

COVID-19 SAFETY MEASURES AT HOME

BY:KIRSTEN MENESES MSW INTERN

ZOOM INFORMATIONAL FLYER

Covid-19 Safety Measures at Home



Join the Zoom informational session on May 13, 2020 at 11:00am
led by Kirsten Meneses, MSW Intern

Criteria to join the Zoom informational session (must have all the following eligibility requirements):

- Suspected symptoms of COVID-19 and at least a pre-existing condition
- Must be a Newark, NJ resident
- 21 years and older
- Denied a testing appointment or inpatient hospital services

The first 25 qualified participants will be notified upon acceptance into the Zoom presentation.

Presentation will cover CDC home cleaning and disinfecting recommendations, stress methods, and more!

Zoom Access:

Meeting ID: 803 545 553

Password: will be provided by calling Kirsten for consultation

For more information or questions please contact Kirsten at (423) 567-4554

INFORMED CONSENT

COVID-19 Health Safety Measures Informed Consent

I, _____, hereby consent to participate in the COVID-19 Health Safety Measures informational Zoom session on May 13, 2020 at 11:00am-12:00pm. I understand that this informational session is an opportunity to learn more about health safety precautions within the home.

I understand the following in regards to COVID-19 Health Safety Measures informational Zoom session:

1. I understand that as a participant, I will show respect for other participants.
2. I understand my rights. In case of an emergency I have the right to withdraw from the Zoom informational session at any time without any consequences.
3. I understand that the privacy laws that protect the confidentiality of my protected health information (PHI) also apply to telehealth unless an exception to confidentiality applies (i.e. mandatory reporting of child, elder, or vulnerable adult abuse; danger to self or others).
4. I have read and understand the rules and regulations from the policy form that was provided.
5. Recording or taking pictures of any kind is not permitted during the Zoom informational session.
6. I understand that there are risks, benefits, and consequences associated with telehealth, including but not limited to, disruption of transmission by technology failures, interruption and/or breaches of confidentiality by unauthorized persons, and/or limited ability to respond to emergencies. If this occurs, end and restart the session.

I have read and understand the information provided above and reviewed it with the public health social worker.

Signature of participant

Date:

POLICY

Health Safety Measures Policy

A public health social worker assists at risk individuals and the community to manage the community's health, advocates concerns and help in accessing healthcare services.

Procedure:

The Public Health Social Worker, Kirsten Meneses, MSW intern will distribute testing site guides at two local food pantries in Newark, New Jersey. In addition, the social worker will also be distributing flyers for a COVID-19 informational Zoom session on taking safety measures within the home. The public health social worker will be distributing the informational Zoom session flyer and testing site guides in the following locations:

1. The Apostle's House
22 Grant Street Newark, NJ 07104
From 10:00am to 12:00pm on Monday, April 27, 2020 and Wednesday, April 29, 2020.
2. North Reformed Church
510 Broad Street Newark, NJ – 07102
From 10:30am to 12:30pm on Tuesday, April 28, 2020 and Thursday, April 30, 2020.

Eligible participants must call Kirsten Meneses for consultation and receive the password to join the informational Zoom session. The first 25 qualified participants will be notified upon acceptance into the Zoom presentation. The public health social worker will lead the COVID-19 informational Zoom session on May 13, 2020 at 11:00am-12:00pm. The Zoom informational session will be 50 minutes and 10 minutes for questions following the presentation.

Eligible participants must confirm attendance for the informational Zoom session by May 8, 2020. To confirm attendance, the consent form must be signed and returned to the public health social worker intern. Participants will have three options to provide the consent form. (See consent section below).

Eligibility for informational Zoom session (Must meet all criteria):

- Suspected symptoms of COVID-19 and a pre-existing condition
- Must be a Newark, NJ resident
- At least 21 years or older
- Denied a testing appointment or inpatient hospital services

Consent:

Prior to attending the session, group members must provide verbal and written consent for Telehealth services.

The public health social worker must be compliant with HIPAA regulations. Therefore, prior to attending the Zoom informational session, eligible participants must sign the consent form. The consent form may be received through the following methods:

POLICY

1. Review and sign the consent form, scan and then email it to the public health social worker, Kirsten Meneses MSW intern at menesesk@newarkcommunity.org
2. Review, sign the consent form and fax it at (973) 680-8720.
3. Review, sign, and drop off or mail the form at Newark Community Health Center at 741 Broadway, Newark, NJ 07104

Rules, Guidelines, and Regulations:

Confidentiality:

The informational Zoom session is meant to provide a safe place to engage, learn, share thoughts, concerns, and experiences. The public health social worker is ethically and legally obligated to uphold the confidentiality of each participant. Participants are also to adhere to keeping information within the Zoom meeting and not be disclosed upon termination of the session.

