

MED + TAC Global
Coronavirus Care Community of Practice

Bystander Rescue Care
CareUniversity Series

Family Survive & Thrive Guide: Coming Home Safely



August 06, 2020
CareUniversity Webinar #144

For resource downloads go to:
www.MedTacGlobal.org

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Bystander Rescue Care
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Welcome

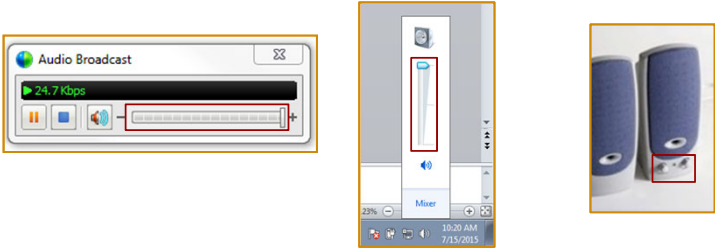


Charles Denham, MD
Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care
Med Tac Bystander Rescue Care
August 06, 2020
CareUniversity Webinar #143

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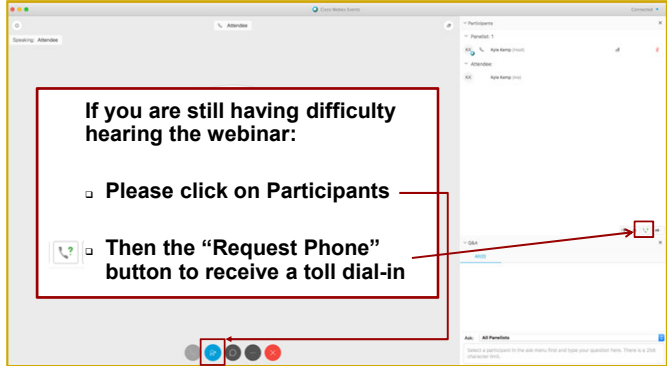
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**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

Our Purpose, Mission, and Values







Our Purpose:
We will measure our success by how **we protect and enrich the lives of families...patients AND caregivers.**

Our Mission:
To accelerate performance solutions that **save lives, save money, and create value** in the communities we serve and ventures we undertake.


Our ICARE Values:
Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.

Survive & Thrive Guide: Keeping Your Family Safe

TMIT Global National Research Test Bed

3,100 Hospitals in 3,000 Communities





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Disclosure Statement

The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship medication or device companies discussed in their presentations.

- Anne Rhoades has nothing to disclose.
- Gregory H. Botz, MD, FCCM, is a professor in the Department of Critical Care at the UT MD Anderson Cancer Center. He received his medical degree from George Washington University School of Medicine in Washington, DC. He completed an internship in internal medicine at Huntington Memorial Hospital and then completed a residency in anesthesiology and a fellowship in critical care medicine at Stanford University in California. He also completed a medical simulation fellowship at Stanford with Dr. David Gaba and the Laboratory for Human Performance in Healthcare. Dr. Botz is board-certified in anesthesiology and critical care medicine. He is a Fellow of the American College of Critical Care Medicine. He has nothing to disclose.
- Dr. William Scharf has nothing to disclose.
- Randal Styner has nothing to disclose.
- David Beshk has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- John Tomlinson has nothing to disclose.
- Matt Horace has nothing to disclose.
- Charles Denham, MD, is the Chairman of TMIT; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare Tsunami* documentary and Toolbox, including models. HCC is a former contractor for GE and CareFusion, and a former contractor with Siemens and Nanosonics, which produces a sterilization device, Trophon. HCC is a former contractor with Senior Care Centers. HCC is a former contractor for ByoPlanet, a producer of sanitation devices for multiple industries. He does not currently work with any pharmaceutical or device company. His current area of research is in threat management to institutions including conflict of interest, healthcare fraud, and continuing professional education and consumer education including bystander care.



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Speakers & Reactors


Jennifer Dingman


Dr. Gregory Botz


Ann Rhoades


David Beshk


Heather Foster RN


Dr. C Peabody


Dr. Casey Clements


Chief William Adcox


Matt Horace


Randal Styner


Paul Bhatia EMT


Dr. William Scharf



John Tomlinson


Dr. Charles Denham

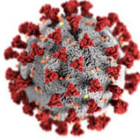
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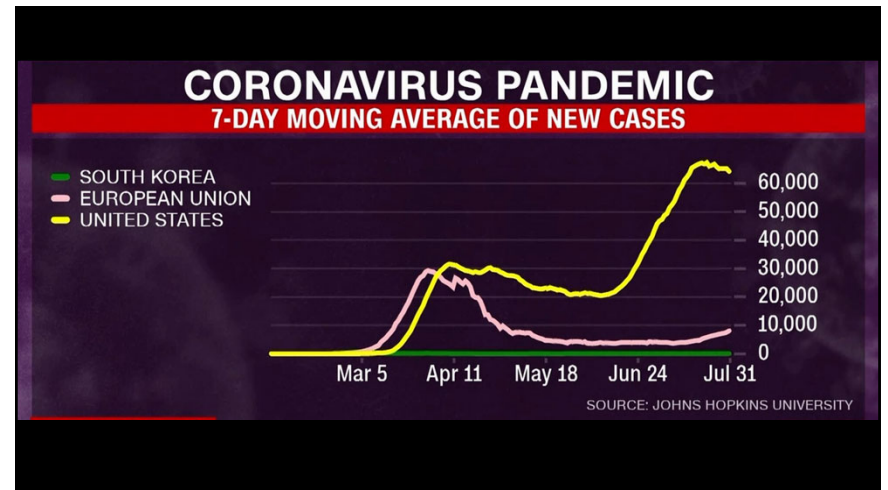
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Voice of the Patient



