VDH COVID-19 Guidance for Nursing Homes

On September 23, 2022, CDC made the following changes to guidance documents for COVID-19 infection prevention and control (IPC) recommendations in healthcare settings including nursing homes:

- **Updated**
  - COVID-19 IPC Recommendations for Healthcare Personnel
  - Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2
  - Strategies for Mitigating Healthcare Personnel Staffing Shortages

- **Archived**
  - Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes

CMS updated the following documents:

- **Nursing Home Visitation - COVID-19 (REVISED) (QSO-20-39-NH REVISED)**
- **Interim Final Rule (IFC), CMS-3401-IFC, Additional Policy and Regulatory Revisions in Response to the COVID-19 Public Health Emergency related to Long-Term Care (LTC) Facility Testing Requirements (QSO-20-38-NH REVISED)**

VDH has revised IPC recommendations for nursing homes to reflect the CDC and the CMS new guidance. Updated VDH recommendations are highlighted in the following table:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Summary of Recommendations</th>
<th>Recommending Agency* and Resource Links</th>
</tr>
</thead>
</table>
| General Prevention Measures | ● Goals: Early detection of possible infection, swift isolation of ill individuals, and interruption of potential exposure pathways.  
  ○ Assign an individual with training in infection prevention and control to provide onsite management of all COVID-19 prevention and response activities.  
  ○ SARS-CoV-2 Community Transmission levels are updated weekly, so facilities should monitor weekly.  
    ■ If the community transmission level increases to high, scale up interventions as soon as you can  
    ■ If the level was high and decreases, ensure lower level is maintained for at least two weeks before adjusting IPC interventions  
### VDH COVID-19 Guidance for Nursing Homes

<table>
<thead>
<tr>
<th>Setting when they are in areas of the healthcare facility where they could encounter residents.</th>
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<tbody>
<tr>
<td>○ Frequent hand hygiene</td>
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<tr>
<td>○ Proper use of personal protective equipment (PPE)</td>
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<tr>
<td>○ Cleaning and disinfecting of surfaces</td>
</tr>
<tr>
<td>○ A single new case of SARS-CoV-2 infection in any healthcare personnel (HCP) or resident should be evaluated to determine if others in the facility could have been exposed.</td>
</tr>
</tbody>
</table>

- Facilities should screen HCP/residents/visitors for the following:
  - Symptoms of COVID-19
  - A positive viral test for SARS-CoV-2
  - Recent close contact with someone with SARS-CoV-2 infection

- The mechanism, frequency and the type of monitoring of asymptomatic individuals (HCP, residents) is at the discretion of the facility.

- Vaccination status is no longer used to inform source control, screening testing, or post-exposure recommendations

- Even as nursing homes resume normal practices and begin relaxing restrictions, nursing homes must sustain core infection prevention and control (IPC) practices (including HH, PPE, environmental cleaning and disinfection) and remain vigilant for SARS-CoV-2 infection among residents and HCP to prevent spread and protect residents and HCP from severe infections, hospitalizations, and death.

### Hand Hygiene

Use alcohol-based hand rub (ABHR) with at least 60% ethanol or 70% isopropanol as the primary method for hand hygiene in most clinical situations. Perform hand hygiene at appropriate times before and after touching a resident, between residents, and frequently during care.

**CDC:**
Clean Hands Count Campaign - [https://www.cdc.gov/handhygiene/campaign/index.html](https://www.cdc.gov/handhygiene/campaign/index.html)

### Source Control

- When SARS-CoV-2 Community Transmission level is high, source control is recommended for everyone in a healthcare setting when

**CDC:**
Interim Infection Prevention and Control Recommendations for Healthcare Personnel During...
they are in areas of the healthcare facility where they could encounter residents.

