

# HEALTHY FACILITIES PROGRAM



# Table of Contents

<b>Prevention Materials</b> .....	3
<b>Employees</b>	
Prevention Letter.....	4
Flyers.....	5
<b>Residents</b>	
Flyers.....	10
<b>Regulations and Guidelines</b> .....	12
100.6 Emergency Orders.....	13
Chapter 200 Preventive Medicine/Communicable Diseases .....	13
Chapter 400 Housing & Institutions.....	15
<b>Additional Resources</b> .....	18

# **Prevention Materials**

Dear family members and frequent visitors (change when addressing to specific families/visitors),

It is the goal of the Chester County Health Department and (insert institution name) to help create a happy and healthy living facility for your loved ones. As you know, the upcoming season brings harmful diseases such as Vomiting and Diarrheal Illness (Norovirus) and Influenza threatening our health. It is very important that everyone takes action now to help reduce the risk of outbreaks in these institutions.

When visiting:

- **Wash hands frequently.** Before and after visiting with patients, handling food, blowing your nose/sneezing/coughing, and using the bathroom.
- **Report any sudden changes in health to care takers.** If you notice your loved one has come down with an illness unexpectedly, notify the provider immediately.
- **Stay home when feeling ill.** Don't visit loved ones when you could possibly have one of these illnesses, you will only increase the risk of infection to the patients within the institution.

If you have any questions or concerns, please contact us at (institution name, address, number).

Thank you,

(Institution name) & The Chester County Health Department

# ILLNESS PREVENTION



Wash hands frequently

Stay home when  
feeling sick



Recognize Signs  
and Symptoms



Clean and sanitize surfaces  
with EPA approved products



Chester County Health Department

Chester County Commissioners

# Eliminating Vomiting and Diarrheal Illness

## PREVENTION TIPS

### Wash your hands frequently

#### WHEN

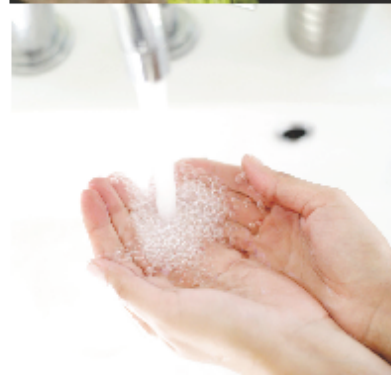
- Before and after handling food
- Before and after caring for a patient
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- After handling trash

#### HOW

- Wet hands with warm water and apply soap
- Clean under your fingernails, palms, scrub the back of your hands, and wrists
- Wash your hands for at least 20 seconds, then rinse
- Dry hands with a clean paper towel
- Use the paper towel to turn off the faucet

**Hand sanitizer is a good supplement, but not a substitute.**

Chester County Health Department



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# Don't let the FLU get **YOU**



Be aware of symptoms



Cover your cough and sneeze



Wash your hands



GET VACCINATED!

Chester County Health Department

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# Are you prepared?



**Gloves**



**Mask**



**Apron**



## Don't expose yourself to illness, cover up!

- Remove any vomit or diarrhea right away
- Clean surfaces with EPA approved products
  - 1 cup of bleach to 1 gallon of water
- Wash soiled clothes and linens in hot water separating from other laundry items
- Dispose of PPE clothing

**Wash your hands!!!**





**We are currently experiencing patients  
with vomiting & diarrhea**

**Report to the front desk for instructions**

***"Prevent infection.***

***Hand washing is protection!"***



**Our facility is currently experiencing  
symptoms of influenza.**

**Report to the front desk for instructions.**

# Can you tell the signs?



Runny/stuffy nose

Cough

Sore throat

## Flu happens suddenly!

**Tell your care taker when you're feeling sick.**

**Please avoid direct contact with others.**

# Are you suddenly feeling ill?

**Let your care taker know immediately!**

**Learn the common signs of  
Vomiting & Diarrheal illness (Norovirus)**



- **Vomiting**
- **Diarrhea**
- **Nausea**
- **Stomach cramping**

# **Regulations & Guidelines**

➤ **100.6. EMERGENCY ORDERS.**

**100.6.1.** Under the authority of Section 12 (d) of the "Local Health Administration Law" (16 P.S. §12012 (d) ), the Director, whenever he determines that an emergency exists which necessitates immediate action to protect the public health, shall, without prior notice, issue a written order reciting the existence of the emergency and requiring corrective action necessary to meet the emergency.

