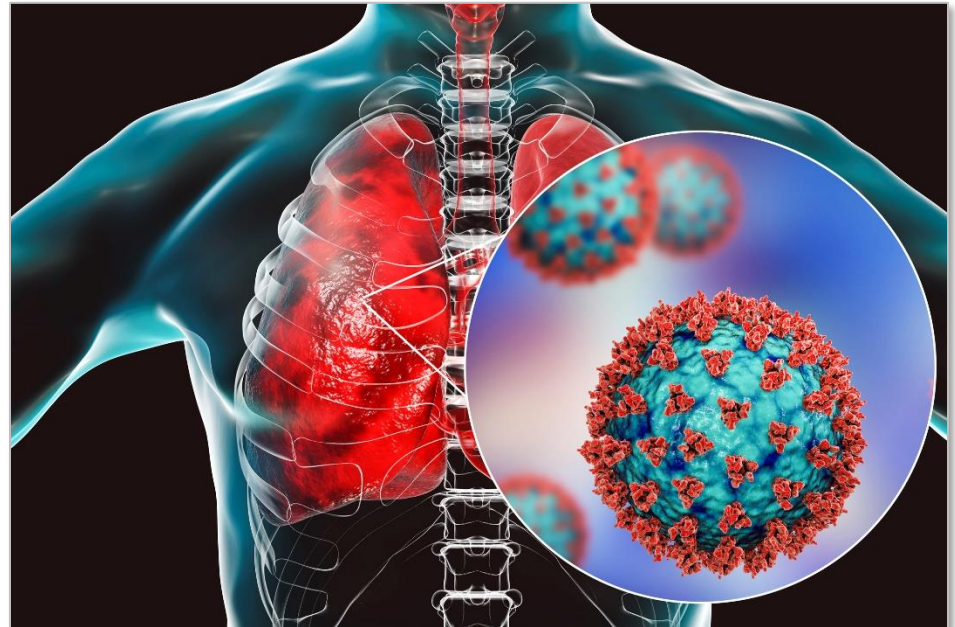
If you are at higher risk of developing serious flu complications, flu vaccination is especially important. When you get vaccinated, you reduce your risk of getting sick with flu and possibly being hospitalized or dying from flu.

COVID-19

People with COVID-19 have reported a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.

Possible symptoms include (does not include all possible symptoms):

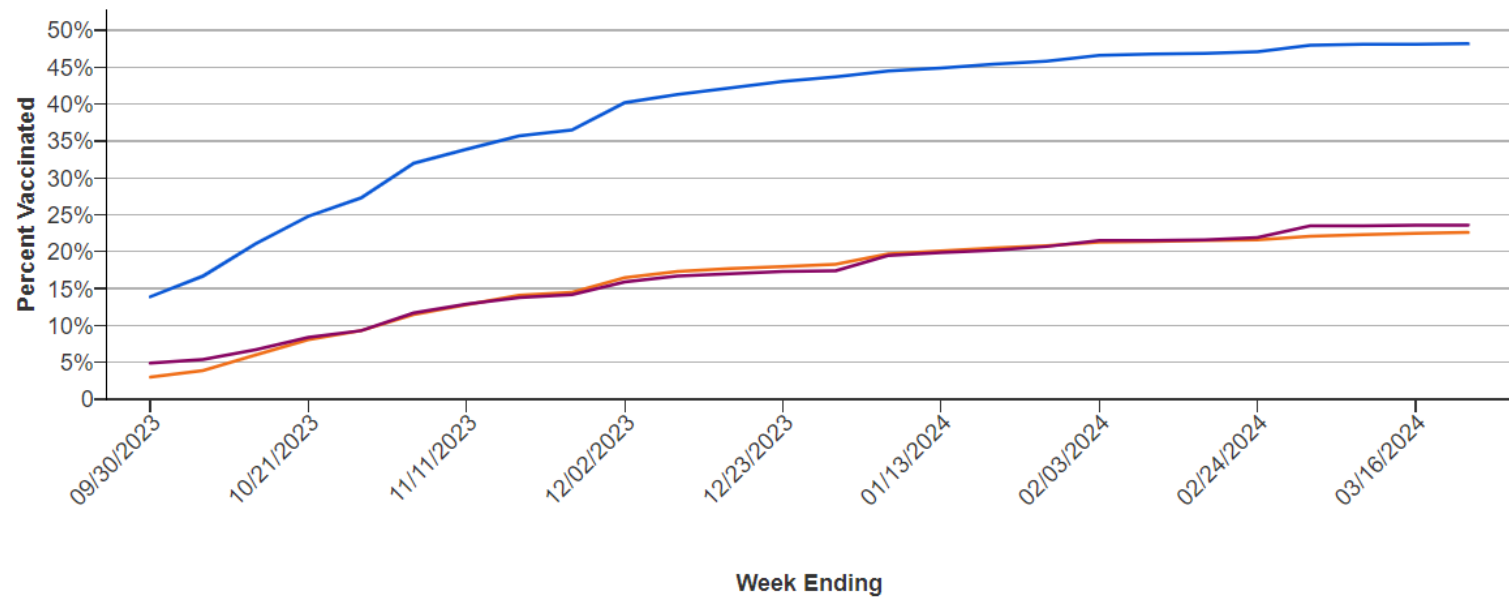
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



