

Supplementary material 2

Epidemic Prevention and Control Measures in Nursing Homes

Mechanism of pneumonia [2020] No. 11

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Epidemic situation	Prevention and Control Measures
No COVID-19 cases found in nursing homes	<p>1. Establish a working mechanism for the epidemic prevention and control of COVID-19 in the facility. The person in charge of the nursing home is fully responsible for all the work including development and implementation of the protocols and emergency plans, and arrangement of on duty personal.</p> <p>2. Reinforce the management of people in and out of the facility: Immediate notification of the senior residents and their family members about the changes in arrangement and services due to prevention and control of epidemic through public announcement, phone calls, text messages and email. Visits and consulting services should be suspended, and unnecessary pass in and out of personal should be reduced. In the special circumstance (e.g. sickness, server diseases, death and disability required long-tern accompanying by family members), visitors should be registered, taken temperature, disinfected, and warned. Those allowed to enter should conduct activities in designated areas and routes and complying with relevant prevention and control requirements. When necessary according to the prevention and control of epidemic guideline, visitors and new admission should be suspended and the lock-down should be implemented.</p>

3. Management of returnees: For seniors who return after going out for special reasons, the information of their previous living conditions should be acquired, and relevant inspection should be done. If they have contacted with people from the epidemic areas or people with COVID-19 symptoms, they should be advised to suspend their return or be isolated in the quarantine room in the nursing home, and return to the living area after the medical observation ends.

4. Avoid gathering: No gathering and group activities should be allowed in the nursing home.

5. Health education and psychological counseling: Disseminate proper information on COVID-19 epidemic and knowledge on its prevention and control. Actively advocating hygiene, eliminating bad habits, abandoning uncivilized behaviors such as littering and spitting. Make sure that senior residents and staff members know the basic practice of health and the key protective measures for COVID-19. Reinforce the psychological counseling to relieve their anxiety and fear and guide them to maintain normal routines and regular life.

6. Maintain good hygiene and health habits: Senior residents and staff members should be taught to maintain good health habits. The rooms should be ventilated frequently, the furniture and tableware should be clean, and personal protection should be practiced including wearing medical surgical masks or N95 masks properly and maintaining hand hygiene. Regulate meals should be provided and wild animals should not be purchased and eaten. Staff should avoid visiting markets that sell live birds or wild animals.

7. Governance of environmental sanitation: Well disinfection of the nursing homes. Focused disinfection of resident living areas and trash bins; disposing garbage, sewage, and filth; eliminating the breeding environment of vector for rat, cockroach, mosquito, and flies.

	<p>8. Prepare medical supplies: Prepare necessary supplies such as thermometers, masks, disinfectants, etc.</p> <p>9. Monitor health status: Take initiative on monitoring the health of the senior residents and the staff and daily temperature. Old people with chronic diseases should need more attention to their nutrition, and daily monitoring of blood pressure, blood glucose and other measures. Routine medication for their chronic disease should be maintained.</p> <p>10. Seek medical advice promptly: Older people with suspicious symptoms of COVID-19 infection (including fever, cough, sore throat, chest tightness, dyspnea, mild anorexia, fatigue, slightly worse spirit, nausea and vomiting, diarrhea, headache, palpitation, conjunctivitis, mild extremity or back muscle pain, etc.) should seek medical attention immediately. The old persons and their accompanying staff should always wear masks and avoid taking public transportation. Once the staff is suspected to be infected, he/she should stop working immediately and go to the designated medical institutions.</p>
<p>COVID-19 Cases found in nursing homes</p>	<p>In addition to the above-mentioned 10 points, if there is confirmed COVID-19 cases among the senior residents or staff in the nursing home, the following measures should also be taken:</p> <p>11. Implement the responsibility of surveillance reporting of the epidemic situation: If there are confirmed COVID-19 cases, they should be sent to designated hospitals for diagnosis and treatment and local CDC agencies and superior authorities should be reported immediately.</p> <p>12. Management of the close contacts: The nursing homes should assist the CDC agencies to investigate the close contacts (e.g., other residents and their caregivers) and implement 14-day home or centralized medical observation quarantine. Temperature should be taken at least twice a day. They should be followed up and</p>

	<p>monitored for their health conditions which should be recorded at any time.</p>
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	<p>13. Reinforce disinfection: The nursing homes should assist the local CDC agencies to sterilize and disinfect the facilities.</p>
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