**100.6.2.** Notwithstanding the provisions of Sections 104 and 105, above, of this Chapter 100, this order shall be effective upon posting the notice of violation in a conspicuous place on the property and shall be complied with immediately.

➤ **Chapter 200 Preventive Medicine/ Communicable Diseases**

**200.5.18.1.1.** When an outbreak is suspected or ongoing, the following measures shall be implemented. Instituting these practices immediately and completely will greatly slow/prevent transmission of illness.

**200.5.18.1.15.** The outbreak can be said to be over when 96 hours have elapsed since the resolution of symptoms in the last case (resident or staff member). This shall be determined in consultation with CCHD Communicable Disease Staff

**200.5.18.1.2.** Immediately notify the Department's Communicable Disease section of the outbreak and provide specific information as to number ill – include residents and employees, location of ill, symptoms, onset date, etc.

**200.5.18.1.3.** Close the affected Unit to new admissions and cancel all group activities for that Unit. Any one (1) case on another Unit in the facility necessitates closing the entire facility to new admissions, cancelling all group activities and closing the Dining Room.

**200.5.18.1.4.** Confine ill residents to their rooms until they are asymptomatic for at least 48 hours. Cohort ill residents together if possible and minimize movement of all residents. Do not permit ill residents to use spas or pools.

**200.5.18.1.5.** Limit staff from moving between affected and unaffected units, and exclude any nonessential personnel from affected units. Maintain the same staff-to-resident assignments.

**200.5.18.1.6.** Any therapy (PT, OT, etc.) done to ill residents shall be done at the bedside. This therapist shall only provide services to ill residents.

**200.5.18.1.7.** When attending to any ill resident or when working in the resident's room, wear gloves. (Mask/gown/eye protection may be needed if resident is actively ill.) Gloves shall

be disposed of after a single use and hands shall be washed or sanitized after removing gloves. Gloves shall not be worn in the hallways.

**200.5.18.1.8. Educate staff, residents and visitors about methods of transmission.**

Refer to Chapter 400 § 404.3.4.

**200.5.18.1.9.** If there is no sink available in the dining room, install a waterless hand sanitizing gel dispenser. Urge all residents and staff to wash hands before eating and before smoking.

**200.5.18.1.10.** Bring **meals to ill residents in their rooms**; use a designated cart that only goes to rooms of ill residents.

**200.5.18.1.11.** Use a designated cart (not the food cart) to transport items used to clean the rooms of ill residents; do not take this cart into the rooms of well residents.

**200.5.18.1.12.** While wearing gloves, clean and use a *sanitizing solution*\* on all surfaces, including handrails, doorknobs, faucet handles, etc., in the rooms of ill residents, all bathrooms, and in all common areas two or three times each 24-hour period. Soiled carpets shall be steam cleaned.

\* *Sanitizing solution* shall be 1/2 cup bleach in 1 gallon of water, with a contact time of 10 minutes. This solution shall be prepared daily. Disinfectant compounds with EPA Registered labeling showing efficacy against Norovirus or a suitable surrogate (eg. Feline calicivirus) may be used effectively as an alternative to chlorine on approved surfaces provided the product is used in a manner which is not inconsistent with the label directions. Quaternary ammonium products (quats), are not effective on Noroviruses, and shall not be used.

**200.5.18.1.13.** Provide laundry services to ill residents every day. Soiled linens and clothing shall be handled by gloved hands and covered during transport.