COVID-19, cont.

Weekly Cumulative Percent Vaccinated in the United States

Cumulative percent of adults vaccinated with COVID-19 (18+ years), influenza (18+ years), or RSV (60+ years) vaccine.



COVID-19

COVID-19, cont.



- Everyone 6 months and older should get an updated COVID-19 vaccine.
- People aged 65 years and older who received 1 dose of any updated COVID-19 vaccine (Moderna, Pfizer-BioNTech or Novavax) should receive 1 additional dose of an updated COVID-19 vaccine at least 4 months after the previous updated dose.

Don't Spread Respiratory Viruses

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations	Hygiene	Steps for Cleaner Air	Treatment	Stay Home and Prevent Spread*
				

Additional prevention strategies

Masks	Distancing	Tests
		

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better **You are fever-free (without meds)**

 **Then take added precaution for the next 5 days**

[Respiratory Virus Guidance Snapshot | CDC](#)

Don't Spread Respiratory Viruses

Infection Control for Respiratory Viruses

Use the following infection control measures to prevent and slow the spread of respiratory infections in your facility.



Use of well-fitting masks or respirators, that cover a person's mouth and nose, can prevent the spread of germs when people are breathing, talking, sneezing, or coughing.



Encourage everyone in your facility to get recommended vaccinations. Vaccination is a safe and effective strategy for reducing disease spread and staff absenteeism.



Practice physical distancing, particularly in shared spaces such as waiting rooms, and implement screening and triage procedures. Use signs as visual reminders for patients, implement rapid screening, and separate symptomatic patients as soon as possible.



Practice respiratory hygiene and cough etiquette and encourage others to do the same. Provide masks, tissues, and no-touch receptacles for tissue disposal at facility entrances, triage areas, and waiting rooms.



Clean your hands regularly with an alcohol-based hand sanitizer or soap and water. Share key messages and reminders within in your facility by using CDC's [Clean Hands Count](#) resources.



Clean and disinfect regularly. Lobby areas, cafeterias, and waiting rooms are all high-traffic spaces where germs can spread. It's also important to disinfect reusable devices and not reuse disposable items.



Check that the air handling in your facility is functioning as it should. Make sure air vents aren't blocked, and consult with facilities management to ensure the heating, ventilation, and air conditioning, or HVAC, system is working efficiently for proper ventilation.

For more information on infection control recommendations for healthcare settings, visit

<https://bit.ly/3Q1UXhM>

www.cdc.gov/ProjectFirstline

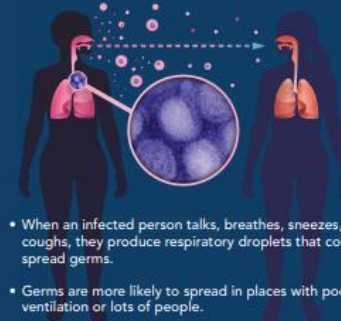
WE HAVE THE POWER
TO STOP INFECTIONS.
TOGETHER.



GERMS CAN LIVE IN THE RESPIRATORY SYSTEM.

WHERE IS THE RISK?

