


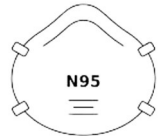
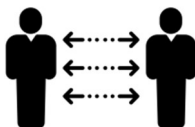










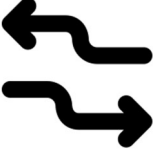
COVID-19 and Seasonal Influenza: Interim Guidance for Health Care and Public Health Providers

PREVENTION, PREPAREDNESS, AND REOPENING

Core Principles of COVID-19 Prevention			
Based on information contained in the CCHCS COVID-19 and Seasonal Influenza Guideline and CCHCS Memos			
	Basic Rule	Explanation	CDCR/CCHCS Resources
A.	 <p>EVERYONE should be <u>vaccinated</u> and boosted against COVID-19 (unless there is a medical reason to not be vaccinated/boosted)</p>	Vaccination is a vital strategy to prevent disease and death. It helps develop immunity to COVID-19 and can minimize outbreaks.	<ul style="list-style-type: none"> • QM Patient Vaccination Registry Tool (CDCR networking is required for access)
B.	 <p>EVERYONE should <u>cover their mouth and nose</u> around other people.</p>	This is called "source control" and can be accomplished with a surgical (procedure) mask.	<ul style="list-style-type: none"> • Personal Protective Equipment Memo (CDCR networking is required for access)
C.	 <p>EVERYONE should <u>avoid yelling, singing, and eating</u> around other people.</p>	These activities generate aerosols increasing the risk of transmission to others.	<ul style="list-style-type: none"> • Aerosol-Generating Procedures memo and CPAP/BiPAP memo (CDCR networking is required for access)
D.	 <p>EVERYONE should <u>protect their mouth and nose</u> from exposure.</p>	Fit-tested N95 masks are protective in high risk encounters.	<ul style="list-style-type: none"> • Personal Protective Equipment Memo (CDCR networking is required for access)
E.	 <p>EVERYONE should <u>keep their distance</u> from other people.</p>	It is important to reduce sharing of airspace.	<ul style="list-style-type: none"> • Personal Protective Equipment Memo (CDCR networking is required for access)
F.	 <p>EVERYONE should <u>minimize the duration of contact</u> with other people.</p>	Keep encounters as brief as possible. Risk of infection is higher if cumulative contact exceeds 15 minutes.	<ul style="list-style-type: none"> • Transmission Chapter






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	Basic Rule	Explanation	CDCR/CCHCS Resources
G.	 <p>People <u>vulnerable</u> to complications need to be protected from exposure.</p>	Older people and those with certain medical conditions have a higher risk of dying from COVID-19. Sheltering in place, minimizing exposure to others is recommended.	<ul style="list-style-type: none"> • QM Patient Vaccination Registry Tool (CDCR networking is required for access)
H.	 <p>EVERYONE should <u>keep their hands clean</u>.</p>	Hand hygiene reduces the risk of contact transmission.	<ul style="list-style-type: none"> • Infection Control and PPE Chapter
I.	 <p><u>CLEAN</u> surfaces and objects that are touched very frequently.</p>	Cleaning high-touch surfaces and environmental disinfection reduces the risk of contract transmission.	<ul style="list-style-type: none"> • Infection Control and PPE Chapter
J.	 <p>EVERYONE should <u>avoid sharing airspace</u> with other people.</p>	Enclosed spaces with poor ventilation increase infection risk. Outdoors is safer. Large rooms are safer than small rooms. Indoor spaces need maximum air exchange.	<ul style="list-style-type: none"> • CDC site: Ventilation in Buildings • ASHRAE Guidance for Building Operations During the COVID-19 Pandemic
K.	 <p>EVERYONE should <u>avoid crowds and mixing</u>.</p>	The fewer the number of people exposed, the smaller the outbreak. The smaller the outbreak, the flatter the curve.	<ul style="list-style-type: none"> • Transmission Chapter
L.	 <p>EVERYONE should <u>avoid movement</u> that might spread the virus.</p>	Movement and transportation must be done safely.	<ul style="list-style-type: none"> • Movement Matrix (Appendix 13) • Safer Transportation (Appendix 20)



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	Basic Rule	Explanation	CDCR/CCHCS Resources
M.	 <p>Viral TESTING is key for detecting infection.</p>	Testing for the virus is sensitive and accurate. It identifies infections early and in people without symptoms. Testing is also used for surveillance and to improve the safety of essential movement.	<ul style="list-style-type: none"> • Testing Chapter
N.	 <p>People with symptoms or a positive COVID-19 test should ISOLATE away from other people.</p>	People who might be infected with COVID-19 should stay away from other people for at least 10 days.	<ul style="list-style-type: none"> • Institution Entrance Screening Memo (CDCR networking is required for access) • Control Strategies for Suspected and Confirmed Cases Chapter
O.	 <p>Contacts to a confirmed case should QUARANTINE away from other people.</p>	People exposed to COVID-19 are at high risk of becoming infected and infectious to other people. Close contacts should be identified and notified. They should stay away from other people for at least 10 days.	<ul style="list-style-type: none"> • Control Strategies for Contacts to Cases Chapter

Excerpted from the Prevention, Preparedness and Reopening Chapter of the CCHCS Interim Guidance for Health Care and Public Health Providers: <https://cchcs.ca.gov/covid-19-interim-guidance/>.