- When SARS-CoV-2 Community Transmission levels are **not** high, healthcare facilities could choose not to require universal source control.
- However, even if source control is not universally required, it remains recommended for individuals in healthcare settings who:
  - Have suspected or confirmed SARS-CoV-2 infection or other respiratory infection (e.g., those with runny nose, cough, sneeze); or
  - Had close contact (patients and visitors) or a higher-risk exposure (HCP) with someone with SARS-CoV-2 infection, for 10 days after their exposure; or
  - Reside or work on a unit or area of the facility experiencing a SARS-CoV-2 outbreak; universal use of source control could be discontinued as a mitigation measure once no new cases have been identified for 14 days; or
  - Have otherwise had source control recommended by public health authorities
- Individuals might also choose to continue using source control based on personal preference, informed by their perceived level of risk for infection based on their recent activities, even if it is not required by their healthcare facility.
- HCP or healthcare facilities might also consider using or recommending source control when caring for residents who are moderately to severely immunocompromised.
- Source control options for HCP include:
  - A NIOSH-approved particulate respirator with N95 filters or higher
  - A respirator approved under standards used in other countries that are similar to NIOSH-approved N95 filtering facepiece respirators (Note: These should not be used instead of a NIOSH-approved respirator when respiratory protection is indicated)

## VDH COVID-19 Guidance for Nursing Homes

### Personal Protective Equipment (PPE)

<table>
<thead>
<tr>
<th><strong>VDH COVID-19 Guidance for Nursing Homes</strong></th>
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</thead>
<tbody>
<tr>
<td>○ A barrier face covering that meets ASTM F3502-21 requirements including Workplace Performance and Workplace Performance Plus masks</td>
</tr>
<tr>
<td>○ A well-fitting facemask.</td>
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</tbody>
</table>

**Standard Precautions** should be followed for the care of all residents at all times. This involves the practice of hand hygiene and respiratory etiquette, safe injection practices, and the use of PPE when contact with blood, body fluids, wounds, etc. is possible.

- When a staff member needs to enter a resident’s room or care area, **gloves** should be added to Standard Precautions.
- **A gown and eye protection** should be added when performing an aerosol-generating procedure; during care activities where splashes and sprays are anticipated; or during high-contact resident care activities, such as dressing, bathing/showering, transferring, providing hygiene, changing linens, changing briefs or assisting with toileting, device care or use, or wound care. **Proper donning (putting on) and doffing (taking off) procedures must be followed.**

- **When SARS-CoV-2 Community Transmission levels are high**, healthcare facilities could consider:
  - Use of N95s for all aerosol-generating procedures or when additional risk factors for transmission identified (e.g., patient unable to use source control and area is poorly ventilated)
  - Universal use of N95s for all patient care encounters or areas of the facility at higher risk for SARS-CoV-2 transmission
  - **Eye protection worn during all patient care encounters**

**PPE for COVID-19**

- The resident must be isolated in their room with the door closed (if safe to do so), and HCP should **wear all recommended PPE during the care of that resident**. This includes a NIOSH-approved N95 or equivalent or higher-level respirator, gown, gloves, and eye

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### Other Resources

| Empiric Transmission-Based Precautions |  ● Asymptomatic individuals (patients/residents or healthcare personnel) do not require empiric use of **Transmission-Based Precautions** while being evaluated for SARS-CoV-2 following close contact with someone with SARS-CoV-2 infection,
  ○ These individuals should still wear source control for 10 days post exposure
  ○ They should be tested (series of 3 tests) except those who have recovered from SARS-CoV-2 infection in the prior 30 days
  ○ Monitoring of symptoms
    ■ Prompt isolation or exclusion from work if symptoms develop or test positive for SARS-CoV-2
  ● Empiric **Transmission-Based Precautions** (or exclusion from work, for HCP) following close contact may be considered in these scenarios:
    ○ Individual is unable to be tested or wear source control as recommended for the 10 days following their exposure
    ○ Individual is moderately to severely immunocompromised
    ○ Individual is residing (or cares for patients/residents) on a unit with others who are moderately to severely immunocompromised |  ● NIOSH-approved respirators with N95 filters or higher and eye protection should be used for all aerosol-generating procedures
  ● During a COVID-19 outbreak in a nursing home, wider use of N95 respirators might be considered at the discretion of the facility
  ● Facilities in counties with **high COVID-19 community transmission** may consider implementing universal use of NIOSH-approved particulate respirators with N95 filters or higher for HCP during all patient care encounters or in specific units or areas of the facility at higher risk for SARS-CoV-2 transmission. |  [https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html)  
  VDH: Considerations for Personal Protective Equipment (PPE) During COVID-19 Response in Long-Term Care Facilities:  
  CDC: Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic -  
  VDH: Considerations for Personal Protective Equipment (PPE) During COVID-19 Response in Long-Term Care Facilities:  
## VDH COVID-19 Guidance for Nursing Homes