Jennifer Dingman
Founder, Persons United Limiting Substandard and Errors in Healthcare (PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO






Survive & Thrive Guide: Protecting Your Family

Health Security: The Family View


PUBLIC HEALTH



**Tradeoffs for Population:
Cost of Doing Business**

Versus

FAMILY HEALTH



**You will pay more
and do more to
spare your family**

Source: C Denham

Survive & Thrive Guide: Protecting Your Family

Coming Home Safely Questions

- How do we keep from bringing the virus home?
- What are the best practices to protect my family?
- What if I am exposed to a COVID-19 patient at work?
- How do I put together a Family Safety Program?
- Can we have safe play dates?
- Why are indoor activities riskier than those outdoors?
- What Personal Protective Equipment do I need to care for a loved one at home?
- How do we get teens and those in their 20's and 30's to take the lead in being safe and protecting families?
- What if a Contact Tracer Calls finds one of my family have been exposed?
- What should be on my family "what if list"?

Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide Series

Hot Zone
Public & Work Exposure



Warm Zone
Disinfection Area




Safe Zone
Home with Family



Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide Series

Don't Bring it Home



This program addresses the critical needs of families of essential workers who are at risk for bringing viruses and pathogens home. The goal is to prevent putting families at risk from at-work exposures.





HOME FAMILY CAREGIVERS



CAREMOMS & FAMILIES



AT WORK



HEALTHCARE ORGANIZATIONS



PROFESSIONAL CAREGIVERS

Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide Series

Back to Work

This program provides the leadership, practice, and technology information that can help create teams ready to go back to work making sure to be as safe as possible. We provide the concepts, tools, and resources that will help families prepare for patients and professional responsibilities you can to keep the community safe.

Back to the Pool

The Health Security Plan

This program provides the leadership, practice, and technology information that can help families prepare a Family Health Security Plan. We provide the concepts, tools, and resources that will help families prepare for patients and other major emergencies.

Family Health Security Plan

- Readiness: Preparedness, regular review, and updating of a plan based on what occurs.
- Regular: Regular practice of roles and skills.
- Response: Regular drills to ensure "response" in an emergency. Safeguards are put in place.
- Recovery: Regular drills to ensure "recovery" of all involved in other activities.
- Regular: Regular practice of roles and skills.
- Recovery: Regular drills to ensure "recovery" of all involved in other activities.
- Recovery: Regular practice of roles and skills.
- Recovery: Regular practice of roles and skills.
- Recovery: Regular practice of roles and skills.

Back to Worship

Going to the Emergency Department

This program provides the leadership, practice, and technology information that can help create teams ready to go back to work making sure to be as safe as possible. We provide the concepts, tools, and resources that will help the community safe.

CareUniversity Med Tac Bystander Rescue Care

High Impact Care Hazards to Patients, Students, and Employees

Med Tac Bystander Rescue Care Program

- Founded in 2015 in Orange County CA.
- Early Pilots in 5 States with leaders.
- Failure to Rescue is targeted prior to EMS arrival training of the public in evidence-based methods.
- Focus on 8 Leading Causes of Preventable Death
- Collaborate with Leading Medical Centers

www.MedTacGlobal.org

- Cardiac Arrest
- Choking & Drowning
- Opioid Overdose
- Anaphylaxis
- Major Trauma
- Infection Care
- Transportation Accidents
- Bullying

Med Tac Story

- Med Tac Leadership Team
- Adopt a Care Program
- Rights of Emergency Care
- College and Youth Program
- Staff & Employer Program
- Minutes & Counting Trailer
- Opioid Overdose Briefing

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The 4 P's to Address Emerging Threats

EMERGING THREATS COMMUNITY OF PRACTICE

SAFETY LEADERS

CARE UNIVERSITY

The 4 P's: Prevention, Preparedness, Protection, and Performance Improvement

Prevention Performance Improvement Preparedness Protection

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High Impact Care Hazards to Patients, Students, and Employees

- Cardiac Arrest
- Choking & Drowning
- Opioid Overdose
- Anaphylaxis
- Major Trauma
- Infections
- Transportation Accidents
- Bullying

Med Tac Story Article

Active Shooter Healthcare Article

Rapid Response Teams Article

AED & Bleeding Control Gear Article

A Medical-Tactical Approach undertaken by clinical and non-clinical people can have enormous impact on loss of life and harm from very common hazards:

- High Impact Care Hazards are frequent, severe, preventable, and measurable.
- Lifeline Behaviors undertaken by anyone can save lives.