Know where germs live to stop spread and protect patients



- When an infected person talks, breathes, sneezes, or coughs, they produce respiratory droplets that could spread germs.
- Germs are more likely to spread in places with poor ventilation or lots of people.
- When people touch their faces, respiratory germs on their hands can end up in their eyes, nose, or mouth and cause an infection.

Bacteria and Viruses Can Live in the:

- Mouth
- Throat
- Airway
- Lungs



Healthcare Tasks Involving the Respiratory System

- Aerosol-generating procedures (AGPs), such as intubation and extubation
- Activities with close interaction within an enclosed space, such as talking or examining a patient's throat

Infection Control Actions to Reduce Risk

- Screening and triage
- Use of personal protective equipment
- Source control
- Maintaining good ventilation
- Hand hygiene
- Cleaning and disinfection of shared equipment

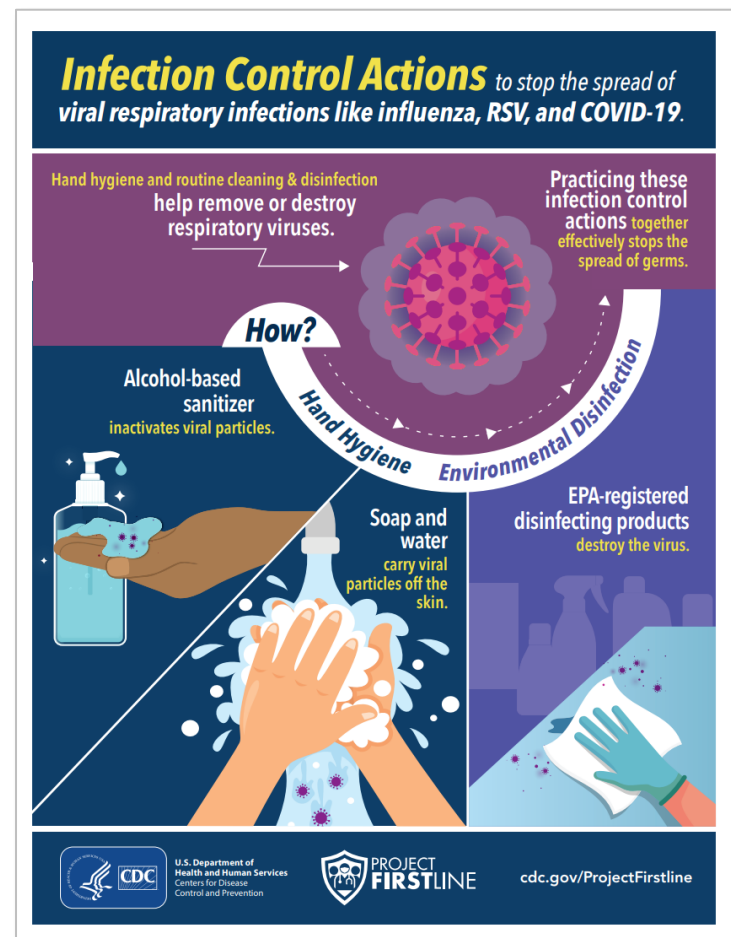


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



WWW.CDC.GOV/PROJECTFIRSTLINE

Don't Spread Respiratory Viruses



Don't Spread Respiratory Viruses

How to Develop a Respiratory Protection Program





What is a Respiratory Protection Program (RPP) ?

The goal of an RPP is to prevent the spread of small aerosol germs or particles that can cause disease. You should develop your RPP to meet the needs in your facility.



Do you need a RPP ?

Most places that provide healthcare services are required to have an RPP. If you are not sure if you need an RPP, check out this quick [VDH: Do you need an RPP survey](#).



Get started creating an RPP

1. General overview of an RPP: Watch [OSHA Respirators Protection Training Requirements video](#) (7 min)
2. Visit the [VDH N95 Respiratory Fit Testing Resources webpage](#).
3. Review RPP Standards [OSHA 29 CFR 1910.134](#) and [VA Code 16VAC25-60-120](#)
4. Use the checklist provided on the next page to get started.

Do you want extra resources before you get started?

