

Process for Verified or Presumptive Positive COVID-19

This document has been designed to set forth the process for how to best support a resident in a Level 2 Recovery House. If a resident becomes ill and starts to show symptoms of possible COVID-19, the resident will call their primary care doctor and follow the instructions provided. The resident will also wear a facemask **whenever** they leave their room. If anyone needs to be in the same room as the sick resident, they will need to also wear a mask. In the event a mask is unavailable, please use a bandana or scarf. If they are having trouble breathing call 911 and let the operator know there are symptoms of COVID-19. In some instances, the resident may be asked to go to the hospital, please call the hospital to let them know the resident is coming with symptoms of COVID-19. In other cases, the resident may be asked to self-isolate.

- A. Assist the resident getting to the hospital if that is the recommendation of the doctor, wearing a mask, scarf or bandana.
- B. If the resident is asked to stay at home and self-isolate begin the protocols, beginning with putting on a mask, scarf or bandana.
- C. In either instance, call the Director to discuss.

Process for Self-isolation in the recovery house

1. Self-isolation

- The resident will be supported to self-isolate in an individual room.
- This means the resident will stay in a single room, only leaving the room to use the restroom or to get medical care.
- The resident will follow the protocols for self-isolation listed in #7.
- Please seek medical attention if these signs appear
 - o Trouble breathing
 - o Persistent pain or pressure in the chest
 - o New confusion or inability to arouse
 - o Bluish lips or face
 - o ***This is not all inclusive. Please consult a medical provider for any other symptoms that are severe or concerning.**
- The resident will need to keep soiled clothes in closed laundry bag then wash laundry thoroughly when able following the steps below.
- Wear disposable gloves and keep the soiled items away from your body while laundering. Wash hands immediately after removing gloves.
- The resident will clean and disinfect her room routinely.

2. Bathroom

- There will be one bathroom designated for the resident with COVID-19 or presumptive case.
- She will be asked to use Lysol and Clorox wipes in the bathroom and on the bathroom knobs.
- Wash hands thoroughly after using the restroom.
- All other residents will use a separate designated bathroom, ensuring the safety of everyone in the house.
- This is an opportunity to speak with each resident about acceptance, support and selflessness.

3. Kitchen

- House managers will make a list for service work opportunities to provide meals/food for the resident who has been diagnosed or presumptive with COVID-19.

- The diagnosed resident will utilize the food they have purchased for use.
- When the sick resident runs out of food, we will get additional food from the grocery store.
- The diagnosed resident will use either her SNAP card or cash.
- If the diagnosed resident does not have money for food, please notify the director and the organization will provide food for her.
- The diagnosed resident will make a list of what they would like to eat.
- The diagnosed resident will be provided with meals by the other residents and house manager.
- The food will be brought to the door of the diagnosed resident's room, using paper products whenever possible.
- Encourage the diagnosed resident to drink lots of fluids to stay hydrated.
- Wash hands thoroughly before and after food preparation as well as after the food has been delivered.
- When paper products are not available, the dishes, cups and silverware will be picked up with gloves and immediately put into the dishwasher.
- Wash hands thoroughly after putting items into the dishwasher.
- This is an opportunity to discuss service work and the benefits.

4. Outside

- Once a resident begins to feel better, they will start to feel cooped up.
- We must follow the protocols listed in #7 as when to stop self-isolation.
- The diagnosed resident can leave the house to go for walks or drive (if she has her own car). The resident will need to physical distance of 6-feet wearing a mask when possible or at the very least a bandana or scarf.
- The diagnosed resident will notify the house manager when she wants to go for a walk or car ride.
- The house manager will notify all other residents to go into their respective rooms while the diagnosed resident is leaving the house.
- The same will happen when she returns.

5. Participating in Recovery Supports and Activities

- The diagnosed resident will call the house manager or another resident's phone to participate in recovery meetings held at the house.
- The resident will be supported to participate in virtual recovery meetings, meditations, Facebook Live activities and therapy/counseling.
- For recovery activities that are occurring at the recovery house, the house manager will put the diagnosed resident's materials outside of the door of the resident for her to participate as well. Painting, sign making, God Boxes, Letter writing, Card making, Sewing Etc.
- The house manager will FaceTime or conference call the diagnosed/presumptive resident to comply with physical distancing, not socially excluding.

6. Process for checking in on the resident

- The house manager will check-in on the sick resident throughout the day virtually.
- Regularly ask them about symptoms and make sure the person isn't getting sicker and in need of medical care.
- Each time a meal is delivered ask the resident about symptoms
- Give the resident a number to call if they begin to feel worse or needs medical attention.
- Error on the side of caution if the symptoms are worsening call medical professionals.

7. People with COVID- 19 who have stayed home (home isolated) can stop home isolation under the following conditions:

A. If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) *****AND*****
- other symptoms have improved (for example, when your cough or shortness of breath have improved) *****AND*****
- at least 7 days have passed since your symptoms first appeared

B. If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medicine that reduce fever) *****AND*****
- other symptoms have improved (for example, when your cough or shortness of breath have improved) *****AND*****
- you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

Remember we will get through this as a team. Meeting the needs of each of our residents is our primary goal. As specific situations arise, we will discuss to find a workable solution. We are not afraid of difficult times, each and every one of us have battled through Substance Use Disorders and have found freedom in recovery. We have a program to deal with our feelings, this is the perfect opportunity to put it to good use! You are compassionate, caring and kind. Continue with the amazing work!