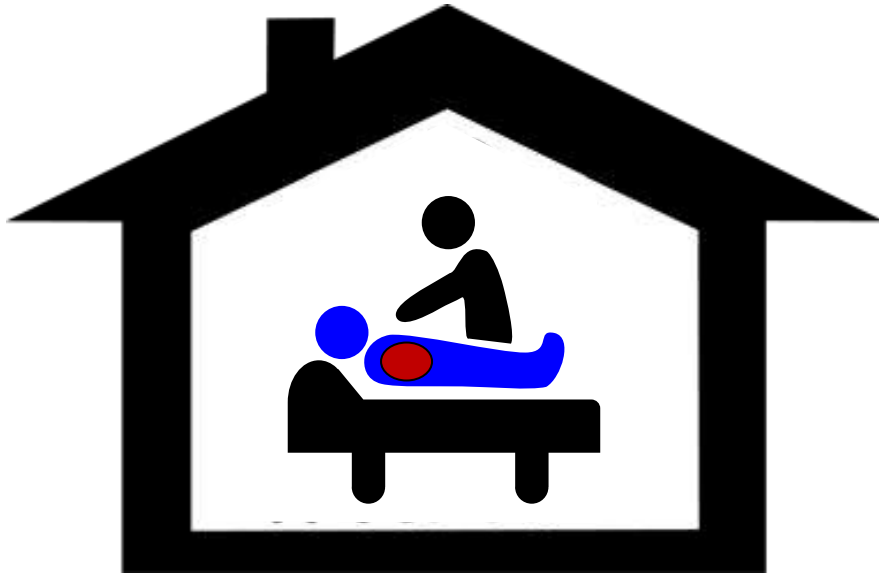


Providing Care at Home

A Survive & Thrive Guide™



Welcome



Charles Denham, MD

Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care
November 5, 2020**

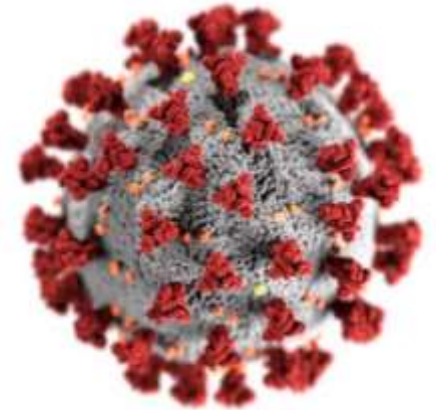
CareUniversity Webinar 151

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**





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.**

**EMERGING THREATS
COMMUNITY OF PRACTICE**

Our Mission:

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

CAREUNIVERSITY®

Our **ICARE** Values:

Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.



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 pharmaceutical or device companies discussed in their presentations. The funding of the program is from the Denham Family fund of TMIT Global, a 501c3 Medical Research Organization

- Gregory H. Botz, MD, FCCM, has nothing to disclose..
- David Beshk has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- Keith Flitner has nothing to disclose.
- Charlie Denham III has nothing to disclose.
- Jaime Yrastorza has nothing to disclose.
- Paul Bhatia has nothing to disclose.

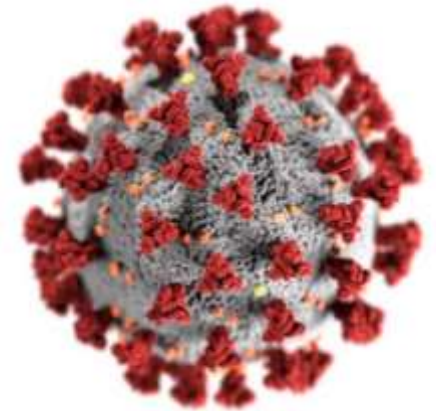
Charles Denham, MD, is the Chairman of TMIT Global; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare 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. Dr. Denham is the developer and producer of CareUniversity™, the learning management system providing continuing education materials for TMIT Global.

Providing Care At Home: A Survive & Thrive Guide™



Charles Denham, MD

**Chairman, TMIT Global
Founder Med Tac
Bystander Rescue Care**



[About](#)[Values
& Team](#)[Coronavirus
Response](#)[Webinar
Programs](#)[Specialty
Programs](#)[Innovations
& Supplies](#)[CAREUNIVERSITY](#)

**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
*CareUniversity Series***

December 3, 2020, 12:00 pm – 1:30 pm CT / 1:00 pm – 2:30 pm ET / 10:00 am – 11:30 am PT

[REGISTER](#)

Providing CARE at Home: A Survive & Thrive Guide™

[JOIN EVENT](#)

Session Overview



Every family and group living together need to know how to care for someone at home. Whether members are in quarantine, are infected and need to be isolated, or develop “emergency signs” defined by the CDC that indicate the immediate need for professional care; everyone needs to know what to do.

