

### **Person Under Investigation (PUI) Guidelines.**

*Person under investigation (PUI) means someone (an individual receiving DDS services) who has symptoms, However, has not yet tested positive for COVID-19.*

1. **The PUI must remain at his/her residential home.**
2. Support staff who are providing direct care or in the same room with the PUI **shall wear the following personal protective equipment (PPE): face shield, face mask and gloves; if sufficient PPE supplies are not available alternative eye protection, face mask and gloves may be utilized.**
3. **If an employee becomes a PUI (has symptoms of COVID-19), then the employee must go home and follow the isolation instructions** as outlined by his/her medical provider.
4. **Do not take the individual** to work or day program, grocery store, or any other public space.
5. Individuals should not use any public transportation or ride in anyone's car/vehicle
6. Postpone any non-urgent medical appointments.
7. Adhere to the **current policy restricting visitors from all residential settings.**
8. The person should not change rooms, if possible.
9. Social distancing (*at least 6-feet apart*) between housemates shall be maintained as much as possible (i.e., mealtimes in rotation when the environment does not accommodate social distancing).
10. All activities should occur in the same room where the person is self-isolating; this may include eating, sleeping, and leisure activities when possible.
11. Level of Supervision and Dining Guidelines shall be maintained.
12. If possible, the PUI should use a bathroom not used by anyone else. Otherwise, staff shall disinfect the bathroom after each use.
13. As much as possible, individuals should avoid **contact with other people in the home. If this is not possible, the PUI should wear a mask over his/her mouth and nose.** If no mask is available, the person should stay at least 6-feet (about the length of a kitchen table) away from other people.
14. Air out the house often by opening a window, only if temperature or weather permits. This is especially important for common spaces in the home.
15. **The individual's physician/healthcare provider will advise when it is safe to return to regular activities.**

### **Wear a Mask**



The person should wear a mask whenever anyone else in the home is in the same room with the PUI. If person cannot wear a mask, the other people in the room should wear masks.

### **Cough and/or Sneeze into Sleeve or onto a Paper Tissue**

1. If the individual can, he/she should use a paper tissue to cough, sneeze and wipe his/her nose.
2. Throw the tissue into a garbage can then wash your hands.
3. If paper tissue is not available, the individual should cough or sneeze into his/her sleeve/elbow.
4. If the residential staff needs to assist the person to wipe his/her nose or mouth, the staff person shall wear gloves and thoroughly wash hands with soap and water.



### **Wash Hands Often**

1. Individuals should wash their hands with soap and water for at least 20 seconds. Assist the individual to wash his/her hands often.
2. The individual should dry wet hands with a paper towel, if paper towels are not available the person may use a cloth hand towel only used by him/her.
3. If soap and water are unavailable, hand sanitizer containing at least 60% ethanol or 70% isopropanol alcohol.
4. Support staff should wash their own hands before and after assisting the person with eating, after toileting the person or using the toilet yourself, and whenever the person's or staff's hands appear dirty.
5. If there is a pet at the residence, avoid handling it whenever possible. If handling is unavoidable wash hands before and after touching it.



### **Do not Share Personal Items**

Do not share plates, utensils, glasses, towels, sheets, clothing or any other items. Wash dishes and utensils with soap and water after each use or use the dishwasher.

### **Watch for Symptoms and Take the PUI's Temperature Every Day**

Use a personal thermometer; or, if the thermometer will be used by others, use an infrared thermometer or a thermometer scanner with disposable covers. Disinfect the thermometer between uses by wiping it down and place a new cover on the thermometer each time it is used, if applicable.

Take the person's temperature at the same time every day and keep a record of the readings for each person (resident). Avoid routinely checking a temperature at night, as fevers are normally elevated in the evening, unless otherwise direct by the registered nurse.

Antipyretic medications are drugs that reduce a fever. Analgesic medications are drugs that relieve pain. Acetaminophen and ibuprofen are medications which work as both antipyretics and analgesics. Tylenol (Acetaminophen, Paracetamol) is recommended as a fever reducer for persons diagnosed with COVID-19 or persons under investigation. There are rumors and speculation that anti-inflammatory medications are not a preferred method of treatment for symptoms related to COVID-19; this may be related to concern that an enzyme in non-steroidal anti-inflammatory (NSAID) medications could aggravate COVID-19 symptoms. **According to the Food and Drug Administration (FDA), there is no scientific evidence connecting the use of NSAIDs to COVID-19.** NSAID medications include ibuprofen, (Motrin, Advil), aspirin, celecoxib (Celebrex), diclofenac (Voltaren, Cataflam, Cambia, Zipsor, Zolvolox). Some people may already be taking NSAID and/or corticosteroid medications, for this reason, the healthcare provider will determine which medications are appropriate. **It is your responsibility to ensure that healthcare professionals are provided with a current and accurate list of the person's medications and allergies.**

*Information specific to COVID-19 is fluid (constantly changing and evolving) and recommendations may change in the coming days.*

**Contact the Individual's Medical Provider if the Following Symptoms Appear or Worsen**

1. Fever
2. Cough
3. Shortness of breath, difficulty breathing or chest pain
4. Severe diarrhea or vomiting
5. Unusual, severe fatigue
6. **Do not forget to state that the individual is a person under investigation for COVID-19.**  
If the person needs to go to the hospital, the staff person will also be told where to go, how to get there and what precautions are needed—wearing a mask, using personal transport or an ambulance, etc.