| Resident Placement | Place residents with suspected or confirmed SARS-CoV-2 infection in single-person rooms (preferred), ideally with a dedicated bathroom
  |   | If rooms are shared, only residents with the same respiratory pathogen should be housed in the same room. MDRO colonization status and/or presence of other communicable diseases should also be taken into consideration during the cohorting process.
  |   | Keep door closed (if safe to do so)
  |   | If limited single rooms available, or numerous residents are simultaneously identified to have known SARS-CoV-2 exposures or COVID-19 symptoms, residents should remain in their current location
  |   | Facility could consider designating an area (e.g., a wing, ward, floor or end of a hallway) to care for residents with COVID-19
    |   | A physically separated area with clear signage
    |   | COVID-19 positive and negative residents should not share common areas or bathrooms
    |   | Dedicate equipment and staff to each cohort (i.e., all COVID-19 positive or all COVID-19 negative) to the extent possible. If equipment must be shared, clean and disinfect before and after each use.
    |   | Ensure that high-touch surfaces in staff break rooms and work areas are frequently cleaned and disinfected (e.g., each shift).
  |   | If possible, HCP working on the COVID-19 care unit should have access to a restroom, break room, and work area that are separate from HCP working in other areas of the facility.

| CDC: Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic |

| VDH: Considerations for Personal Protective Equipment (PPE) During COVID-19 Response in Long-Term Care Facilities |
## VDH COVID-19 Guidance for Nursing Homes

### Environmental Cleaning and Disinfection
- Ensure appropriate environmental cleaning and disinfection of all areas according to a set schedule and as needed whenever environmental contamination may have occurred.
- Use disinfectants approved by EPA for use against the virus that causes COVID-19. Refer to List N on the EPA website, and follow EPA's 6 Steps for Safe and Effective Disinfectant Use.
- High-touch surfaces should be cleaned and then disinfected on each shift. High-touch surfaces include, but are not limited to: bed rails, bed frames, bedside tables, call bells, remote controls, room chairs, and light switches.
- Shared equipment should be cleaned and disinfected before and after each use.
- Cleaning on COVID-19 units may need to be delegated to clinical staff to reduce the number of staff interacting with COVID-19 positive residents. All staff in a unit need to have a clear understanding of who is responsible for cleaning what items and surfaces and the proper methods of doing so to ensure there are no accidental gaps in cleaning services.
- For all cleaning and disinfection products, ensure HCP are appropriately trained on their use and follow the manufacturer’s instructions (e.g., concentration, application method, and contact time).
- If possible, do not allow environmental services staff to work across units or floors.
- Once the resident has been discharged or transferred, HCP, including environmental services personnel, should refrain from entering the vacated room without all recommended PPE until sufficient time has elapsed for enough air changes to remove potentially infectious particles. After this time has elapsed, the room should undergo appropriate cleaning and surface disinfection before it is returned to routine use.

### Linens and Laundry
- Manage laundry, food service utensils, and medical waste in accordance with routine procedures. Wash hands after handling dirty items.