- **WHO** should care for someone at home?
- **WHAT** do I need to know to provide care?
- **HOW** do I safely care for someone at home?
- **WHEN** do I seek help from doctors?
- **WHY** do I need to get ready NOW?





Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*

Speakers & Reactors



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Keith Flitner



Charlie Denham III



Paul Bhatia EMT




Dr. Charles Denham

TMIT Global Research Test Bed

3,100 Hospitals in 3,000 Communities

500 Subject Matter Expert Pool Developed over 35 Years





500 Subject Matter Experts

Graphic Representation to Protect Expert Privacy

**Educators
Declared
Essential Critical
Infrastructure
Workers**





Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*



John Nance JD



Dr. Gregory Botz



Chief William Adcox



Heather Foster



Dr. Charles Denham



Dr. Casey Clements



Beth Ullem



Dr. McDowell



Dennis Quaid



Preston Head III



Fred Haise



Dr. Steve Swensen



Tyler Sant



Avarie Pettit



Dr. Mary Foley



Bob Chapman



Perry Bechtle III



Becky Martins



Betsy Denham



Charlie Denham III



Dr. C Peabody



Dr. Chris Fox



Randy Styner



Tom Renner



David Beshk



Ann Rhoades



Nancy Conrad



Dr. Chopra



John Little



Debbie Medina



Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*



Matt Horace



John Tomlinson



Dan Ford



Arlene Salamendra



Jennifer Dingman



Bill George



Penny George



Hilary Schmidt PhD



Paul Bhatia EMT



Dr. McDowell

Contributions Through Segments of our *Discovery Channel* Documentaries



Prof Christensen



Jim Collins



C Sullenberger



Charlotte Guglielmi



Dr. Don Berwick



Dr. Howard Koh



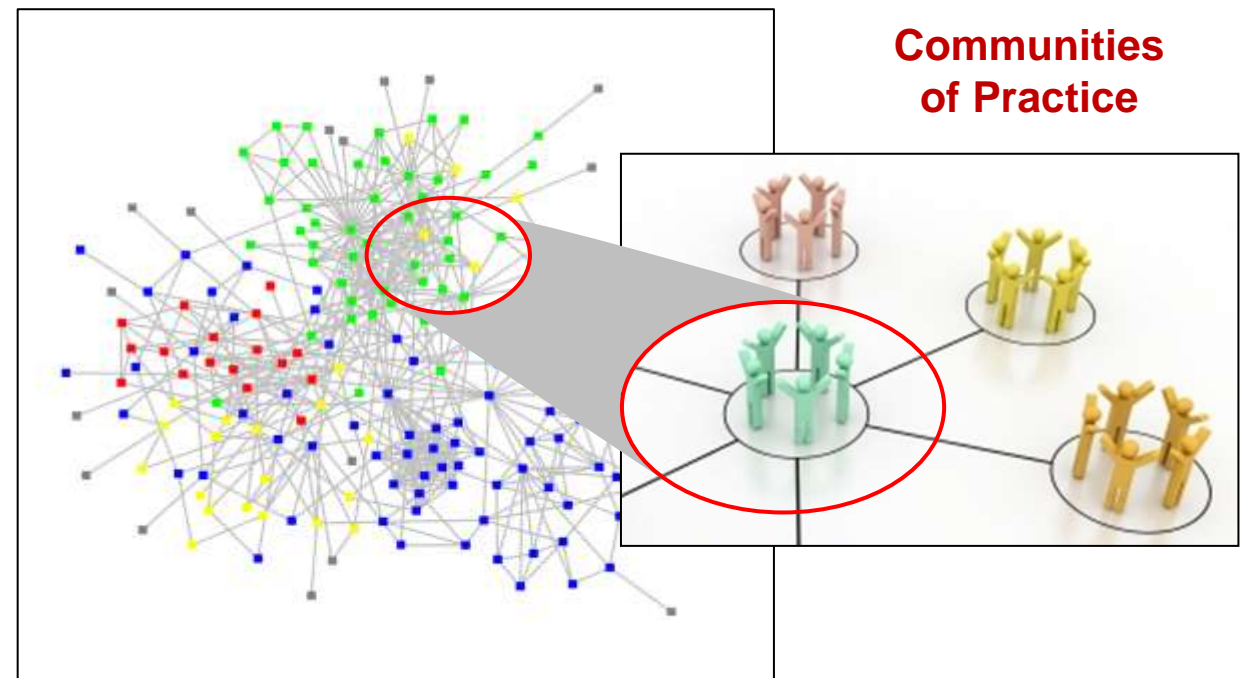
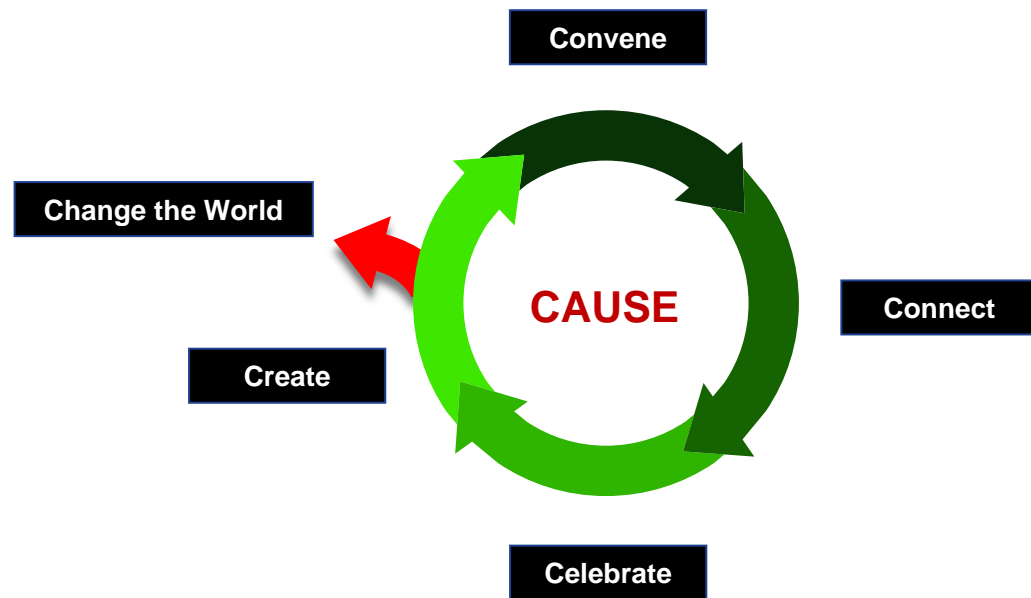
Dr. Jim Bagian