The nurse should be ensuring that all medical contacts and medication Kardexes are current. Face sheets or other emergency contact sheets shall be completed in advance and readily available if an individual is sent to the hospital. Whenever possible, support staff should accompany the individual to the hospital. Please utilize the **DDS Hospital Admission and Emergency Department Notice** to assist with notifying the hospital professionals that you are a support staff for the individual.

### **Signs that the Person may be Experiencing Emotional Stress**

1. Fear, worry and/or anxiety (this may present as changes in behavior, increased aggression)
2. Frequent crying or irritability
3. Insomnia (inability to sleep) or Hypersomnia (sleeping too much)
4. Panic (sudden uncontrollable fear or anxiety, which can involve feeling of shortness of breath or difficulty breathing)
5. Obsessive ideas (repeatedly thinking about the same thing, which can be frightening)
6. Obsessive behaviors (repeatedly performing the same activity or action, such as, cleaning counters, checking things, pacing, repeating certain words or phrases, etc.)

**Contact the person's Psychologist, Behaviorist, or Developmental Specialist for some suggestions and assistance.** Employees experiencing these symptoms may contact the appropriate Employee Assistance Program or a professional counselor, therapist, psychiatrist or primary care provider.

### **Precautions to be Taken by the Person Who Does the Laundry and Cleans the Home**

1. The PUI or sick person's sheets, towels and clothes soiled by secretions and/or feces should be placed in a cloth laundry bag or paper bag, if disposable paper or plastic bags are used, they must be discarded in the trash. Clean clothes may not be placed in the same disposable bag which contained dirty laundry. The PUI's laundry shall be washed separately from other persons' in the home.  
Laundry precautions include:
  - a) Staff shall wear disposable gloves and avoid any direct contact between exposed skin and clothing and the dirty laundry used by the PUI.
  - b) Wash clothing/linen in warm or hot water (unless contraindicated due to the fabric)
  - c) Dry clothing/linen on a hot setting in the dryer (unless contraindicated due to the fabric)
2. When doing laundry place the soiled clothes/linen directly from the bag into the washing machine. If using a cloth laundry bag, place it in the washing machine with the laundry.
3. Do not place dirty laundry on the counter, floor, or other surfaces.
4. Do not shake dirty laundry.
5. The person's garbage can be placed in a trash bag, closed tightly and/or double-bagged and tossed into a garbage can (ideally one with a closable lid).
6. Support staff shall wash hands with soap and water before and after any contact with the PUI and/or objects and surfaces that have been touched by him/her, such as a night table, dishware, etc.

### **Clean and Disinfect the Following at Least Once a Day**

7. Surfaces frequently touched by the PUI, such as door handles, a night table, bed frame and other bedroom furniture
8. Bathroom and toilet
9. For disinfection, prepare a bleach solution mix: 5 tablespoons (1/3rd cup) bleach per gallon of water; or 4 teaspoons bleach per quart of water
10. **Use alcohol solutions with at least 70% alcohol.**
11. **When using household cleaners and disinfectants follow the instructions on the label** to ensure safe and effective use of the product.
12. Refer to the United States Environmental Protection Agency (EPA) for a list of approved household disinfectants.



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### **Q&A: COVID-19 AND HOME ISOLATION**

1. **What is the novel coronavirus?**

The novel coronavirus is a virus (SARS-CoV-2) that causes respiratory infections. The illness caused by the virus is called COVID-19.
2. **What are the symptoms of the illness?**

The main symptoms are fever, cough and difficulty breathing. Other symptoms can develop, such as nausea, vomiting, headache, muscle pain, diarrhea, and/or a sudden loss of taste and smell senses.
3. **How does the respiratory infection spread?**

It spreads from person to person through contact with droplets of saliva expelled into the air when an infected person talks, coughs or sneezes. The virus may also spread through contact with feces.
4. **Why is home isolation required?**

To avoid spreading the illness to others.
5. **When can home isolation be discontinued?**

When a doctor advises that isolation is no longer needed.

## References

Food and Drug Administration (FDA)

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-advises-patients-use-non-steroidal-anti-inflammatory-drugs-nsaids-covid-19>

The Lancet Journal Article

<https://www.thelancet.com/action/showPdf?pii=S2213-2600%2820%2930116-8>

United States Environmental Protection Agency (EPA)

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>