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BDDS waiver residential setting infection control guidance

What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Patients with COVID-19 have experienced mild to severe respiratory illness, including fever, cough and shortness of breath. The virus that causes COVID-19 is a novel (new) coronavirus. It is not the same as other types of coronaviruses that commonly circulate among people and cause mild illness, like the common cold.

How does COVID-19 spread?

The virus that causes COVID-19 is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet) through respiratory droplets when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes, but this is not thought to be the main way the virus spreads.

Protect individuals supported and direct care staff from exposures and transmission

Agency personnel who provide direct care to an individual in a BDDS waiver residential setting can take a few simple steps to help protect both individuals supported and direct care staff:

1. When providing services in a group waiver residential setting, periodically screen individuals for the following:
 - a. Fever or respiratory symptoms (cough, shortness of breath or sore throat)
 - b. Close contact with a suspected or confirmed person with COVID-19
 - c. Travel from a COVID-19 affected community or geographic area within 14 days
 - d. Residing in a community where community-based spread of COVID-19 is occurring

If any one of these criteria is present, assistance should be provided to the individual in notifying their health care provider, as needed.



The following are suggestions providers should consider:

2. Minimize the number of personnel in contact with the individual to reduce potential transmission.
 - a. Identify staff who are willing to work with individuals who are showing symptoms.
 - b. Determine if select personnel should quarantine with individuals supported at the residential setting.
 - c. Consider designating one or more specific personnel to provide support to the individual.
 - d. Provide services via telemedicine, if appropriate, for the individual and with consent from the individual, to the greatest extent possible.
3. Maintain at least a 6-foot distance from the individual and other individuals in the home whenever possible.
 - a. Encourage the individual to remain in their room to the greatest extent possible.
 - b. Designate a single bathroom for the individual to use and encourage other individuals and personnel to use another bathroom.
 - c. Consider designating specific equipment and household objects to the individual to the extent possible.
4. Create a single staging area in the home for personnel to leave personal items and put on/remove personal protective equipment.
 - a. Consider changing clothes each day before leaving the residential setting.
5. Wear a disposable facemask and gloves when providing direct care, including touching or having contact with stool or body fluids.
 - a. Masks should be conserved to the greatest extent possible.
 - b. When removing, first remove and dispose of gloves, then immediately clean your hands with soap and water or alcohol-based hand sanitizer.
 - c. Next, remove and dispose of the facemask and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
6. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. You should use soap and water if your hands are visibly dirty.
 - a. Perform hand washing upon entry to the building before work and prior to exit after changing into street clothes.
7. Avoid touching your eyes, nose and mouth.

8. Cover your coughs and sneezes. Use respiratory cough etiquette using your sleeve or tissue to cough. If a tissue is used, dispose of the tissue right away and perform hand hygiene immediately.
9. Clean frequently touched surfaces and objects often using household disinfectants that contain bleach products or alcohol greater than 70%.
10. Monitor symptoms of individuals supported.
 - a. If the individual has flu-like symptoms such as fever, cough or shortness of breath, both the individual (if they can tolerate a face mask) and the caregiver should wear face masks.
 - b. If you suspect a possible COVID-19 case, assist the individual in contacting their health care provider; contact the ISDH Epidemiology Resource Center at 877-826-0011 (available 24/7); and contact your local health department.
11. For home care instructions for individuals who have or are being evaluated for COVID-19, visit: www.in.gov/coronavirus/files/IN_COVID-19_Home_Care_3.18.20.pdf .
12. Identify and train back-up caregivers, including informal and family caregivers and additional direct care staff. Work with the Individualized Support Team to develop a back-up plan, especially for those individuals without available informal or family support.
13. Get plenty of rest, drink fluids, eat healthy foods and manage your stress.
14. Stay home when you're sick. Follow your organization's policies and procedures for reporting your absence with as much notice as possible to ensure they have sufficient time to identify who will be providing care in your place.
15. Personnel who develop symptoms confirmed or suspected to be COVID-19 should call their provider for testing authorization.
 - a. The provider can have a testing request entered into the Indiana State Department of Health request form: <https://redcap.isdh.in.gov/surveys/?s=WMKD7PHEPF> . *Please note that this form is intended to be used only by healthcare providers, infection preventionists or other health care personnel.*
 - b. For questions, please call the ISDH line at 877-826-0011 (available 24/7) to have testing approved.
 - c. Providers also have the option to work with Lilly, LabCorp or Quest for commercial testing should they deem appropriate.
16. Personnel should also note that their local health department will be making contact with them if their test comes back positive and will instruct them on home monitoring of all close contacts.
17. Agency personnel should follow home quarantine recommendations from the Centers for Disease Control and Prevention (www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html) and return to work when the following conditions have been met:

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- a. Fever-free for at least 72 hours (three full days of no fever without the use of medicine that reduces fevers).

AND

- b. Other symptoms have improved (for example, your cough or shortness of breath have improved).

AND

- c. At least 7 days have passed since your symptoms first appeared.

Additional information

General questions from the public or healthcare provider inquiries about COVID-19 may be directed to the ISDH COVID-19 Call Center at the toll-free number: 877-826-0011 (available 24/7).

Additional information and resources for COVID-19 are available at the links below.

- CDC COVID-19 webpage: www.cdc.gov
- ISDH COVID-19 webpage: <https://coronavirus.in.gov>
- Guidance for Infection Control and Prevention Concerning COVID-19 in Home Health Agencies (CMS): www.cms.gov/files/document/qso-20-18-hha.pdf
- Preventing the Spread of COVID-19 in Homes and Residential Communities - Recommended Precautions for Household Members, Intimate Partners and Caregivers (CDC): www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html
- Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for COVID-19 (CDC): www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html

Adapted from the Indiana State Department of Health guidance.