Exceptions to Confidentiality:

- If a participant expresses intent to harm themselves physically, by law the social worker must take appropriate action of reporting to other professionals, police, and or a family member.
- If a participant expresses intent to harm another individual, by law the social worker must also contact that individual to warn them of possible danger.
- If there is suspicion of a child, elderly, or disabled person being abused in any manner, the social worker by law must make a report to the appropriate authority.

Respect for other participants and public health social worker. No discrimination; no teasing, name calling will be tolerated.

Privacy must be kept throughout the session of others information and responses. Recording or pictures of any kind is not permitted during the Zoom informational session.

Responsibility. It is the public health social work intern's responsibility to enforce these procedures and guidelines.

Other members. This is a closed group. The name provided during consultation must meet the name when logging into the Zoom informational session.

Clients rights: In case of an emergency, participants have the right to withdraw from the Zoom informational session at any time without any consequences. Participants have the right to be treated with respect. Participants are provided with a safe environment during the session.

Zoom Session:

Upon joining each session, group members must have audio muted.

OBJECTIVES

- Gain helpful information pertaining to COVID-19 on proper safety measures at home.
- Learn and apply the proper hand washing steps and utilize hand sanitizer.
- Learn and apply the mental health coping techniques during the pandemic.

WHAT IS COVID-19?

- A type of Coronavirus that is spread through person to person.
- COVID-19 is spread through droplets by coughing, sneezing, or talking. The spread of the virus can also be through affected surfaces and objects and then touching your mouth, nose, and eyes.
- Symptoms of COVID-19 can be from mild to severe.

(Coronavirus disease, 2019).

Video: <https://www.youtube.com/watch?v=5DGwOJXSxqg>

Factsheet: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

WHAT ARE SYMPTOMS OF COVID-19?

- Centers for Disease Control and Prevention (CDC) symptoms include:

Common Symptoms	Severe Symptoms
<p>Cough Shortness of breath or difficulty breathing Fever Chills Muscle pain Sore throat New loss of taste or smell</p> <p>Other symptoms are gastrointestinal symptoms like nausea, vomiting, or diarrhea.</p>	<p>Trouble breathing Persistent pain or pressure in the chest New confusion Inability to wake or stay awake Bluish lips or face</p> <p><i>**If experiencing any of the above symptoms, call 911 or your nearest emergency facility: Notify the operator you may have COVID-19**.</i></p>

(Symptoms of Coronavirus, 2020)

- Symptoms may appear 2-14 days after exposure to the virus

QUESTION 1: CAN AN INDIVIDUAL PROTECT THEMSELVES FROM GETTING COVID-19 WITH NATURAL REMEDIES?

- NO. According to Dr. Luiza Petre, M.D., a board-certified cardiologist and nutrition expert, reported nothing can prevent catching the virus. Thorough hand washing and social distancing are best actions.

- Natural remedies is helpful in boosting the immune system.

Food items rich in turmeric, garlic, onion or other foods with zinc.



QUESTION 2: CAN AN INDIVIDUAL GET COVID-19 FROM RECEIVING MAIL?

- NO. Particles on paper or cardboard last up to 24 hours.
- To be extra cautious, you may leave the mail for another day.

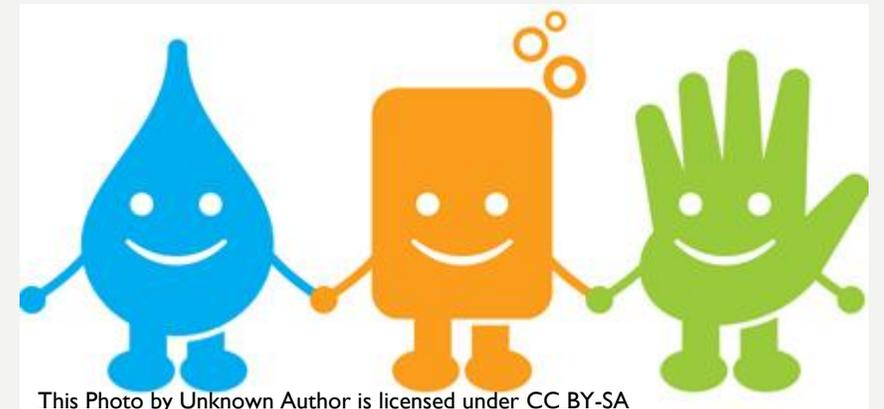


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HANDWASHING AND HAND SANITIZER

According to the CDC Guidelines there are 5 steps for handwashing:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean towel or air dry them.
-
- Use hand sanitizer if no water or soap is available.
Must contain at least 60% alcohol.
 - Apply the gel, rub hands together and allow the gel to go all over the hands until dry. Take 20 seconds.