**200.5.18.1.14.** Notify receiving facility or person of outbreak before transferring or discharging any patient.

➤ **404.3. OUTBREAKS OF GASTROINTESTINAL DISEASE IN THE FACILITY.**

**404.3.1.** Incorporation by Reference of Other Applicable CCHD Rules and Regulations: The terms, definitions, reporting and other requirements of Chapter 200, Preventive Medicine, as currently amended, and of Chapter 404. Sanitation of Institutions, as currently amended, are hereby incorporated by reference, as essential components of this Sub-chapter.

**404.3.1.2** An institutional outbreak shall be suspected and reported to CCHD when 5% of residents on one unit are ill or 2 or more residents and/or staff have sudden onset of unexpected, recurrent nausea, vomiting, and/or diarrhea and stomach cramping with no other apparent cause. This reporting is in addition to that required by the PA Department of Health.

**404.3.1.3.** When such an outbreak occurs the following requirements set forth in this subsection 404.3 shall be instituted and remain in effect for the duration of the outbreak (cf. 200.5.18.1.15 of these Rules and Regulations).

**404.3.2. HAND WASHING**

**404.3.2.1.** Frequent, vigorous hand washing with soap or hand sanitizer and hot running water under pressure shall be practiced by employees, volunteers, clients and visitors. All employees, volunteers, clients and visitors shall wash their hands:

- Upon arriving at work
- After using the toilet, changing diapers, cleaning up vomitus or diarrhea,
- handling soiled clothes or linens
- After contact with a symptomatic person
- Immediately before eating meals or snacks
- Before preparing food or serving food to patients/residents
- As dictated by food service and care giving standards, and
- Immediately before exiting the building

**404.3.3. DISINFECTION OF ENVIRONMENTAL SURFACES**

**404.3.3.1.** Either chlorine bleach or disinfectants approved by the U.S. Environmental Protection Agency (EPA) for use in controlling Norovirus outbreaks shall be used on environmental surfaces during an outbreak period. The approved disinfectant shall have to have been registered by the EPA with specific claims for activity against Noroviruses or against feline calicivirus (FCV) as a surrogate for Norovirus.



**404.3.3.2.** Chlorine bleach is to be applied to hard, non-porous, environmental surfaces at a minimum concentration of 1000 ppm (generally a dilution of 1 part household bleach solution to 50 parts water). This concentration has been demonstrated in the laboratory to be effective against surrogate viruses with properties similar to those of Norovirus.

**404.3.3.3.** All disinfectants shall be used on clean surfaces for maximum performance. In areas with high levels of soiling and resistant surfaces, up to 5000 ppm chlorine bleach may be used.

**404.3.3.4.** There shall be an increase in the frequency of routine cleaning of wards, bathrooms and toilets. Frequently touched objects, such as doorknobs, faucets, hallway railings, elevator car railings, tabletops, countertops, hand-holds of physical therapy equipment, toilet rails and bath rails, shall be cleaned and disinfected several times per day with an approved disinfectant as described above.

**404.3.3.5.** Vomitus and feces shall be quickly cleaned using a standard protocol. Flush any vomitus and/or stool in the toilet and disinfect the surrounding area.

**404.3.4.** Personal Protective Equipment (PPE): Healthcare facility employees shall be supplied with, and shall use, appropriate PPE (gloves/mask/gown/eye protection) when working with disinfectants and when cleaning and sanitizing potentially contaminated surfaces.

#### **404.3.5. EMPLOYEE HEALTH REPORTING**

**404.3.5.1.** Upon arriving to work each day, a facility operator shall require all food employees, all caregivers, and all volunteers to report to the person in charge any information about their health and activities as they relate to diseases transmissible through food, or transmissible by contact, droplet or airborne means, to include symptoms associated with an acute gastrointestinal illness, such as any of the following symptoms with an abrupt onset:

- Vomiting and/or nausea
- Diarrhea
- Stomach cramping

All symptomatic food service employees shall remain off work until 72 hours after their illness is resolved. All other symptomatic staff and volunteers shall remain off work until 48 hours after their illness is resolved.

**404.3.5.2.** Any food items which may have been contaminated by an ill kitchen employee shall be properly disposed of, except when, in the case of a reportable outbreak, at the direction of the Department, such items must temporarily be saved for health inspectors to obtain samples for laboratory testing.

