

Managing COVID-19 Team Member Action Plan

Review this action plan daily to determine what “zone” you are in, what action to take, and when to call your Immediate Supervisor or the Infectious Disease team at Elara Caring.

<p>Every Day</p>	<ul style="list-style-type: none">)] When you are not providing work related services/care, stay home, practice social distancing from others.)] Wash your hands frequently. <ul style="list-style-type: none"> ○ Soap and water for at least 20 seconds or an alcohol-based hand sanitizer that is at least 60% alcohol. ○ Avoid touching your eyes, nose and mouth with unwashed hands)] Cover your mouth and nose with a tissue when you cough or sneeze. Discard the tissue in a lined trash can. Wash your hands.)] Do not share personal household items such as: dishes, cups, eating utensils, towels, or bedding with people or pets. After using, wash these items thoroughly.)] Clean all “high touch” surfaces every day, such as: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Use a household cleaning spray or wipe according to label instructions.)] Self-check your temperature every day before you begin your assigned work duties.)] Ask yourself, do I have any new respiratory symptoms such as: cough, shortness of breath, or sore throat?)] Ask yourself, have I had close contact with a person (live with or within 6 feet of for over 15 minutes) who has a CONFIRMED COVID-19 diagnosis in the past 14 days?
<p>Green Zone</p>	<p>This is your goal. Keep up the good work!</p> <ul style="list-style-type: none">)] I have no fever)] I have no cough)] I have no shortness of breath)] My symptoms are under control)] I have not had any exposure to anyone who has tested POSITIVE to COVID-19
<p>Yellow Zone</p>	<p>Take action Today! Call your Immediate Supervisor or Infection Disease Team</p> <ul style="list-style-type: none">)] I have questions about symptoms I may be having. – First call your healthcare provider for guidance on treatment and testing. Then call your immediate supervisor to report symptoms and ability to work.)] I have <i>potentially</i> been exposed to an individual who has tested POSITIVE for COVID-19.
<p>Red Zone</p>	<p>Take action NOW! Call your Healthcare Provider, Immediate Supervisor and Infectious Disease Team</p> <ul style="list-style-type: none">)] I have a fever of 100.0 or higher)] I am having shortness of breath)] I have a dry cough)] I have had close contact with or within 6 feet for over 15 minutes of someone that has tested POSITIVE for COVID-19)] I have been diagnosed by a healthcare provider that I may have COVID-19 or have tested positive for COVID-19