- OSHA Respiratory Protection [webpage](#)
- CDC/NIOSH Healthcare Respiratory Protection Resources [webpage](#)
- AAOHN Free Respiratory Protection [Course*](#)

OCT 2022

www.vdh.virginia.gov/haiar/

[How to Develop a Respiratory Protection Program](#)

Norovirus

Norovirus is a very contagious virus that causes vomiting and diarrhea. Anyone can get infected and sick with norovirus. Norovirus is sometimes called the “stomach flu” or “stomach bug.” However, norovirus illness is not related to the flu, which is caused by influenza virus.



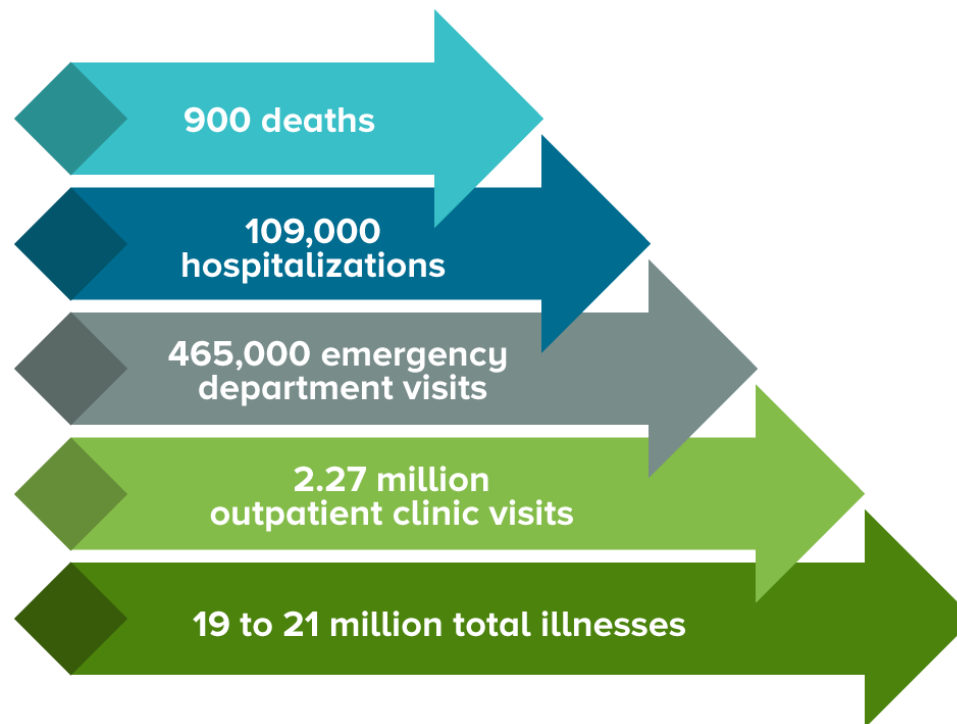
The most common symptoms are:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Norovirus

Norovirus is the leading cause of vomiting and diarrhea from acute gastroenteritis (inflammation of the stomach and intestines) among people of all ages in the United States.

Each year in the United States, norovirus causes on average:



Norovirus

Norovirus Essentials

Norovirus is a stomach bug (virus) that can very easily spread from person to person.



INFECTION PREVENTION RAPID RESOURCES

SYMPTOMS OF NOROVIRUS



Nausea, vomiting, diarrhea, & stomach cramping. Can also include fever, chills, headache, muscle aches, and tiredness.

HOW DOES NOROVIRUS SPREAD?

Touching your mouth after touching norovirus particles on surfaces like a door, counter, etc.

Eating food or drinks that have norovirus particles on them

Direct contact or sharing food utensils with a person sick from norovirus



Scan the QR code for more on norovirus spread and symptoms

PREVENT NOROVIRUS

- Wash hands before preparing or eating food
- Rinse fruits & veggies before eating
- Avoid eating undercooked (<140°F) shellfish
- Stay home from school or work when you are sick
- Use a surface cleaner that can kill norovirus particles
- Wash hands with soap & warm water after changing diapers, cleaning up vomit/poop, & using the bathroom

WHO IS AT MOST RISK?

Each year there are 19-21 million norovirus cases in the U.S*.