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Survive & Thrive Guide:



CAREMOMS & FAMILIES



HOME FAMILY CAREGIVERS




AT WORK

Our Discovery:

Family Training Works

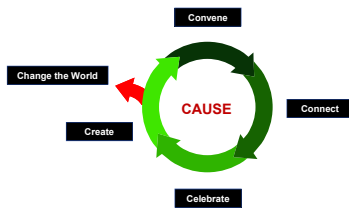
- Saves Companies
- Saves Money
- Saves Liability
- Saves Capacity

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Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*



Family Centric

- General Public
- Critical Essential Workers
- Professional Caregivers
- First Responders
- All Faiths Volunteers & Staff
- Educators & School Staff
- Scouts, Teams, and Membership Organizations

CareUniversity Med Tac Bystander Rescue Care

GTSS & TMIT Global Briefing

THE UNIVERSITY OF TEXAS







University of California
San Francisco



CareUniversity Med Tac Bystander Rescue Care



Monthly Webinars every first Thursday of the month at 1PM ET (Noon Central and 10AM PT). Free, video, and resources posted.

BASIC MODULES

- Why Social Distancing WORKS
- Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- GLASS High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and EMMV



ADVANCED MODULES

- Preparing for CARE at Home
- TELEMEDICINE Works - Try It
- Care of Seniors & those at Risk
- The Latest Best Practices
- Companions Don't Be Most Worried
- Getting Home Safely
- The New Return Webinar
- Back to School Safety



Related Resources

- Care of the At Risk & Seniors at Home

BASIC MODULES:

- Short Videos 4-10 min
- Critical Information
- Hits Pillars of Prevention

ADVANCED MODULES:

- Longer more detailed
- Webinar Recordings
- Technical Information

CareUniversity Med Tac Bystander Rescue Care

Essential Critical Infrastructure Workers

The Basics
Understand the Basics



Practices → Care of Your Loved Ones



A Miracle on the Hudson

Leadership
Form Family Team & Health Security Plan



Technologies
Putting Supplies & Gear to Work



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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

• How do we keep from bringing the virus home?

Hot-Warm-Safe Zone Practices

Hot Zone
Public & Work Exposure

Maintain Best Protection

- Social Distance
- Masks
- Hand Hygiene
- Clean Hi-Contact Surfaces

Warm Zone
Disinfection Area

Disinfection & Storage

- Considered Contaminated
- Remove PPE
- Disinfect each Person
- Store PPE
- Separate Laundry
- Clean Surfaces

Safe Zone
Home with Family

Maintain Zone Virus Free

- Disinfection Stations at doors at Warm Zones
- Clean Contact Surfaces
- Maintain Ventilation
- Manage Isolation, Quarantine, and Senior Care

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone
Public & Work Exposure

Maintain Best Protection

- Social Distance
- Masks
- Hand Hygiene
- Clean Hi-Contact Surfaces

HOT ZONE PRACTICES

- Social Distance – 6 Feet is a **MINIMUM**
- Handwashing is poor even in caregivers – 20 sec
- Avoid Poorly Ventilated Spaces
- Don't Touch Face Masks or the Face
- Be gracious but firm when others invade your space
- It is critical to know how to put on and take off Personal Protective Equipment (PPE). Called "Don and Doff" in healthcare jargon.
- Whenever in doubt, wash your hands.
- Know the process for reporting outbreaks.
- "**Exposure to Infected**" is being within 6 FEET OF INFECTED FOR LONGER THAN 15 MINUTES.

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

WARM ZONE
Leaving Hot Zone Practices

- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

WARM ZONE
Joining Hot Zone Practices

- Assure your mask has good fit.
- Practice no mask or face touching
- If contaminated – wash hands.
- Know the rules of the workplace or public venue.

Warm Zone
Disinfection Area

WARM ZONE
Coming Home Practices

- Designate WARM ZONE room or space for disinfecting.
- Assemble & Maintain Disinfection Station with cleaning supplies.
- Keep the family out of WARM ZONE
- Increase precautions if someone is in quarantine or isolation.

WARM ZONE
Leaving Home Practices

- New or Cleaned masks, gloves, face shields and coverings.
- Bring disinfectants in your car or your gear.
- Bring extra masks if you have them.

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

SAFE ZONE PRACTICES

- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

Care of Someone At Home

- Getting your “MacGyver On” – Use what you have.
- Whether the flu or Coronavirus – use same processes.
- Isolation is for all those who are infected or sick.
- The infected NEED to wear masks. Social distance and hand hygiene are important. Surfaces ARE a risk.
- Quarantine is for who may be infected – assume infected until end of quarantine period or test negative.