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## New Admissions/Readmissions

- Facilities should create a plan for managing new admissions and readmissions.
- Residents with confirmed SARS-CoV-2 infection who have not met criteria to discontinue Transmission-Based Precautions should be placed in the designated COVID-19 care unit.
- **New admissions in counties where Community Transmission levels are high** should be tested upon admission.
  - Testing is recommended at admission and, if negative, again 48 hours after the first negative test and, if negative, again 48 hours after the second negative test.
  - Testing is generally not recommended for asymptomatic people who have recovered from SARS-CoV-2 infection in the prior 30 days.
  - They should also be advised to wear source control for the 10 days following their admission.
- Admission testing at lower levels of Community Transmission is at the discretion of the facility.
- Residents who leave the facility for 24 hours or longer should generally be managed as a new admission.
- Empiric use of Transmission-Based Precautions is generally NOT necessary for admissions or for residents who leave the facility for less than 24 hours (e.g., for medical appointments, community outings) and do not meet the following criteria:
  - Resident is unable to be tested or wear source control as recommended for the 10 days following their exposure.
  - Resident is moderately to severely immunocompromised.
### VDH COVID-19 Guidance for Nursing Homes

<table>
<thead>
<tr>
<th>Visitation</th>
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<tbody>
<tr>
<td>○ Resident is residing on a unit with others who are</td>
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<tr>
<td>moderately to severely immunocompromised</td>
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<tr>
<td>○ Resident is residing on a unit experiencing ongoing SARS-CoV-2</td>
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<tr>
<td>transmission that is not controlled with initial interventions</td>
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<tr>
<td>● VDH recommendations for discharging hospitalized patients with a</td>
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<tr>
<td>COVID-19 diagnosis to long-term care (LTC) are presented as a flow</td>
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<tr>
<td>diagram. Discharge decisions are based on clinical status and the</td>
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<td>ability of the accepting facility to meet care needs and adhere to</td>
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<tr>
<td>infection prevention and control practices.</td>
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<tr>
<td>● **Meeting the criteria for discontinuation of transmission-based</td>
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<tr>
<td>precautions is not a prerequisite for discharge from the hospital.</td>
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<table>
<thead>
<tr>
<th>Visitation</th>
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<tbody>
<tr>
<td>● The facility’s policies regarding face coverings and masks should be</td>
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<tr>
<td>based on recommendations from the CDC, state and local health</td>
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<td>departments, and individual facility circumstances.</td>
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<td>Facilities should provide guidance (e.g., posted signs at entrances)</td>
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<tr>
<td>about recommended actions for visitors who have a positive viral test</td>
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<tr>
<td>for COVID-19, symptoms of COVID-19, or have had close contact with</td>
<td></td>
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<tr>
<td>someone with COVID-19.</td>
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<tr>
<td>○ Visitors with confirmed COVID-19 infection or compatible symptoms</td>
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<tr>
<td>should defer non-urgent in-person visitation until they meet CDC</td>
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<tr>
<td>criteria for healthcare settings to end isolation.</td>
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<tr>
<td>○ For visitors who have had close contact with someone with COVID-19,</td>
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<tr>
<td>it is safest to defer non-urgent in-person visitation until 10 days</td>
<td></td>
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<td>after their close contact if they meet criteria described in</td>
<td></td>
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<tr>
<td>CDC healthcare guidance (e.g., cannot wear source control).</td>
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<tr>
<td>● During peak times of visitation and large gatherings (e.g., parties,</td>
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<tr>
<td>events) facilities should encourage physical distancing.</td>
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<tr>
<td>● If the nursing home’s county <strong>COVID-19 community transmission</strong> is</td>
<td></td>
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<tr>
<td><strong>high</strong>, everyone in a healthcare setting should wear face coverings</td>
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<tr>
<td>or masks.</td>
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</table>

- If the nursing home’s county **COVID-19 community transmission is not high**, the safest practice is for residents and visitors to wear face coverings or masks, however, the facility could choose not to require visitors wear face coverings or masks while in the facility, except during an outbreak.
- Regardless of the community transmission level, residents and their visitors when alone in the resident’s room or in a designated visitation area, may choose NOT to wear face coverings or masks and may choose to have close contact (including touch). If a roommate is present during the visit, it is safest for the visitor to wear a face covering or mask.

