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Provider Guidance:
Phased Reduction of Restrictions In Senior Citizens Centers

June 1, 2021

This document replaces the “Coronavirus Disease 2019 (COVID-19) Recommendations for Kentucky Senior Centers” released on March 16, 2020 from the Department for Aging and Independent Living. There is an inherent risk of exposure to COVID-19 in any place where people are present. Senior citizens are at high risk of becoming seriously ill with COVID-19. This guidance is based on what is currently known about the transmission and severity of COVID-19, as well as about the protection achieved through vaccination. Compliance with these guidelines can reduce the risk of transmission of COVID-19, but it *will not eliminate* the risk to the Senior Citizens Center participants, staff, volunteers or visitors.

DEFINITIONS

CDC Guidelines: Reference materials available from the Centers for Disease Control and Prevention, available at <https://www.cdc.gov/> and specific extension sites listed at the end of this guidance.

Cleaning: Removal of dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs, but it decreases their number and therefore the risk of spreading infection.

Disinfecting: Using an EPA-registered disinfectant chemical according to the manufacturer’s directions. This process does not necessarily clean dirty surfaces, but is used to kill germs remaining on a surface after cleaning, thereby further reducing the risk of spreading infection.

Facility-Onset COVID-19 Infection: COVID-19 infection that could reasonably be associated with interactions or exposures occurring within the facility. If there is strong and convincing evidence that an infection was acquired outside of the facility, then that COVID-19 infection would NOT be considered a facility-onset case. Examples:

- An individual has not attended the facility for > 14 days and has a known community exposure; or
- There have been no recent cases within the facility and the individual has a household exposure.

Fever: Registering a body temperature of at least 100° F, confirmed by an infrared thermometer. (Older or immuno-compromised adults can have a lower fever threshold.)

Fully Vaccinated: at least 14 days following receipt of an FDA or World Health Organization (WHO)-authorized or approved COVID-19 vaccine – either both doses of a 2-dose regimen or one dose of a single-dose vaccine, per CDC guidelines available at: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

Guidance: Recommended course of action; not a regulation or directive.

PPE: Personal Protective Equipment, including but not limited to disposable gloves, gowns, face masks, face shields, or goggles.

Provider: The Senior Center or IIB/IIC provider.

Source control: Refers to use of cloth face coverings or face masks to cover a person's mouth and nose to reduce the likelihood of transmission of infection by preventing the spread of respiratory secretions.

Symptoms: Known symptoms of COVID-19 including but not limited to: fever, cough, shortness of breath, difficulty breathing, chills, rigors, headache, sore throat, fatigue, congestion or runny nose, muscle or body aches, change in sense of smell or taste, or gastrointestinal symptoms (i.e. diarrhea, vomiting, etc.); CDC definition available at: <https://www.cdc.gov/nndss/conditions/coronavirus-disease-2019-covid-19/case-definition/202>

INFECTION CONTROL

The virus that causes COVID-19 can land on surfaces. It is possible for people to become infected if they touch those surfaces and then touch their nose, mouth, or eyes. In most situations, the [risk of infection from touching a surface is low](#). The most reliable way to prevent infection from surfaces is to [regularly wash hands or use hand sanitizer](#).

Cleaning and disinfecting surfaces can also reduce the risk of infection.

Always follow standard practices and appropriate regulations specific to your type of facility for minimum standards for cleaning and disinfection. This guidance is indicated for buildings in community settings and is *not* intended for [healthcare settings](#) or for [other facilities](#) where specific regulations or practices for cleaning and disinfection may apply.

A Senior Center can request assistance from the Department of Aging and Independent Living (DAIL) in preparing or modifying a COVID Preparedness Plan addressing the resumption of any of the services included in this guidance.

The Kentucky Department for Public Health (KDPH), Infectious Disease Branch's "Healthcare-Associated Infection / Antibiotic Resistance (HAI/AR) Prevention Program" aims to eliminate and prevent HAIs and AR organisms in healthcare settings. A Provider can – and is encouraged to – receive consultation on infection control and prevention from the HAI/AR team of specialized health professionals.

