

CARE FOR U PLUS

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COVID 19/PPE

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first known case was identified in Wuhan, China, in December 2019. The disease has since spread worldwide, leading to the current ongoing pandemic.

Note: Since this is an ongoing pandemic, information and data statistic about COVID-19 is undated frequently, and instructions and recommendations may change due to new scientific discovery. For newest information about the virus, please visit: the CDC COVID-19 section (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) or the NJ COVID-19 Information Hub (<https://covid19.nj.gov/index.html>)

About COVID-19

Symptoms

- Symptoms of COVID-19 vary, but often include:
 - Fever/Chills
 - Congestion
 - Cough
 - Difficulty Breathing
 - Sore Throat
 - Headache
 - Nausea /Vomiting
 - Muscle-ache
 - Diarrhea
 - Sore Throat
 - Runny Nose
 - Loss of Taste or Smell
 - cough
- Symptoms may begin one to fourteen days after exposure to the virus.
- At least a third of people who are infected do not develop noticeable symptoms.
- Of those people who develop symptoms noticeable enough to be classed as patients, most (81%) develop mild to moderate symptoms (up to mild pneumonia), while 14% develop severe symptoms (dyspnea, hypoxia, or more than 50% lung involvement on imaging), and 5% suffer critical symptoms (respiratory failure, shock, or multiorgan dysfunction).
- Older people are at a higher risk of developing severe symptoms.
- Some people continue to experience a range of effects (long COVID) for months after recovery, and damage to organs has been observed.

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Transmission

- COVID-19 transmits when people breathe in air contaminated by droplets and small airborne particles. The risk of breathing these in is highest when people are in close proximity, but they can be inhaled over longer distances, particularly indoors.
- Transmission can also occur if splashed or sprayed with contaminated fluids, in the eyes, nose or mouth, and, rarely, via contaminated surfaces.
- People remain contagious for up to 20 days and can spread the virus even if they do not develop any symptoms.

Treatment

- There is no specific, effective treatment or cure for COVID-19.
- The cornerstone of management of COVID-19 is supportive care, which includes treatment to relieve symptoms, fluid therapy, oxygen support and prone positioning as needed, and medications or devices to support other affected vital organs.
- Most cases of COVID-19 are mild. In these, supportive care includes medication such as paracetamol or NSAIDs to relieve symptoms (fever, body aches, cough), proper intake of fluids, rest, and nasal breathing.
- Good personal hygiene and a healthy diet are also recommended.
- The U.S. Centers for Disease Control and Prevention (CDC) recommend that those who suspect they are carrying the virus isolate themselves at home and wear a face mask.
- People with more severe cases may need treatment in hospital.

Help Stop the Spread of Coronavirus and Protect Your Family:

Getting Vaccinated

The U.S. Food and Drug Administration has authorized several COVID-19 vaccines for emergency use. Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. COVID-19 vaccination is an important tool to help us get back to normal.

If you need help finding a COVID-19 vaccines in NJ, please visit NJ Vaccine Appointment Finder. (<https://covid19.nj.gov/pages/finder>)

Wash Your Hands

The best way to prevent illness is to avoid being exposed (or exposing others) to this virus by practice simple hygiene. Wash your hands regularly with soap and water for 20 seconds – especially after going to the bathroom, before eating, and after coughing, sneezing, or blowing your nose. Learn how to wash your hands to prevent the spread of coronavirus and other illnesses.

If soap and water are not available, the Centers for Disease Control and Prevention recommend that consumers use alcohol-based hand sanitizers containing at least 60% ethanol (also known as ethyl alcohol).

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Wear a Mask and Avoid Crowds

Avoid crowds and poorly ventilated spaces. Avoid close contact (stay at least 6 feet, or about two arms' length, away) with people who don't live with you, even if they don't appear sick, in both indoor and outdoor spaces. Some people without symptoms may be able to spread the coronavirus.

The CDC recommends wearing a mask in public, especially when other social distancing measures are difficult to maintain (for example, at grocery stores and pharmacies).

Wearing masks in public can help to slow the spread of the virus. They can help keep people who may have the virus and do not know it from transmitting it to others by helping prevent respiratory droplets from traveling into the air and onto other people when you cough, sneeze, or talk.

Donate Blood and Plasma

Maintaining an adequate blood supply is vital to public health. Blood donors help patients of all ages and kinds – accident and burn victims, heart surgery and organ transplant patients, and those battling cancer and other life-threatening conditions. The American Red Cross estimates that every two seconds someone in the U.S. needs blood.

If you are healthy and feel well, contact a local donation center to make an appointment. Donation centers are taking steps to make sure donation is safe.

- AABB: www.aabb.org (301) 907-6977
- America's Blood Centers: www.americasblood.org
- American Red Cross: www.redcrossblood.org 800-RED CROSS (800) 733-2767
- Armed Services Blood Program: www.militaryblood.dod.mil (703) 681-8024
- Blood Centers of America: www.bca.coop External Link Disclaimer

People who have fully recovered from COVID-19 are encouraged to consider donating plasma, which could potentially help save the lives of other COVID-19 patients. COVID-19 patients develop antibodies (proteins that might help fight the infection) in their blood. Learn more about donating COVID-19 convalescent plasma, which can be used to treat hospitalized patients, especially those who have severe cases of the disease.

Using Personal Protective Equipment (PPE) for COVID-19 Patients

Who Needs PPE:

- Patients with confirmed or possible SARS-CoV-2 infection should wear a facemask when being evaluated medically
- Healthcare personnel should adhere to Standard and Transmission-based Precautions when caring for patients with SARS-CoV-2 infection.

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How to Put On (Don) PPE Gear:

More than one donning method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of donning.

1. Identify and gather the proper PPE to don. Ensure choice of gown size is correct.
2. Perform hand hygiene using hand sanitizer.
3. Put on isolation gown. Tie all of the ties on the gown.
4. Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available). If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.
 - Respirator: Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
 - Facemask: Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
5. Put on face shield or goggles. When wearing an N95 respirator or half facepiece elastomeric respirator, select the proper eye protection to ensure that the respirator does not interfere with the correct positioning of the eye protection, and the eye protection does not affect the fit or seal of the respirator. Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. Put on gloves. Gloves should cover the cuff (wrist) of gown.
7. Healthcare personnel may now enter patient room.

How to Take Off (Doff) PPE Gear:

More than one doffing method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of doffing.

1. Remove gloves. Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. Remove gown. Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.
3. Healthcare personnel may now exit patient room.
4. Perform hand hygiene.
5. Remove face shield or goggles. Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. Remove and discard respirator (or facemask if used instead of respirator). Do not touch the front of the respirator or facemask.
 - Respirator: Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.

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- Facemask: Carefully untie (or unhook from the ears) and pull away from face without touching the front.
7. Perform hand hygiene after removing the respirator/facemask and before putting it on again if your workplace is practicing reuse.*