**Testing**

- Anyone with even mild symptoms of COVID-19, regardless of vaccination status, should receive a viral test for SARS-CoV-2 as soon as possible.
  - **Asymptomatic** patients with close contact with someone with SARS-CoV-2 infection should have a series of **three** viral tests for SARS-CoV-2 infection.
    - Testing is recommended immediately (but not earlier than 24 hours after the exposure) and, if negative, again 48 hours after the first negative test and, if negative, again 48 hours after the second negative test. This will typically be at day 1 (where day of exposure is day 0), day 3, and day 5.
  - Testing is generally not recommended for asymptomatic people who have recovered from SARS-CoV-2 infection in the prior 30 days.
  - Testing should be considered for those who have recovered in the prior 31-90 days; however, an antigen test instead of a nucleic acid amplification test (NAAT) is recommended. This is because some people may remain NAAT positive but not be infectious during this period.

- Routine testing of asymptomatic staff is no longer recommended but may be performed at the discretion of the facility.
### Testing in Nursing Homes

- However, facilities should instruct their staff, regardless of their vaccination status, to report any of the following criteria to occupational health or another point of contact designated by the facility so they can be properly managed:
  - A positive viral test for SARS-CoV-2, or
  - **Symptoms of COVID-19**, or
  - A **higher-risk exposure** to someone with SARS-CoV-2 infection
- Screening testing is still recommended for new admissions to nursing homes when community transmission levels are **high**
  - Series of three tests recommended: at admission and, if negative, again 48 hours after the first negative test and, if negative, again 48 hours after the second negative test

### Outbreak Investigations in Nursing Homes

- An outbreak investigation is initiated when a single new case of COVID-19 occurs among residents or staff to determine if others have been exposed.
- An outbreak investigation would not be triggered when a resident with known COVID-19 is admitted directly into TBP, or when a resident known to have close contact with someone with COVID-19 is admitted directly into TBP and develops COVID-19 before TBP is discontinued.
- Outbreak response should be coordinated with the **local health department**.
- Facilities have the option to perform outbreak testing through two approaches: contact tracing or broad-based (e.g. facility-wide, unit or floor) testing. More info is available in the [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html).
- Upon identification of a single new case of COVID-19 infection in any staff or residents:
  - Testing should be conducted for all residents and HCP identified as close contacts or on the affected unit(s) if using a broad-based approach, regardless of vaccination status.

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**Corresponding Resources**

### VDH COVID-19 Guidance for Nursing Homes

| Vaccination Planning | • Facilities should encourage their staff and residents to get vaccinated against SARS-CoV-2.  
|                       | • The VDH [vaccination toolkit for LTCFs](https://www.vdh.virginia.gov/content/uploads/sites/191/2021/05/Vaccination-Toolkit-for-LTCFs.pdf) provides resources to ensure facilities are provided with the necessary information to access the COVID-19 vaccine, as well as the appropriate resources to contact if facilities require assistance.  
|                       | • The CDC [Long-Term Care Facility Toolkit: Preparing for COVID-19 Vaccination at Your Facility](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html) provides resources including information on preparing for vaccination, vaccination safety monitoring and reporting, frequently asked questions, and printable tools.  
|                       | • Weekly vaccination numbers of nursing home residents and HCP should be reported into the CDC National Healthcare Safety Network (NHSN) LTCF Weekly HCP & Resident COVID-19 Vaccination module.  
|                       | • Provide influenza vaccination for all residents and staff for the current influenza season. Consider tracking and monitoring weekly influenza vaccination data for residents and staff through NHSN.  

### Testing

- Testing is recommended immediately (but not earlier than 24 hours after the exposure) and, if negative, again 48 hours after the first negative test and, if negative, again 48 hours after the second negative test. This will typically be at day 1 (where day of exposure is day 0), day 3, and day 5.

- Testing is generally not recommended for asymptomatic people who have recovered from SARS-CoV-2 infection in the prior 30 days. Antigen tests recommended if recovered from SARS-CoV-2 infection in the prior 31-90 days.

- Testing might be conducted for multiple pathogens during outbreaks of respiratory illness, especially during influenza season.