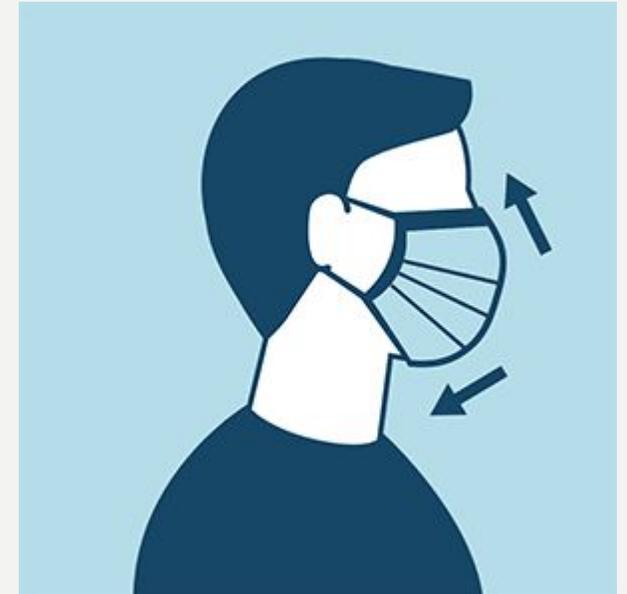


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CLOTH FACE COVERING

Cloth face coverings must

- Fit just right and comfortably over the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be washed and dried without alteration or damage to the cloth
- It should not be on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do not touch eyes, nose, or mouth after removing face covering and wash hands immediately after removing.



(CDC.gov)

WHAT ARE COVID-19 SAFETY MEASURES AT HOME?

- Remain home and keep in contact with your primary care doctor for medical advice. Keep track of your symptoms.
- Depart yourself from others in your home.
- Avoid sharing personal household items, such as dishes, drinking glasses, cups, eating utensils, towels or bedding. Wash items thoroughly after using them with soap and hot water.
- Clean and disinfect common touched surfaces daily in your sick room and designated bathroom. Have a healthy household member do the same for surfaces in other parts of the home. If you are sharing a bathroom, clean and disinfect it after each use.

(COVID-19: Safety Tips for You, 2020)

Factsheet: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

- Always keep on a cloth face covering when others are around (e.g., sharing a room or vehicle) and before you enter a health care provider's office. (COVID-19: Safety Tips for You, 2020)

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

HOME CLEANING AND DISINFECTING

CDC defines, “Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection” (CDC, 2020).

CDC defines, “Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection” (CDC, 2020).

Recommendations:

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces *using soap and water, then use disinfectant.*
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. *Disinfecting kills germs on surfaces.*
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

(Cleaning and Disinfection, 2020)



MENTAL HEALTH EFFECTS

- In West Bengal, 507 respondents received a survey questionnaire based on their experiences from COVID-19.
- (71.8%) reported feeling worried
- (24.7%) reported feeling depressed
- (52.1%) were preoccupied with the idea of contracting COVID-19
- (21.1%) of the respondents were repeatedly thinking of getting themselves tested for the presence of COVID-19 despite having no symptoms.
- (69.6%) of the respondents were worried about the financial loss they were incurring during the period of lockdown.

HOW TO DECREASE STRESS AT HOME?

Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you, are feeling overwhelmed with emotions or feel like you want to harm yourself or others call 911 Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

QUESTIONS OR COMMENTS?

HANDOUT

COVID-19 Health Safety Measures Handout

Follow these steps to stay healthy:

- Stay home as much as possible. If you must go out, keep at least six feet away from other people.
- Wash your hands often. Use soap and warm water and scrub for at least 20 seconds before rinsing. If you can't wash your hands, use an alcohol-based hand sanitizer.
- Cover your coughs and sneezes with a tissue. If you don't have a tissue, cough or sneeze into your elbow, not your hands. If you use a tissue, throw it away immediately.
- Don't touch your face (especially your eyes, nose or mouth). If you need to touch your face, use a tissue and then throw it away.
- Cover your nose and mouth with a fabric or paper mask when you go out. Medical masks should only be used by healthcare workers.
- If you feel sick, stay home unless you need medical care.

Information provided by <https://institute.org/covid19/#prevent>

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