**404.3.6. SANITIZERS IN FOOD SERVICE:** Only those sanitizers approved for use in food service, and registered by the EPA for use on food contact surfaces, shall continue to be used in food service areas during Norovirus or Norovirus-like outbreak periods. Any deviation may result in chemical adulteration of food items.

**404.3.7. NO BARE HAND CONTACT OF READY-TO-EAT FOODS:** Except when washing fruits and vegetables, food employees shall not contact exposed, ready-to-eat foods with their bare hands, but shall use suitable utensils such as deli tissue, spatulas, tongs, single-use gloves or dispensing equipment.

**404.3.8. CONSUMER SELF-SERVICE OPERATIONS:** During an outbreak period there shall be no consumer self-service operations such as buffets and salad bars.

#### **404.3.9. LAUNDERING AND CARPET CLEANING**

**404.3.9.1.** Clothing or linens/bedding which may be contaminated with the virus, especially after an episode of illness, shall be immediately washed with as little handling as possible, and with minimal agitation. Launder such items with hot water and detergent on the maximum cycle length and machine dry.

**404.3.9.2.** Clean soiled carpets and soft furnishings with hot water and detergent, or steam clean. Dry vacuuming is not recommended since the virus may become airborne.

**404.4. PUBLIC NOTIFICATION:** Public notification of the outbreak shall be posted at the facility and shall remain posted throughout the outbreak period, or until permission to remove it is granted by the appropriate public health authority.

**404.4.1.** Posted notices shall be on durable material and placed so as to assure reaching visitors, residents, employees or newcomers.

**404.4.2.** Notices shall be posted at entryways, on bulletin boards, outside administrative offices, and at any other appropriate central locations.

**404.4.3.** The format shall be such that everyone passing by will see and read the most important information first. This shall consist of:

- a title designed to catch their attention,
- information on the population at risk
- actions which employees, clients, volunteers, and visitors should take
- a short description of the outbreak situation
- where to obtain additional information

# **Additional Resources**

# Chester County Health Department:

<http://pa-chestercounty.civicplus.com/index.aspx?NID=854>

# Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/norovirus/index.html>

<http://www.cdc.gov/norovirus/resources.html>

**Norovirus: Facts for Food Handlers**

Norovirus is a highly contagious virus. It can make you see a pink with diarrhea, throwing up, and stomach pain. Anyone who works with food should know about this virus.

**Foods contaminated with norovirus can make people sick**

Norovirus is a leading cause of illness from contaminated food in the United States. The virus can easily contaminate food because it is very tiny and effective. It only takes a very small amount of virus particles (fewer than 100) to make someone sick. Food can get contaminated with norovirus when:

- Infected people who have food or items on their hands touch the food,
- A prepared container or surface that has infectious stool or vomit on it,
- Any steps of food from an infected person go through the air and land on the food.

Food can also be contaminated at other times. For example:

- Vegetables that are harvested from contaminated water or
- Fruit and vegetables that are contaminated in the field.

**Food handlers with norovirus illness can spread the virus to others**

People who have norovirus illness can shed billions of norovirus particles.

You are most contagious—

- when you get sick with norovirus illness, and
- during the first 3 days after you recover.

If you work with food when you have norovirus illness, you can spread the virus to others. You can easily contaminate food and drink for you.

People who consume the food or drink can get norovirus and become sick. The outbreak of norovirus illness caused by eating oysters, hospital, restaurants, cruise ships, schools, long-term care, summer camps, and areas at family events. There are at least 100 people affected each year by norovirus illness.

About 50% of all outbreaks of food-related illness are caused by norovirus. In many of these cases, sick food handlers were responsible for spreading the virus.

Approximately 50% of all outbreaks of food-related illness are caused by norovirus.

- Food handlers involved in outbreaks:
  - Food handlers touch or handle
  - Food handlers
  - Food handlers

Any food served raw or handled after being cooked can get contaminated.