Anyone can get sick from norovirus but some people are more likely to get very sick from norovirus infections, including*:

- Ages under 5 and over 65 years
- People with chronic health problems
- People with immune system problems

*References www.vdh.virginia.gov/haiar/education-training/

SEP 2023

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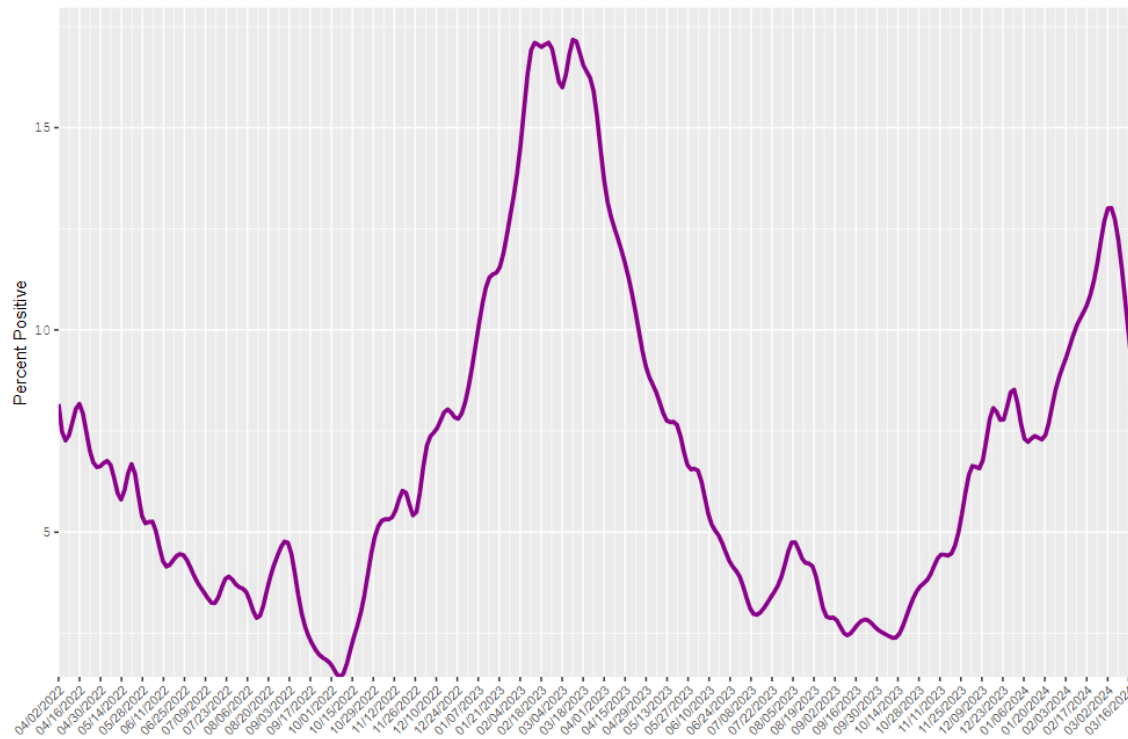


[Sick with norovirus? | CDC \(YouTube\)](#)