To better assist in the response to the COVID-19 pandemic, the department has added the Cabinet for Health and Family service link www.kyccovid19.ky.gov so that providers may easily locate information needed such as signage, testing sites, vaccine information, and the COVID 19 Hotline.

GENERAL AGREEMENTS:

- 1) Center Participant and staff should agree to:
 - a) Senior center requirements on source control ;
 - b) Maintain social distancing as advised by CDC; and
 - c) Wash (or sanitize) hands frequently.
 - d) Advise center director if diagnosed with or positive for COVID-19.
 - e) self-monitor for symptoms of COVID-19 including fever

- 2) Center staff should assist with:
 - a) Providing participants with a list of vaccine locations in the event the participant is unvaccinated (www.kycovid19.ky.gov)
 - b) safe transportation that is consistent with CDC guidelines
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html>
 - c) providing additional information if requested by the center participants or their caregivers
 - d) asking participants to self-monitor for symptoms of COVID-19

- 3) Transport:
 - a) Center participant and driver (and accompanying person(s), if other than driver) should:
 - i. Be screened;
 - ii. Wear a mask UNLESS all traveling are known/verified to be fully vaccinated; and
 - iii. Wash (or sanitize) hands before, during and after travel.
 - b) Provider should consider additional limitations based on status of COVID-19 infections in the facility.
 - c) Wear appropriate PPE, consistent with CDC guidelines;
 - d) (If Provider-operated vehicle) Disinfect frequently touched surfaces in the vehicle between trips with an Environmental Protection Agency (EPA) registered disinfectant. (Recommended Resource: CDC Guidelines for Disinfecting Transport Vehicles, available at):
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/disinfecting-transport-vehicles.html>

GROUP ACTIVITIES (Indoor or Outdoor):

The Provider should develop a plan addressing the activities included in this guidance memo, while taking a person-centered approach. Key determinants for deciding to resume IIIB group activities for Senior Centers should include considerations described by CMS in its QSO-20-39-NH, available at:

<https://www.cms.gov/files/document/qso-20-39-nh-revised.pdf>.

Additional Resource: See the CDC guidance “Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination” for information (available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>).

NOTE: Although it not necessary to take temperatures prior to each activity, the Provider should conduct screening with the expectation that participating residents will report signs/symptoms

OUTDOOR ACTIVITIES:

The Provider should develop a plan addressing the activities included in this guidance memo, while taking a person-centered approach and adhering to the core principles of COVID-19 infection prevention. Outdoor activities are preferred even when the members are fully vaccinated against COVID-19. Outdoor members generally pose a lower risk of transmission due to increased space and airflow. Therefore, activities should be held outdoors whenever practicable. However, weather considerations (e.g., inclement weather, excessively hot or cold temperatures, poor air quality) or an individual member's health status (e.g., medical condition(s)) may hinder outdoor activities.

A designated outdoor area that is accessible, safe, and comfortable with appropriate protection from overexposure to the sun, inclement weather conditions or poor air quality, and offers an adequate degree of privacy.

Key determinants for deciding to resume outdoor activities at senior centers, should include the guidance offered at: www.kycovid19.ky.gov.

COMMUNAL DINING:

Key determinants for deciding to resume communal dining at Senior Centers should include considerations described by CMS in its QSO-20-39-NH, available at:

<https://www.cms.gov/files/document/qso-20-39-nh-revised.pdf>.

A provider should follow the CDC Guidelines regarding restaurants that are relevant to Senior Centers.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/business-employers/bars-restaurants.html> and <https://chfs.ky.gov/agencies/dph/covid19/HAWRestaurantsandBars.pdf>

NOTE: Per the guidance referenced above, "If unvaccinated participants are dining in a communal area (e.g., dining room) **ALL** (emphasis added) participants should use source control when not eating and unvaccinated patients/residents should continue to remain at least 6 feet from others."

- EXAMPLE: If 1 of 30 residents dining in a communal area is not vaccinated, then everyone should mask and socially distance.

Additional Resource: See the CDC guidance "Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination" for information (available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>).