Safe Zone
Home with Family

Maintain Zone Virus Free

- Disinfection Stations at doors at Warm Zones
- Clean Contact Surfaces
- Maintain Ventilation
- Manage Isolation, Quarantine, and Senior Care

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MED + TAC **Emerging Threats Community of Practice** **Bystander Rescue Care CareUniversity Series**

Coronavirus Survive & Thrive Guide: Coming Home Safely

Dr. Gregory H. Botz

Professor of Anesthesiology and Critical Care, UT – MD Anderson Cancer Center
Adjunct Clinical Associate Professor, Department Anesthesiology Stanford University Medical School

Heather Foster RN

Infection Prevention Nurse
Acute Care Nurse
Patient Safety Advocate
Global Pete Conrad
Patient Safety Winner
Southwest Colorado

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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

- What are the best practices to protect my family?

Coming Home Safety Questions

- How do we keep them bringing the virus home?
- What are the best practices to protect the family?
- What if we respond to a COVID-19 patient at work?
- How do I get together if Family Safety Program?
- Can we have safe play dates?
- Why are visitor activities better than those visitors?
- What Personal Protective Equipment do I need to care for someone at home?
- How do we get home and those in their 30's and 20's, to take the lead in being safe and protecting themselves?
- What is a Central Home Care team and if my family have been exposed?
- What should be my family "what if's"?

CDC Guidelines

SOURCE: Centers for Disease Control

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Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

- Why Social Distancing WORKS
- Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO

Why Social Distance WORKS

DAY 1: 1 Person
 DAY 5: 1.25 People INFECTED
 DAY 30: 15 People INFECTED

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Survive & Thrive Guide: Protecting Your Family

Social Distancing

No Social Distancing At 30 Days

NO SOCIAL DISTANCING MEASURES IN PLACE

DAY 1: 1 Person
 DAY 5: 2.5 People INFECTED
 DAY 30: 406 People INFECTED IN 30 DAYS

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Masks ARE Critical

"I protect you; you protect me"

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Survive & Thrive Guide: Protecting Your Family

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Masks: The SCIENCE of Success

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Survive & Thrive Guide: Protecting Your Family

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Handwashing & DISINFECTANTS

04:20

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Survive & Thrive Guide: Protecting Your Family

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RISK of High Contact Surfaces

Coronavirus Lives on Surfaces

Paper and Tissue Paper**	3 hours	Stainless Steel*	2-3 days
Copper**	4 hours	Polypropylene Plastic**	3 days
Cardboard*	24 hours	Glass**	4 days
Wood**	2 days	Paper Money**	4 days
Cloth**	2 days	Outside of surgical mask**	7 days

07:34

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Survive & Thrive Guide: Protecting Your Family

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ICU Care, Respirators, and ECMO

08:00

MED+TAC

Survive & Thrive Guide: Protecting Your Family

Global Traveler
August 4, 2020

Hot Zone
Public & Work Exposure

This CEO has flown 33 times and spent 160 nights away this year. Here's his safety routine

At the Hotel:

- "I clean every surface with wipes — all door handles, light switches, the remote control the phone, wipe down the showerhead.

At Airport:

- "I wear multiple layers of disposable gloves, and peel them off as I go through it. Trams, escalators — peel a layer, check-in, use a kiosk with a touch screen — peel a layer, TSA security check — peel a layer.

In the Plane:

- "I wear multiple layers of disposable gloves and peel them off as I go through it. Trams, escalators — peel a layer, check-in, use a kiosk with a touch screen — peel a layer, TSA security check — peel a layer.

In the Rental Car:


- "Spend 10 minutes cleaning it. I use sanitizing wipes to clean every surface I might touch, including the steering wheel, seat belt, key fob, seat adjusters, rearview mirror and steering column adjuster. I assume the rental car is my own little domain after that."

Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

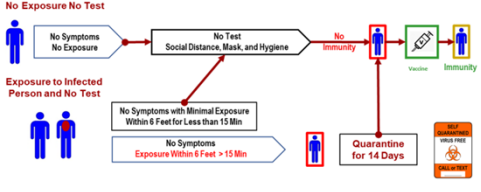
- What if I am exposed to a COVID-19 patient at work?

Hot Zone
Public & Work Exposure



Survive & Thrive Guide:

What if I am EXPOSED TO SOMEONE who is COVID-19 infected?

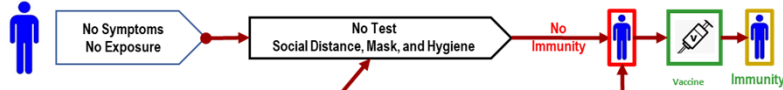


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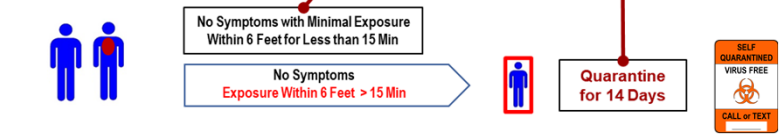
Survive & Thrive Guide:

What if I am EXPOSED TO SOMEONE who is COVID-19 infected?

No Exposure No Test



Exposure to Infected Person and No Test



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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

- Can we have safe play dates?