Dr. Harvey Fineberg



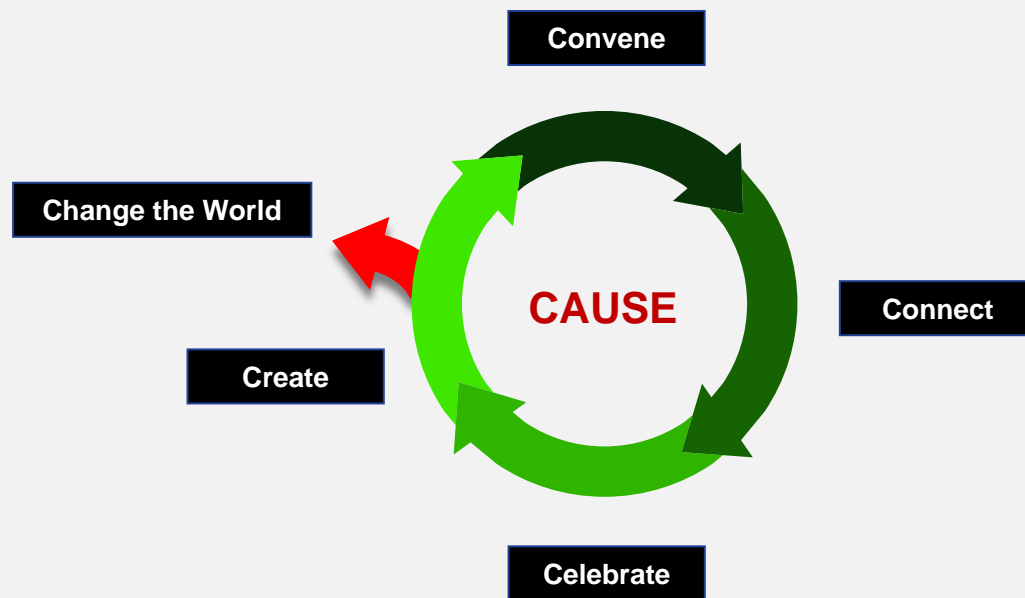
Communities of Practice Model





Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*



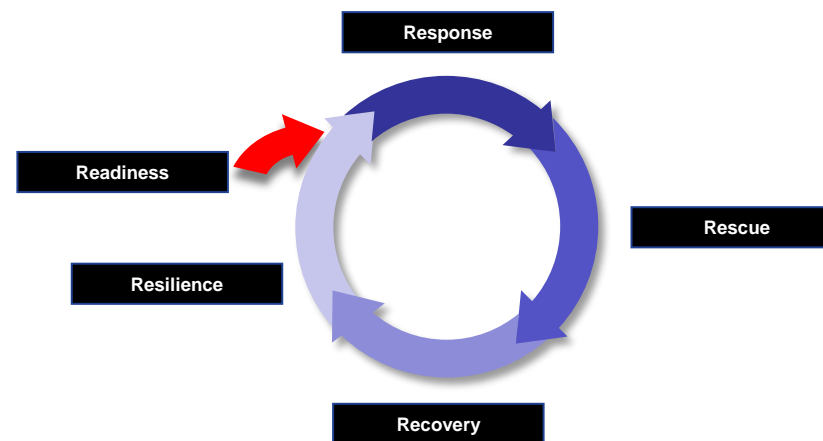
Family Centric

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

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer~~ Center



Family Rescue R&D



The 5 R's of Safety



University of California
San Francisco

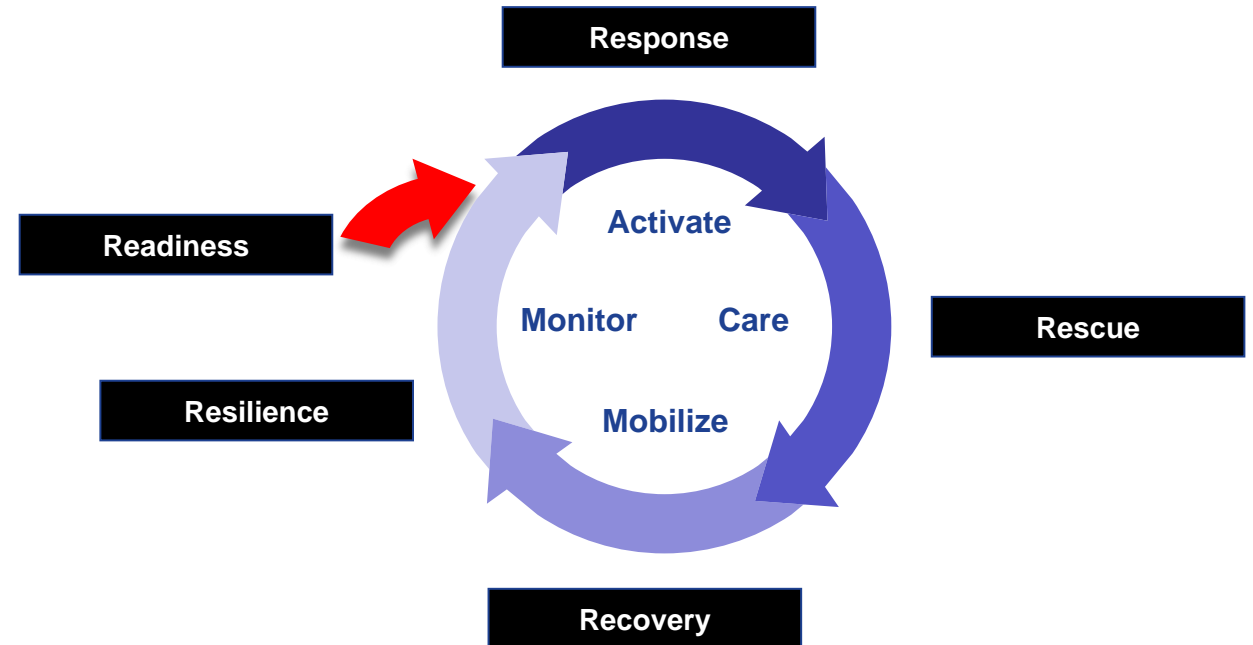


Leadership

Form Family Team & Health Security Plan

- **Family Health Security Plan**
- The Family CFO
- Engaging Family: Head, Heart, Hands, & Voice

Family Health Security Plan





CAREMOMS
& FAMILIES



HOME FAMILY
CAREGIVERS



AT WORK

Our Discoveries:

**The Family Unit is
the Achilles Heel
Family Transmission Chains**

Family Unit Training Works

- Saves Lives
- Saves Money
- Saves Liability

Our Discovery:
The Achilles Heal
Our Family Unit



Work

**We Can't Train Essential
Infrastructure Workers Alone**

Our Discovery:
The Achilles Heal
Our Family Unit

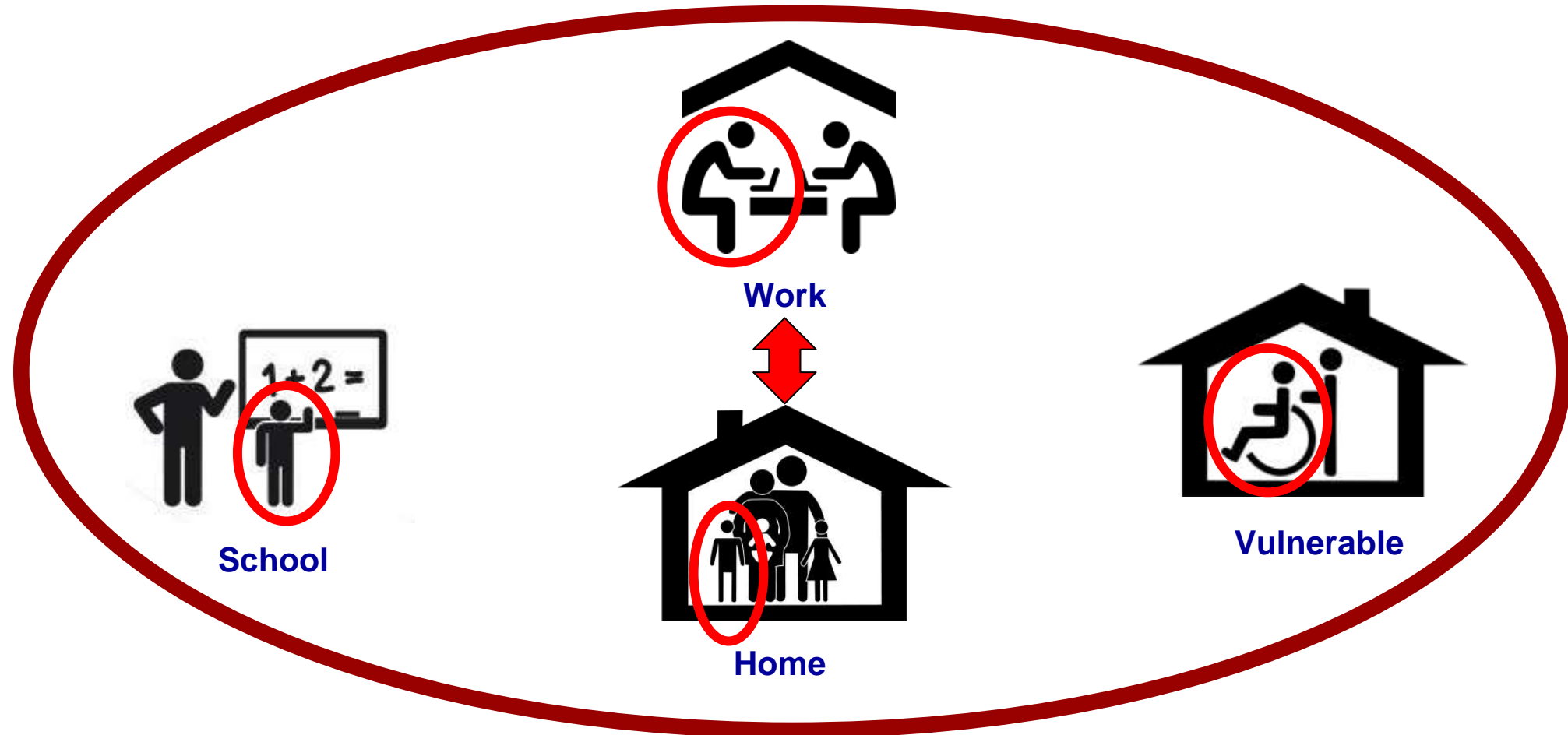


Work

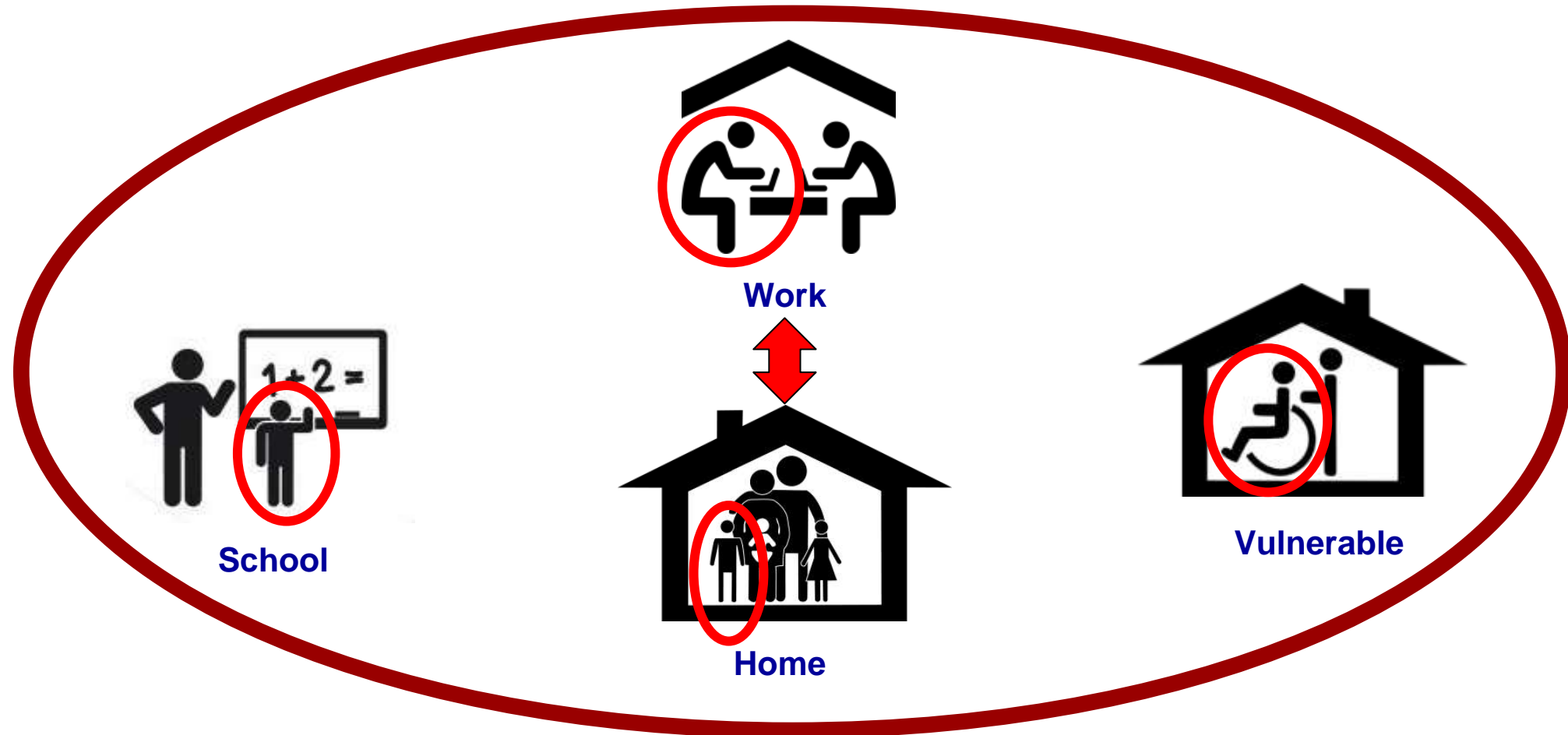
**We Can't Train Essential
Infrastructure Workers Alone**