Other conditions that a Provider should address in its plan for resuming congregate dining include:

- 1) limitations based on the status of COVID-19 infections in the center; and
- 2) general agreements of this document

VACCINATION STATUS:

The Provider should advise senior center participants that there is some level of risk associated with participating in the center activities - even if vaccinated - and that exposure to someone who is infected may have a negative consequence (e.g., infection, quarantine or other undesirable outcomes). Although being fully vaccinated will decrease the risk of infection and severe outcomes, it will not eliminate *all* risk. By entering the senior center's property, visitors/participants acknowledge the inherent risk of exposure to COVID-19 to themselves and to centers member, staff, and volunteers. An attestation may be considered for participants, staff, volunteers, and visitors, see below for sample attestation.

COMMUNICATION:

Prior to resuming the services addressed in this guidance memo, the Provider should communicate in writing with:

- 1) Each member and his/her responsible party about the Provider's new policies and procedures regarding COVID-19;
- 2) Each employee and volunteer about the Provider's new policies, protocols and procedures regarding COVID-19; the CDC and the CHFS www.kycovid19.ky.gov have developed several free posters in a variety of languages.

If facility onset of COVID-19 occurs, the senior center will advise participants of the positive case and will ask that they contact their primary care physician or the local health department and self-monitor for symptoms such as fever.

The current public health emergency has resulted in a rapidly changing environment. The Cabinet for Health and Family Services will continue to provide information and updates to providers.



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Additional Resources

CDC COVID-19 Guidance:

- 1) Resources for Senior Nutrition Programs at <https://seniornutrition.acl.gov/covid-support.html>
- 2) Resources for Businesses and Employers, at <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>
<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>
- 3) Travel Risk-Assessment Guidance, at: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html/>
- 4) Toolkit: People with Disabilities, at: <https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/people-with-disabilities.html>

KY COVID-19 Updates:

- 1) State Resources and Information <https://govstatus.egov.com/kycovid19>
- 2) Department for Aging and Independent Living Information at: <https://chfs.ky.gov/agencies/dail/Pages/default.aspx>

OSHA Guidance on Preparing Workplaces for COVID-19, at <https://www.osha.gov/Publications/OSHA3990.pdf>

Sample COVID-19 Visitor Screening and Attestation Form (next page)

SAMPLE SENIOR CENTER VISITOR ATTESTATION FORM

Purpose: Our organization is committed to a safe and secure environment.

Policy: All senior center visitors pledge to self-monitor and self-report to avoid exposures to communicable diseases such as COVID-19.

Rationale: COVID-19 virus is extremely dangerous for older adults. Many populations outside of older adults do not show symptoms, but they may be able to transmit the virus to others. Because of this, we are asking for the following commitment from you:

We ask the following of visitors and others who are entering and interacting within the facility to commit to the following precautions and practices:

1. Handwashing: While you are here but also while you are not here, we ask you to wash your hands frequently. For example, before you leave one area and enter another wash your hands with soap and friction. Use hand sanitizer when soap is not available.
2. Avoid individuals who have any of the following COVID-19 symptoms:
 - a. Feeling of fever
 - b. Cough
 - c. Shortness of breath
 - d. Difficulty breathing
 - e. Chills
 - f. Rigors
 - g. Headache
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Muscle or body aches
 - k. Change in sense of smell or taste
3. Avoid individuals who have been in a setting where COVID 19 cases have been confirmed.
4. Avoid gatherings of unvaccinated people.
5. Not visit our facility if you or someone in your household is ill or has been diagnosed with COVID-19.
6. Not visit our facility if you been in contact with anyone who is ill or has been diagnosed with COVID-19.
7. Wear a mask when in our facility and when out in the community if unvaccinated.
8. Observe physical distancing when visiting our facility and when out in the community.
9. Report contact with any individual with suspected or confirmed infection with COVID-19 to the director of the facility.

As a part of our protection activities, we ask for these practices to be attested to by your signature. In addition, we will be asking you to submit to having your temperature taken when you come to visit. We appreciate your commitment in protecting our community.

Signature _____ Date _____