**Protect each other
Play apart**



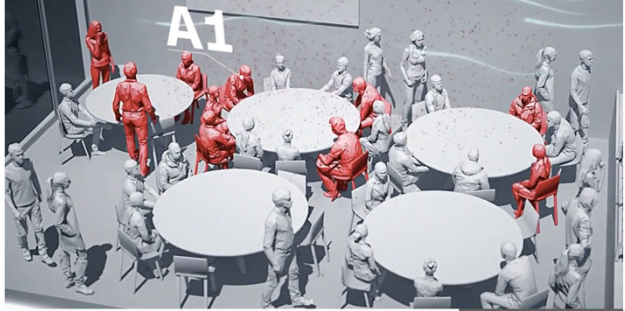
2 metres

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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely


- Why are indoor activities riskier than those outdoors?



A1


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Survive & Thrive Guide: Keeping Your Family Safe



How the Virus Spreads

Almost 100 people in Ohio were infected with coronavirus after man attended church service
By Steve Almasy, CNN
Updated 8:27 AM ET, Thu August 6, 2020




A man with Covid-19 went to church in mid-June, then 91 other people got sick, including 53 who were at the service, according to Ohio's governor.

"It spread like wildfire, wildfire. Very, very scary," Gov. Mike De Wine said Tuesday. "We know that our faith-based leaders want nothing more than to protect those who come to worship."

Source: <https://www.cnn.com/2020/08/05/health/ohio-church-coronavirus-spread/index.html> and Steve Almasy, CNN August 6, 2020

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Survive & Thrive Guide: Protecting Your Family



Almost 100 people in Ohio were infected with coronavirus after man attended church service
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Updated 8:27 AM ET, Thu August 6, 2020

A Case Study in Ohio found enormous spread by one infected person.

- Primary Cases are those directly infected by the first case.
- Secondary Cases are those infected by the first level people infected at event.
- Third Level people are those infected by second level people.

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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

- What Personal Protective Equipment do I need to care for a loved one at home?




N95 Mask Surgical Mask Cloth Mask

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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely: Teens and Young Adults

- How do we get teens and those in their 20's and 30's to take the lead in being safe and protecting families?



"The good news is 40% of the those infected are asymptomatic... The bad news is that 40% of those infected are asymptomatic"

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Survive & Thrive Guide: Protecting Your Family

Coming Home Safely: Exposure Notification

- What if a Contact Tracer Calls finds one of my family have been exposed?

SELF QUARANTINED

VIRUS FREE



CALL or TEXT

ISOLATION AREA



Coronavirus COVID-19

DO NOT ENTER

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Survive & Thrive Guide: Protecting Your Family


Testing: Who, What, Why, and How?


WHO do we test?


WHAT is tested?


WHY test?

HOW do tests work?

 **Infected**

 **Not Infected**

 **Infected and Asymptomatic**

 **Recovered and Maybe Immune**

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Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

- Why Social Distancing WORKS
- Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
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The Family Safety Plan

Family Health Safety Plan



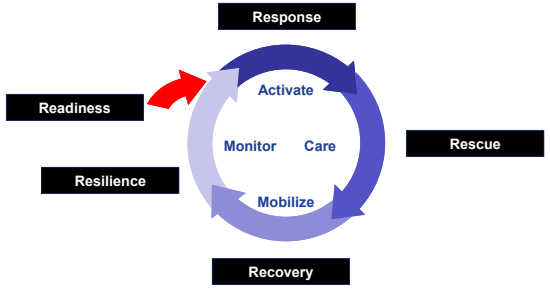


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Survive & Thrive Guide: Protecting Your Family

Family Health Safety & Organization Security Plans™



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Survive & Thrive Guide: Protecting Your Family

Family Health Security Plan

- **Readiness:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills each family member undertake.
- **Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.
- **Rescue:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills to take a loved one to the Emergency Department if they have severe symptoms. This means having records and medications ready go with the patient.
- **Recovery:** Follow up care of family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine.
- **Resilience:** Learn new knowledge and skills from ongoing and prior events. Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this “target hardening”.

MED TAC Global **Coronavirus Care Community of Practice** **Bystander Rescue Care CareUniversity Series**

Family Survive & Thrive Guide™ Coming Home Safely

Ann Rhoades
Founder & PRES
PeopleInk
Co-founder JetBlue
Albuquerque, NM

For resource downloads go to: www.MedTacGlobal.org






Story Time

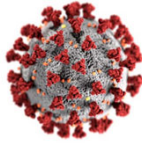


MED + TAC Global Coronavirus Care Community of Practice Bystander Rescue Care CareUniversity Series

Family Survive & Thrive Guide™: Coming Home Safely



David Beshk
Award Winning Educator
Med Tac School Program Leader
Scout Program Mentor
San Juan Capistrano, CA



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TMIT Global: Effectiveness of Masks





The Family Plan: Learning as a Family




Who is the CFO?