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**CDC:**  
Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic -  

Weekly COVID-19 Vaccination Data Reporting (NHSN) -  
[https://www.cdc.gov/nhsn/ltc/weekly-covid-vac/index.html](https://www.cdc.gov/nhsn/ltc/weekly-covid-vac/index.html)

Weekly Influenza Vaccination Data Reporting (NHSN) -  
[www.cdc.gov/nhsn/ltc/vaccination/index.html](www.cdc.gov/nhsn/ltc/vaccination/index.html)

**VDH:**  
COVID-19 Vaccination Toolkit -  
[https://www.vdh.virginia.gov/content/uploads/sites/191/2021/05/Vaccination-Toolkit-for-LTCFs.pdf](https://www.vdh.virginia.gov/content/uploads/sites/191/2021/05/Vaccination-Toolkit-for-LTCFs.pdf)

Influenza Information for Healthcare Professionals and Facilities -  
## VDH COVID-19 Guidance for Nursing Homes

### Communication
- Routinely update residents and families about the status of COVID-19 and pandemic response activities in the facility.
- Discuss concerns about disease, infection prevention, laboratory testing, etc. with the local health department.

VDH local health department contact information - [https://www.vdh.virginia.gov/local-health-districts/](https://www.vdh.virginia.gov/local-health-districts/)

### Reporting
- Report suspected and confirmed cases and outbreaks of COVID-19 to the local health department.
- In NHSN, enter data on the impact of infections on residents and staff, COVID-19 vaccination status of residents and staff, and monoclonal therapeutic availability and use.
- Report all (positive, negative, and inconclusive) nucleic acid amplification SARS-CoV-2 tests through the current mechanism your entity uses to report to public health (e.g., electronic lab report). Report all positive results from point-of-care (POC) diagnostic tests through the VDH POC Portal or NHSN.

CDC: NHSN LTC Module - [www.cdc.gov/nhsn/ltc/covid19/index.html](https://www.cdc.gov/nhsn/ltc/covid19/index.html)
LTC Module Enrollment - [www.cdc.gov/nhsn/ltc/covid19/enroll.html](https://www.cdc.gov/nhsn/ltc/covid19/enroll.html)


VDH: Virginia Regulations for Disease Reporting and Control (12 VAC 5-90-80)
Outbreak Reporting Portal - [https://redcap.vdh.virginia.gov/redcap/surveys/?s=LRHNP89XPK](https://redcap.vdh.virginia.gov/redcap/surveys/?s=LRHNP89XPK)
POC Reporting Portal - [apps.vdh.virginia.gov/POCreporting](https://apps.vdh.virginia.gov/POCreporting)

### Training
Before providing care to a person with COVID-19, HCP must:
1) Receive comprehensive training on when and what PPE is necessary, where PPE is located, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.
2) Get fit-tested for N95 respirator use if providing direct care to residents with suspected or confirmed SARS-CoV-2.
3) Demonstrate competency in performing appropriate infection prevention and control practices and procedures.

CDC: LTC mini webinars:
- Sparkling Surfaces - [https://youtu.be/t7OH8ORr5lg](https://youtu.be/t7OH8ORr5lg)
- Clean Hands - [https://youtu.be/xmYMUly7qIE](https://youtu.be/xmYMUly7qIE)
- Closely Monitor Residents - [https://youtu.be/1ZbT1Njv6xA](https://youtu.be/1ZbT1Njv6xA)
- Keep COVID-19 Out! - [https://youtu.be/7srwrF9MGdw](https://youtu.be/7srwrF9MGdw)
CMS:
CMS/CDC Fundamentals of COVID-19 Prevention Training -
qioprogram.org/cms-cdc-fundamentals-covid-19-prevention-nursing-home-management

*CDC and CMS are continually updating guidance; recommendations may change accordingly. Additional tools and resources may be found on the VDH COVID-19 Long-Term Care Task Force page: www.vdh.virginia.gov/coronavirus/health-professionals/virginia-long-term-care-task-force/

Agency Acronyms:
CDC – Centers for Disease Control and Prevention
CMS – Centers for Medicare and Medicaid Services
DOLI – Virginia Department of Labor and Industry
EPA – Environmental Protection Agency
VDH – Virginia Department of Health