The Family Unit is the Achilles Heal

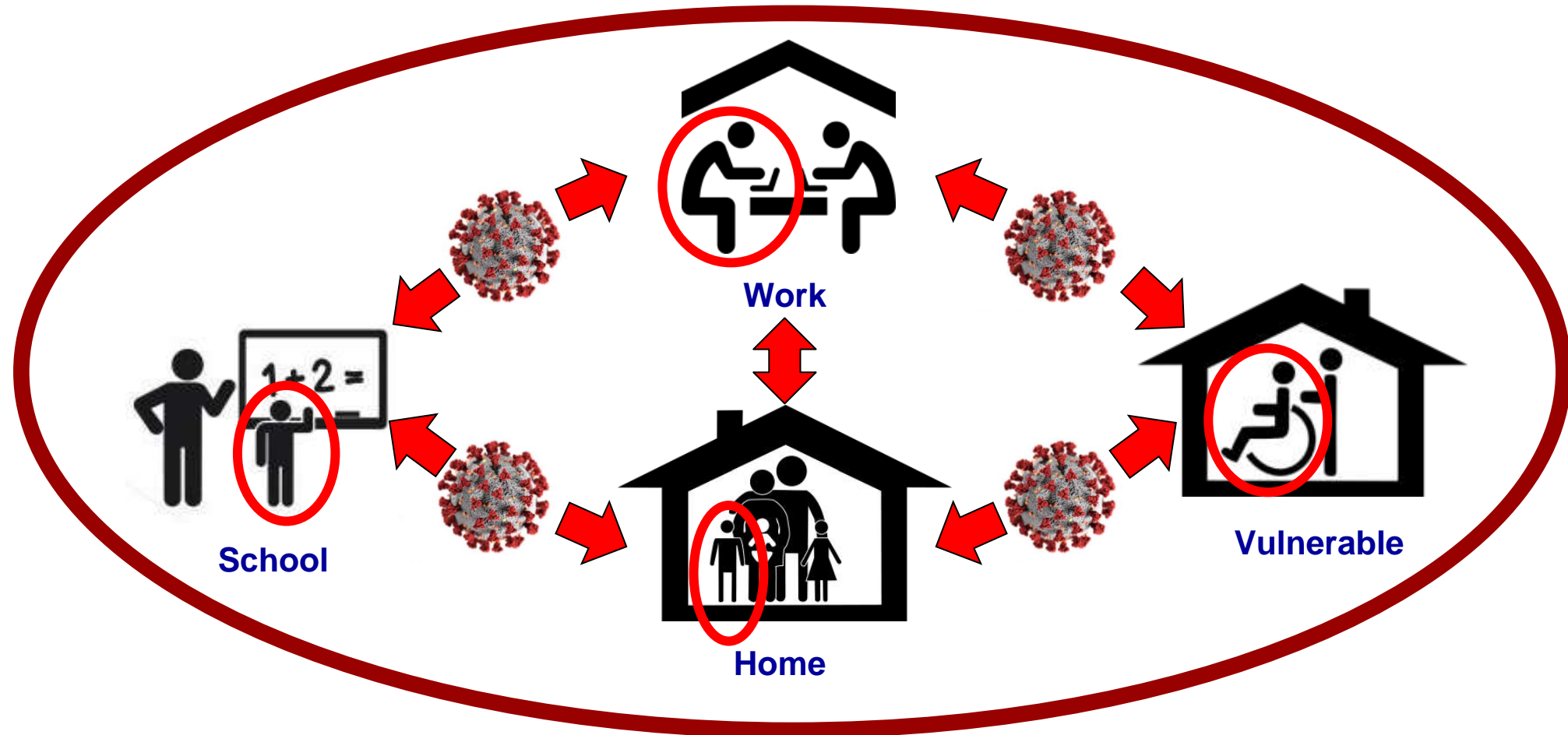
Family Transmission Chains