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The Family CFO: The Chief Family Officer

T RUTH	What do you want them to KNOW ?	The Science of Spread and Safety.	 HEAD
T RUST	What do you want them to FEEL ?	The Fight for Life for your loved ones.	 HEART
T EAMWORK	What do you want them to DO ?	Plan the Work & Work the Plan	 HANDS
T RAINING	What do you want them to SAY ?	All Teach All Learn	 VOICE

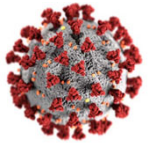
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Coronavirus Survive & Thrive Guide



Christopher Peabody MD MPH
Assistant Clinical Professor of Emergency Medicine,
University of California
San Francisco



For resource downloads go to: www.MedTacGlobal.org

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Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

- Why Social Distancing WORKS
- Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO

Dr. Christopher Peabody
Discusses the new challenges when bringing a loved one to the Emergency Department

NEW Emergency Dept. Issues

Emergency Department and COVID Care

The 5 Rights of Emergency Care

- Right Provider
- Right Follow Up
- Right Discharge
- Right Treatment
- Right Diagnosis

06:10

MED+TAC

Going to the Emergency Room

The 5 Rights of Emergency Care®

PHR Home NEW H ED ICE

Right Provider

Test

Monitor Diagnose

Right Follow Up

Right Discharge

DC PLAN F°

Right Treatment

Rx Watch Images

Right Diagnosis

MD Meds

WARM ZONE: Disinfection Station

Disinfectant bottles and supplies on a shelf.

Basket containing disinfectant and other supplies.

Going to the Emergency Room

COVID-19 Fact Check

<https://www.covid19factcheck.com/>

Learn the facts and myths so you can prepare better and keep others informed.

Myth Buster Helpful Tips Learn about COVID-19 About Contact

Table of Contents

- Do I need to stay 6 ft away from others when I wear a mask?
- Will spraying and introducing bleach or another disinfectant into your body kill the coronavirus?
- Do I need to buy surgical masks or N95 respirator?
- Will wearing gloves 100% protect me from the coronavirus?
- Can coronavirus survive on surfaces for days?
- Do I have to wash hands often or disinfect surfaces even if I do not leave the house?
- Does Ibuprofen worsen disease for people with COVID-19?

Do I need to stay 6 ft away from others when I wear a mask?

Share with friends and family

Most information sourced from WHO & CDC. Last updated 05/18/2020.

Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone Public & Work Exposure	Warm Zone Disinfection Area	Safe Zone Home with Family
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Coronavirus Survive & Thrive Guide: Coming Home Safely



Christopher Peabody MD MPH
Assistant Clinical Professor of Emergency Medicine, University of California, San Francisco



William Scharf MD
Executive Clinical Director of Quality and Safety, AdventHealth



Paul Bhatia EMT
Pre-Med, President EMT Team, UCI

High Risk Exposure



COVID-19: Staying Healthy as a Police Officer
LACP
Educate Yourself. Stay Informed. Be Safe.

Law Enforcement & First Responders High Risk Exposure

CDC High Risk Exposure

- Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a person with symptomatic laboratory-confirmed COVID-19 infection *without using recommended precautions.*
- Direct exchange of secretions to mucous membranes from laboratory-confirmed COVID-19 infection (e.g. cough into face with no protective personal equipment (PPE)).


Considerations for Agency Actions in Response to High Risk Exposure:

- To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers such as law enforcement personnel may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community.
- Officers who have had an exposure to COVID-19 but remain asymptomatic should adhere to the following practices prior to and during their work shift:
 - Pre-Screen:** Employers should measure the individual's temperature and assess symptoms prior to the start of their shift.
 - Regular Monitoring:** Individuals should self-monitor in accordance with their employer's occupational health policy.
 - Wear a Mask:** Individuals should wear a face mask at all times while in the workplace for 14 days following the last exposure.
 - Social Distance:** The individual should maintain six feet and practice social distancing as work duties permit.
 - Disinfect:** The individual should routinely clean and disinfect all areas, including shared equipment.


→ In the event the officer becomes sick during the day, and develops symptoms consistent with COVID-19, they should be sent home immediately and follow guidance for **Law Enforcement Sickness with COVID-19**. Information on any individual they had contact with during the time they had symptoms, and two days prior, should also be identified and considered exposed.

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Coronavirus Survive & Thrive Guide: Coming Home Safely



Chief William Adcox
Chief Security Officer, MD Anderson Cancer Center



Matt Horace
Chief Security Officer, Mayo Clinic



Randal Styner
Director Emergency Management, University of California Irvine

Survive & Thrive Guide: Protecting Your Family

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Survive & Thrive Guide: Protecting Your Family

CDC Guidelines

Social Distancing
6 ft

Disinfecting Surfaces

Hand Washing

Use of Masks

SOURCE: Centers for Disease Control and Prevention
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Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

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- Masks ARE Critical
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Masks: The SCIENCE of Success

27:07 MED TAC

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TMIT Global: Effectiveness of Masks

THE WALL STREET JOURNAL
August 3, 2020

What to Know About KN95 Face Masks

Q: What's the difference between KN95 and N95 face masks?
A: Face masks known as N95 and KN95 respirators are the common names for regulatory standards used to test their efficacy at filtering out at least 95% of very small particles. **N95 is the standard used in the U.S., while KN95 refers to a standard in China.**