National Center for Zoonotic Control and Respiratory Diseases  
Division of Field Epidemiology

<http://www.cdc.gov/norovirus/downloads/foodhandlers.pdf>

**Clean-up and Disinfection for Norovirus ("Stomach Bug")**

THESE DIRECTIVES SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

**1. Clean up**

Remove vomit or diarrhea right away!

- Wearing an effective clothing, such as disposable gloves, apron and mask, wipe up vomit or diarrhea with paper towels.
- Use the toilet, sink, or other disposal facility as quickly as possible.
- In school, flush, do not reuse water, pick up any paper towels.
- Remove all items contaminated with vomit or diarrhea as quickly as possible.
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all soiled high-touch surfaces, such as door handles and table surfaces.
- Wash thoroughly with plain water.
- What do with paper towels?

**DON'T STOP HERE. DISINFECT SURFACES IMMEDIATELY AFTER CLEANING!**

**2. Disinfect surfaces by applying a chlorine bleach solution**

Make bleach solutions first daily, keep all amounts of chlorine bleach solution with other chlorine bleach solutions for use in the future.

**IF HARD SURFACES ARE AFFECTED:**

1/3 CUP BLEACH + 1 GALLON WATER

**IF POROUS SURFACES ARE AFFECTED:**

1 1/2 CUPS BLEACH + 1 GALLON WATER

**3. Air dry surfaces unlikely to have food or mouth contact**

OR

**4. Rinse all surfaces intended for food or mouth contact with plain water before use**

**5. Wash your hands thoroughly with soap and water**

Hand sanitizer may be effective against norovirus.

**Facts about Norovirus**

Norovirus is the leading cause of non-bacterial gastroenteritis in the United States. It is highly contagious and can spread easily through food, surfaces, and people. It only takes a very small amount of virus particles (fewer than 100) to make someone sick. Food can get contaminated with norovirus when: Infected people who have food or items on their hands touch the food, A prepared container or surface that has infectious stool or vomit on it, Any steps of food from an infected person go through the air and land on the food. Food can also be contaminated at other times. For example: Vegetables that are harvested from contaminated water or Fruit and vegetables that are contaminated in the field. Food handlers with norovirus illness can spread the virus to others. People who have norovirus illness can shed billions of norovirus particles. You are most contagious— when you get sick with norovirus illness, and during the first 3 days after you recover. If you work with food when you have norovirus illness, you can spread the virus to others. You can easily contaminate food and drink for you. People who consume the food or drink can get norovirus and become sick. The outbreak of norovirus illness caused by eating oysters, hospital, restaurants, cruise ships, schools, long-term care, summer camps, and areas at family events. There are at least 100 people affected each year by norovirus illness. About 50% of all outbreaks of food-related illness are caused by norovirus. In many of these cases, sick food handlers were responsible for spreading the virus.

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Any food served raw or handled after being cooked can get contaminated.

disinfectforhealth.org

<http://www.disinfect-for-health.org/resources>

**Help Prevent the Spread of Norovirus ("Stomach Bug")**

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

**1. Clean up surfaces**

a. Clean frequently touched surfaces with soapy water

b. Rinse thoroughly with plain water

c. Wipe dry with paper towels

d. Dispose of paper towels

**DON'T STOP HERE. DISINFECT SURFACES IMMEDIATELY AFTER CLEANING!**

**2. Disinfect surfaces**

a. Prepare and apply a chlorine bleach solution

Make bleach solutions first daily, keep all amounts of chlorine bleach solution with other chlorine bleach solutions for use in the future.

**IF HARD SURFACES ARE AFFECTED:**

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disinfectforhealth.org

<http://www.disinfect-for-health.org/resources>

## Chester County Health Department:

<http://pa-chestercounty.civicplus.com/index.aspx?NID=843>

## Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/flu/index.htm>

<http://www.cdc.gov/flu/freeresources/print.htm>



[http://www.cdc.gov/flu/pdf/freeresources/general/p\\_u\\_niversal\\_question\\_officeprint.pdf](http://www.cdc.gov/flu/pdf/freeresources/general/p_u_niversal_question_officeprint.pdf)



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