Norovirus

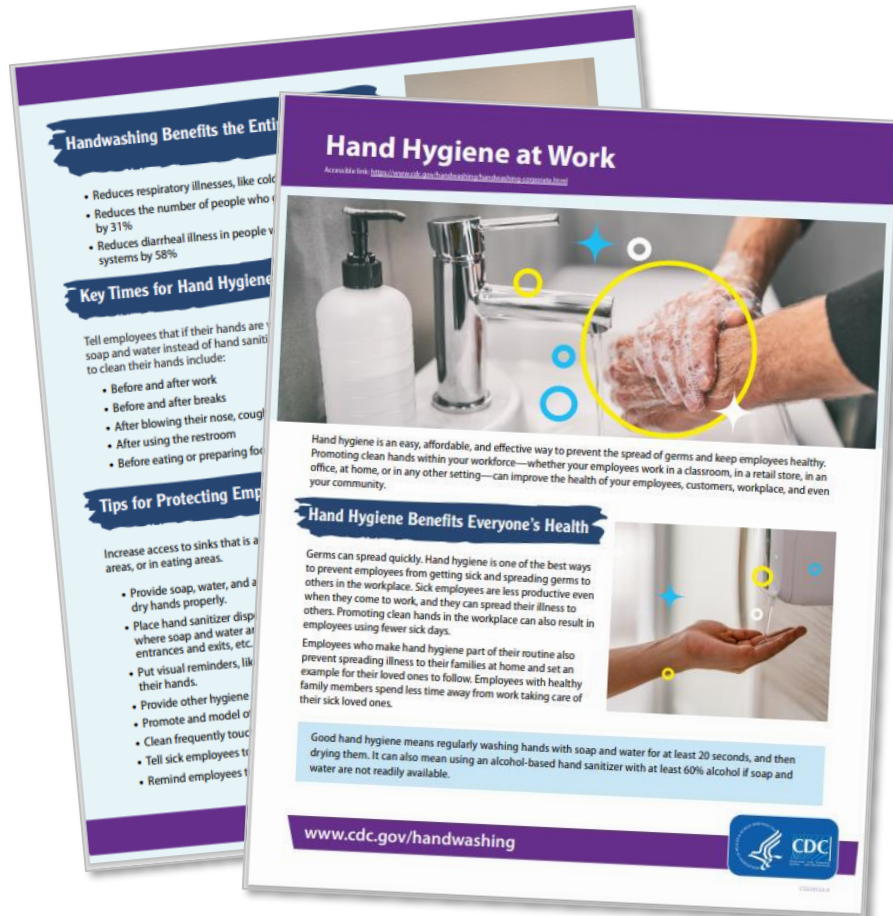
Southern United States Census Region

Norovirus for Census Region 1 (3 week average)



[Norovirus for Census Region 1 | CDC](#)

Don't Spread Norovirus



Protect yourself and others from norovirus:

- Wash your hands often
- Rinse fruits and vegetables
- Cook shellfish thoroughly
- Stay home when sick and for two days after symptoms stop
- Avoid preparing food for others when sick and for two days after symptoms stop

Resources

- [Infection Control Actions for Respiratory Viruses | CDC](#)
- [Best Practices Pocket Cards | HQIN](#)
- [Norovirus Infection Fact Sheet | Virginia Department of Health](#)
- [Infection Prevention Guide: Norovirus | Virginia Department of Health](#)
- [Virus Strains Job Aid | CDC](#)
- [Respiratory Droplets Flyer | CDC](#)
- [Ventilation in Healthcare Settings | CDC](#)
- [Training Videos | Virginia Infection Prevention Training Center](#)
- [Norovirus Essentials Flyer | Virginia Department of Health](#)
- [Pneumonia Can Be Prevented – Immunizations Can Help | CDC](#)
- [The Adult Vaccine Assessment Tool | CDC](#)

VIRUS STRAINS

Viruses constantly change through mutation, and new variants, or strains, of a virus are expected to occur over time. The following frequently asked questions and answers can help you understand more about virus strains, including what they mean for infection control and whether you should be doing things differently for them.

Q Are strains common with viruses?
A Viruses have new strains all the time. That's why there are different strains of influenza every year, and why you can get a cold more than once.

Q How are strains created?
A Viruses have genes that carry instructions for making new copies of themselves. Every new copy contains those instructions as well. Sometimes mistakes are made during the copying process. When the instructions are copied wrong, the new viruses come out slightly different, with the mistake included in the instruction genes. Some mistakes make the virus not work anymore, so it's a dead end. When the new virus is still able to function even with the mistake, that's how a new strain is created, since all of the copies from that virus will carry that mistake.

Q What about the new strains of SARS-CoV-2? Do they spread more easily?
A Researchers are working hard to understand how these new strains of SARS-CoV-2 allow the virus to spread more easily. Some of the new strains of SARS-CoV-2 allow the virus to spread more easily, so it's even more important to follow infection control actions.

Q What can we do to protect ourselves and our patients?
A Even though new strains of SARS-CoV-2 are around, the same infection control actions are still needed to help stop the spread of COVID-19. To learn more, visit [https://www.cdc.gov/covid19/actions.html](#).

Using PPE. An N95 respirator will prevent you from breathing in virus that's in the air. It also helps keep respiratory droplets from landing on your eyes. Using gloves and gowns protects you and also keeps you from spreading germs into your work environment.