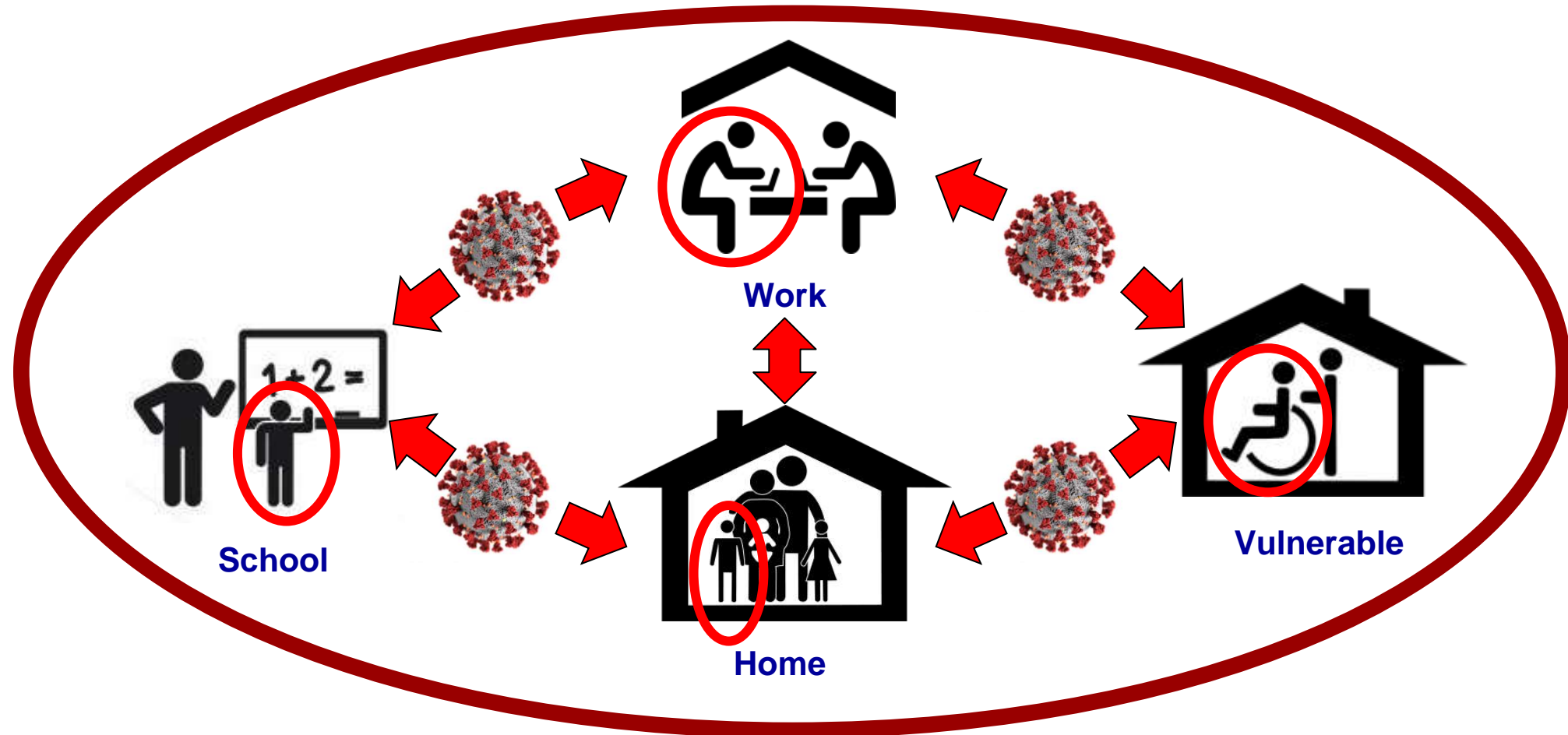
Family Transmission Chains



