


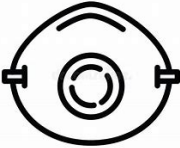
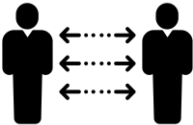











COVID-19 and Seasonal Influenza: Interim Guidance for Health Care and Public Health Providers

PRIMARY PREVENTION AND PREPAREDNESS

Table 2.1 Core Principles of COVID-19 Prevention <i>Based on information contained in the CCHCS COVID-19 and Seasonal Influenza Guideline and CCHCS Memos</i>			
	Basic Rule	Explanation	CDCR/CCHCS Resources
A.	 <p>EVERYONE should be <u>vaccinated</u> against COVID-19 (unless there is a medical reason to not be vaccinated)</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"> • Vaccination (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 cotton face covering, surgical mask, or face shield.	<ul style="list-style-type: none"> • 6/24/20 CALPIA Cloth Face Barrier-Masks 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. Breathing machines can also generate aerosols.	<ul style="list-style-type: none"> • Aerosol-Generating Procedures memo (CDCR networking is required for access)
D.	 <p>EVERYONE should <u>protect their mouth, nose, and eyes</u> from exposure.</p>	Fit-tested N95 masks are protective in high risk encounters. Other mask types provide partial protection and reduce the risk of becoming infected and may reduce the severity of illness.	<ul style="list-style-type: none"> • Recommended PPE Table • 4/16/20 PPE Guidance and Information memo and 8/31/20 Respiratory Protection Program (Fit Testing) memo (CDCR networking is required for access for both)
E.	 <p>EVERYONE should <u>keep their distance</u> from other people.</p>	6 feet is a general guideline, but further is better.	
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 section






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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"> • High Risk Table inside Clinical Manifestations section
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 • Cleaning subsection inside Control Strategies for Suspected and Confirmed Cases section
I.	 <p><u>CLEAN surfaces</u> and objects 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 section • Environmental Infection Control section • Cleaning subsection inside Control Strategies for Suspected and Confirmed Cases section
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"> • Ventilation subsection in Primary Prevention section
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"> • Movement Matrix (Appendix 13)
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)



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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 used for surveillance and to improve the safety of essential movement.	<ul style="list-style-type: none">• Movement Matrix (Appendix 13)• Testing section
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">• Isolation subsection in Control Strategies for Suspected and Confirmed Cases section
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 14 days.	<ul style="list-style-type: none">• Quarantine subsection inside Control Strategies for Contacts to Cases section

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