Source control. Making keeps respiratory droplets out of the air, as the germs in them can't spread to other people or the environment.

Hand hygiene. Washing hands with soap and water for at least 20 seconds helps kill germs. Using hand sanitizer with at least 60% alcohol also helps kill germs.

Environmental cleaning. Disinfecting surfaces with an EPA-registered disinfectant helps kill germs.

Isolation. Putting people with COVID-19 in a separate room helps prevent the virus from spreading.

Testing. Testing people for COVID-19 helps identify who has the virus so they can be isolated and treated.

Vaccines. Getting vaccinated helps protect you and your patients from getting sick.

Infection Prevention Quick Guide: Norovirus

VDH Virginia Department of Health

Norovirus is a very contagious virus that causes vomiting and diarrhea. Symptoms usually occur within 12 to 48 hours after exposure. Norovirus is transmitted by: (1) direct contact with an infected person; (2) touching contaminated surfaces and then putting your unwashed hands in your mouth; or (3) consuming contaminated food or water.

From your phone's camera at the QR code for CDC norovirus prevention guidelines.

Infection Prevention Checklist

- Resident Placement and Transmission-Based Precautions:** Place residents with suspected or confirmed norovirus on Contact Precautions in a private room with their own bathroom. If there are no private rooms, you may cohort residents with the same illness together, taking into consideration the residents' multiresistant organism status.
 - Wear appropriate personal protective equipment.
 - Gown and gloves upon room entry.
 - Surgical or procedure mask and eye protection if there is an anticipated risk of splash to the face, especially if resident is vomiting.
 - Perform hand hygiene with soap and water.
 - Respect all residents in the room, except for medically necessary care. Meals should also be served in the room.
 - Decorative isolation 48 hours after symptoms resolve, verify safety:
 - at gloves when handling soiled laundry, soiled linens and bed curtains into laundry bags and wash in hot water.
 - ing and Disinfection: Ensure environment of care disinfecting for this resident's room are registered with the Environmental Protection Agency (EPA) with a kill claim against norovirus. (List G: [https://www.epa.gov/pesticide-registration/antimicrobial-chemicals-registered-epa-list-g](#)) Remember different illnesses may require different disinfectants.
- Additional residents and staff for signs and symptoms of illness, at least from work until symptom free for 48 hours (food handling staff or 24 hr).
- Health: Report a suspected outbreak to your local health department ([https://www.vdh.virginia.gov/health-department](#)).
- Number of cases is above your facility baseline (e.g., 3 or more cases of illness with vomiting and/or diarrhea within a 72-hour period).
- Incidence of cleaning and disinfecting surfaces:
 - at cleaning twice a day.
 - atly touched surfaces three times a day.
 - showering group activities.
 - care for all ill or at-risk residents.
 - ing of hand hygiene, PPE use, and environmental cleaning.

Website: <https://www.vdh.virginia.gov/health-infection-prevention>
 2023.02.01 Updated: Sept 2023

SUSCEPTIBLE PERSON (Host)

A susceptible person is someone not immune or vaccinated, or with a weakened immune system. The following factors can increase a person's susceptibility to infection:

- Underlying medical conditions such as diabetes, cancer, and organ transplantation increase the risk for infection because these illnesses decrease the immune system's ability to fight infection.
- Medications used to treat medical conditions, such as antibiotics, steroids, and certain cancer fighting medications increase the risk of some types of infections.
- Medical treatments and procedures such as urinary catheters, tubes, and surgery increase the risk of infection by providing additional ways that germs can enter the body.

Transmission

Transmission refers to the way germs transfer to a susceptible person. Germs depend on people, the environment, and/or medical equipment to be transmitted in healthcare settings.

Common ways that germs travel in healthcare settings:

- Contact (i.e., touching)
- Sprays and splashes
- Inhalation
- Sharps injuries (i.e., when someone is accidentally stuck with a used needle or sharp instrument)

Did you know? Germs Live on Broken Skin | CDC

How Infections Spread | CDC.gov

Quality Improvement Organizations
 Sharing Knowledge, Improving Health Care
 (www.qio.org) (www.vdh.virginia.gov/qio)

HQIN
 Health Quality Improvement Network

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Q & A