On paper they are very similar. Both filter out most small particles and are similarly breathable. But some states, hospitals and other users in the U.S. have reported quality concerns about KN95 masks they ordered in recent months as protection against the new coronavirus. **Tests on KN95 masks have shown that many fail to meet basic filtration standards.**

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Survive & Thrive Guides:

**Survive & Thrive Guide:
Masks: The SCIENCE of Success**

Mask Facts & Fiction • Scientists are NOT in Agreement on Mask Use
TRUE or FALSE? • Masks ONLY protect the public and not the Wearer
• The Mask FIT impacts mask protection
• Masks can HARM the wearer
• ALL masks with good fit have equal protection

Dramatically Reduced Risk

**Best Solution – All Wear Masks
N95 for Caregivers, Surgical Best for
Consumers. Next Best Cloth – All are of Value**

TMIT Global: Effectiveness of Masks

No Mask – Extreme Risk

15 minutes within 6 feet = “High Risk”

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

TMIT Global: Effectiveness of Masks

Cloth Mask – Reduced Risk

**2 Layer Cloth Mask Reduces
Exhaled and Inhaled Droplets by 60%**

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

TMIT Global: Effectiveness of Masks

Surgical Mask – Reduced Risk

**Surgical Mask Reduces
Exhaled Droplets Reduced by 99%
and Inhaled Droplets by 75%**

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

TMIT Global: Effectiveness of Masks

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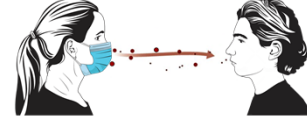
TMIT Global: Effectiveness of Masks

No Mask – Extreme Risk



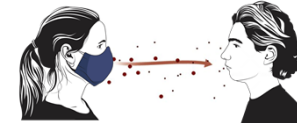
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Dramatically Reduced Risk



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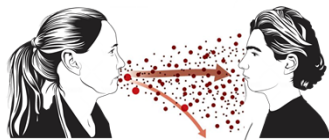
Source: Multiple Sources Cited

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TMIT Global

Mask Reduction of Airborne Transmission

Infected Asymptomatic **Healthy**



Maximum Exposure

Particle Size μm 100 10 1 0.1

AIRBORNETRANSMISSION: DROPLET & AEROSOL

- **Droplets** > 5 microns and drop nearby 3-6 feet
- **Aerosols** < 5 microns may float in the air
- **Aerosols are likely to represent a large proportion of spread** in from pre-symptomatic to lesser degree asymptomatic patients.
- **"Silent Shedders" are highly contagious** before and may peak at time of first symptoms.
- **Speaking and breathing** generate significant aerosols putting the public at risk.
- **Social distancing based on studies of large respiratory droplets in the 1930s** prior to higher technology measuring capabilities.
- **Airborne transmission** was determined to have played a major role in SARS outbreak 2003.
- **SARS transmitted >6 ft from index patient**

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

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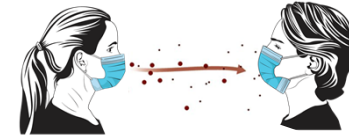
TMIT Global

Mask Reduction of Airborne Transmission

MINIMAL EXPOSURE WITH MASK USE

- **N95 Masks, Surgical Masks, and 2-layer cloth masks all have value to BOTH** the wearer and the public.
- **Surgical Masks block 99% of respiratory droplets** expelled by people with coronaviruses or influenza viruses (Science 2020, Atul Gwande)
- **Surgical Masks reduce inhalation of droplet size particles by 75%.** (Mueller, Fernandez Dept Civil Eng & Marine & Env. Sci)
- **Surgical Masks are 3x better than cloth masks** at reducing expelled transmission of respiratory viruses. (Davies et al, Disaster Med & Pub Health Preparedness)
- **If at least sixty per cent of the population wore masks that were just sixty-per-cent effective** in blocking viral transmission—which a well-fitting, two-layer cotton mask is—the epidemic could be stopped. (Howard et al 2020, Atul Gwande)
- **Two Layer Cloth masks reduce inhalation by HALF as much as surgical masks** (Atul Gwande)
- **Mask wearers were HALF as likely to get infected** during the SARS Outbreak in 2003.

Infected Asymptomatic **Healthy**



Minimum Exposure

Particle Size μm 100 10 1 0.1

Source: Multiple Sources Cited

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Emerging Threats Community of Practice

Bystander Rescue Care
CareUniversity Series

Coronavirus Survive & Thrive Guide: Coming Home Safely



John Tomlinson JD MBA
Scout Leader
Community Leader
Orange County CA



Heather Foster RN
Infection Preventionist
Southwest Colorado



David Beshk
Educator
Med Tac Instructor
Orange County CA

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone Public & Work Exposure	Warm Zone Disinfection Area	Safe Zone Home with Family
<p><u>Maintain Best Protection</u></p> <ul style="list-style-type: none"> • Social Distance • Masks • Hand Hygiene • Clean Hi-Contact Surfaces 	<p><u>Disinfection & Storage</u></p> <ul style="list-style-type: none"> • Considered Contaminated • Remove PPE • Disinfect each Person • Store PPE • Separate Laundry • Clean Surfaces 	<p><u>Maintain Zone Virus Free</u></p> <ul style="list-style-type: none"> • Disinfection Stations at doors at Warm Zones • Clean Contact Surfaces • Maintain Ventilation • Manage Isolation, Quarantine, and Senior Care

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone
Public & Work Exposure

Maintain Best Protection

- Social Distance
- Masks
- Hand Hygiene
- Clean Hi-Contact Surfaces

HOT ZONE PRACTICES

- Social Distance – 6 Feet is a MINIMUM
- Handwashing is poor even in caregivers – 20 sec
- Avoid Poorly Ventilated Spaces
- Don't Touch Face Masks or the Face
- Be gracious but firm when others invade your space
- It is critical to know how to put on and take off Personal Protective Equipment (PPE). Called "Don and Doff" in healthcare jargon.
- Whenever in doubt, wash your hands.
- Know the process for reporting outbreaks.
- "Exposure to Infected" is being within 6 FEET OF INFECTED FOR LONGER THAN 15 MINUTES.

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

WARM ZONE

Leaving Hot Zone Practices

- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

WARM ZONE

Joining Hot Zone Practices

- Assure your mask has good fit.
- Practice no mask or face touching
- If contaminated – wash hands.
- Know the rules of the workplace or public venue.

Warm Zone
Disinfection Area

WARM ZONE

Coming Home Practices

- Designate WARM ZONE room or space for disinfecting.
- Assemble & Maintain Disinfection Station with cleaning supplies.
- Keep the family out of WARM ZONE
- Increase precautions if someone is in quarantine or isolation.

WARM ZONE

Leaving Home Practices

- New or Cleaned masks, gloves, face shields and coverings.
- Bring disinfectants in your car or your gear.
- Bring extra masks if you have them.

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

SAFE ZONE PRACTICES


- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

Care of Someone At Home

- Getting your "MacGyver On" – Use what you have.
- Whether the flu or Coronavirus – use same processes.
- Isolation is for all those who are infected or sick.
- The infected NEED to wear masks. Social distance and hand hygiene are important. Surfaces ARE a risk.
- Quarantine is for who may be infected – assume infected until end of quarantine period or test negative.

Safe Zone

Home with Family



Maintain Zone Virus Free

- Disinfection Stations at doors at Warm Zones
- Clean Contact Surfaces
- Maintain Ventilation
- Manage Isolation, Quarantine, and Senior Care

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**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

Speakers & Reactors

 Jennifer Dingman	 Dr. Gregory Botz	 Ann Rhoades	 David Beshk	 Heather Foster RN	 Dr. C Peabody	 Dr. Casey Clements
 Chief William Adcox	 Matt Horace	 Randal Styner	 Paul Bhatia EMT	 Dr. William Scharf	 John Tomlinson	 Dr. Charles Denham

CareUniversity Med Tac Bystander Rescue Care

Survive & Thrive Guide: Protecting Your Family



Family Health Safety & Organization Security Plans™



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Survive & Thrive Guide: Protecting Your Family

Join Us our Community of Practice

Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

CLEAN High Contact Surfaces

Why ICU Care & Respirators

Preparing for CARE at Home

Care of Seniors & those AT-RISK

NEW Emergency Department Issues

TELEMEDICINE Works - Try It

TELEMEDICINE Works - Try It



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- TELEMEDICINE Works - Try It

Care of Seniors & those AT-RISK

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READINESS

My family is ready to take care of a loved one with Coronavirus in our home.

10 9 8 7 6 5 4 3 2 1

← Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree →

What readiness information would you like to have?

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RESPONSE

My family knows what actions to take if a loved one becomes infected with Coronavirus.

10 9 8 7 6 5 4 3 2 1

← Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree →

What information would help you respond when a loved one becomes infected?

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RESCUE

My family knows what do when someone develops severe COVID-19 symptoms.

10 9 8 7 6 5 4 3 2 1

← Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree →

What information would help your family react if someone develops severe symptoms?

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RECOVERY

My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

What information would help your family return to the new normal?

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RESILIENCE

My family has a plan to make them less vulnerable to epidemics in the future.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

What information would help you become more resilient in the future?

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RECOVERY

Changing behaviors of teens and young adults is key to beating the Coronavirus Crisis.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

My suggestions to help making teens and young adults leaders in becoming part of the solution are:

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MED + TAC Global **Coronavirus Care Community of Practice** **Bystander Rescue Care CareUniversity Series**

Speakers & Reactors

						
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Global

**Coronavirus Care
Community of Practice**

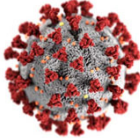
**Bystander Rescue Care
CareUniversity Series**

Voice of the Patient



Jennifer Dingman

Founder, Persons United Limiting
Substandard and Errors in Healthcare
(PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO



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