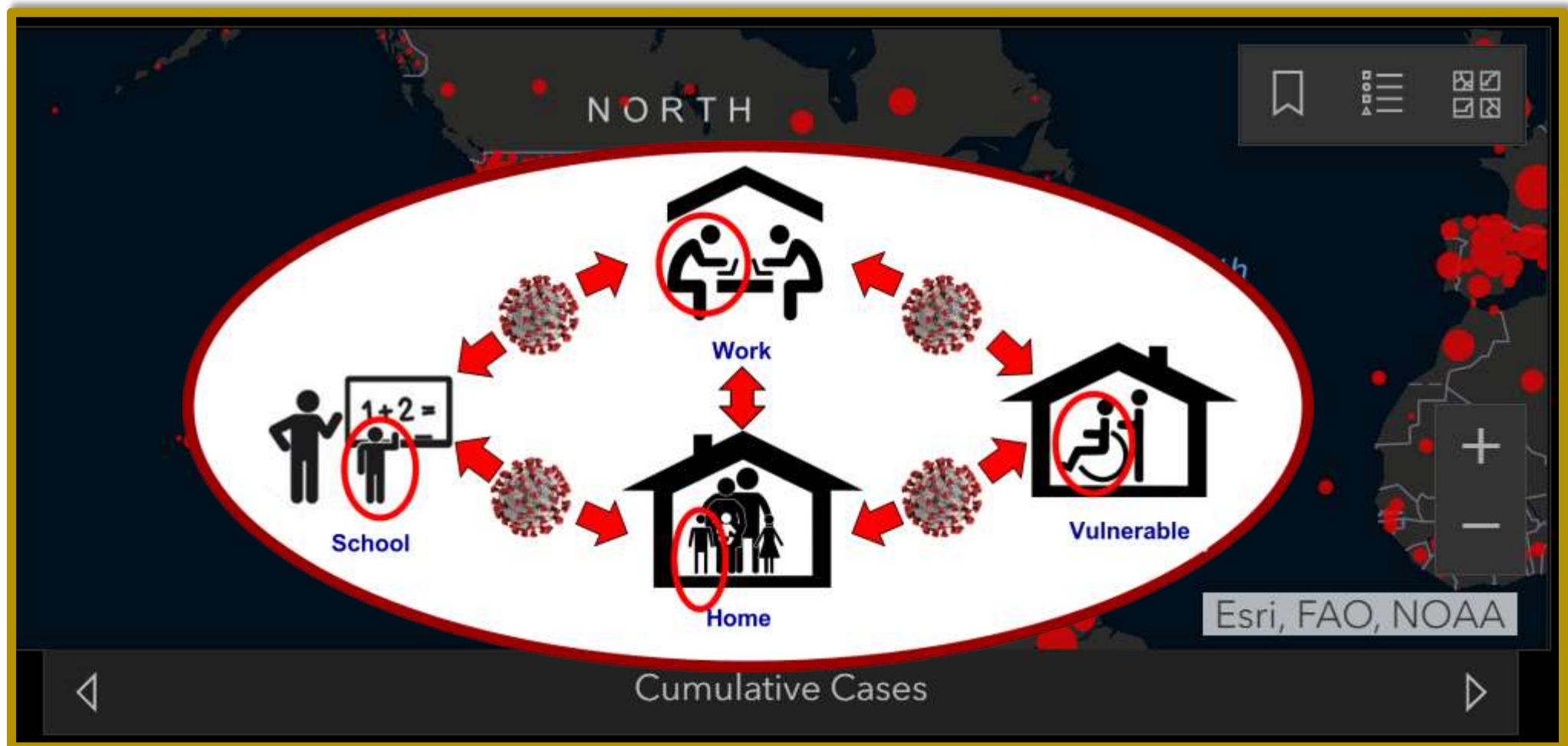
Save the Families...



Save the Families... You Save the Worker

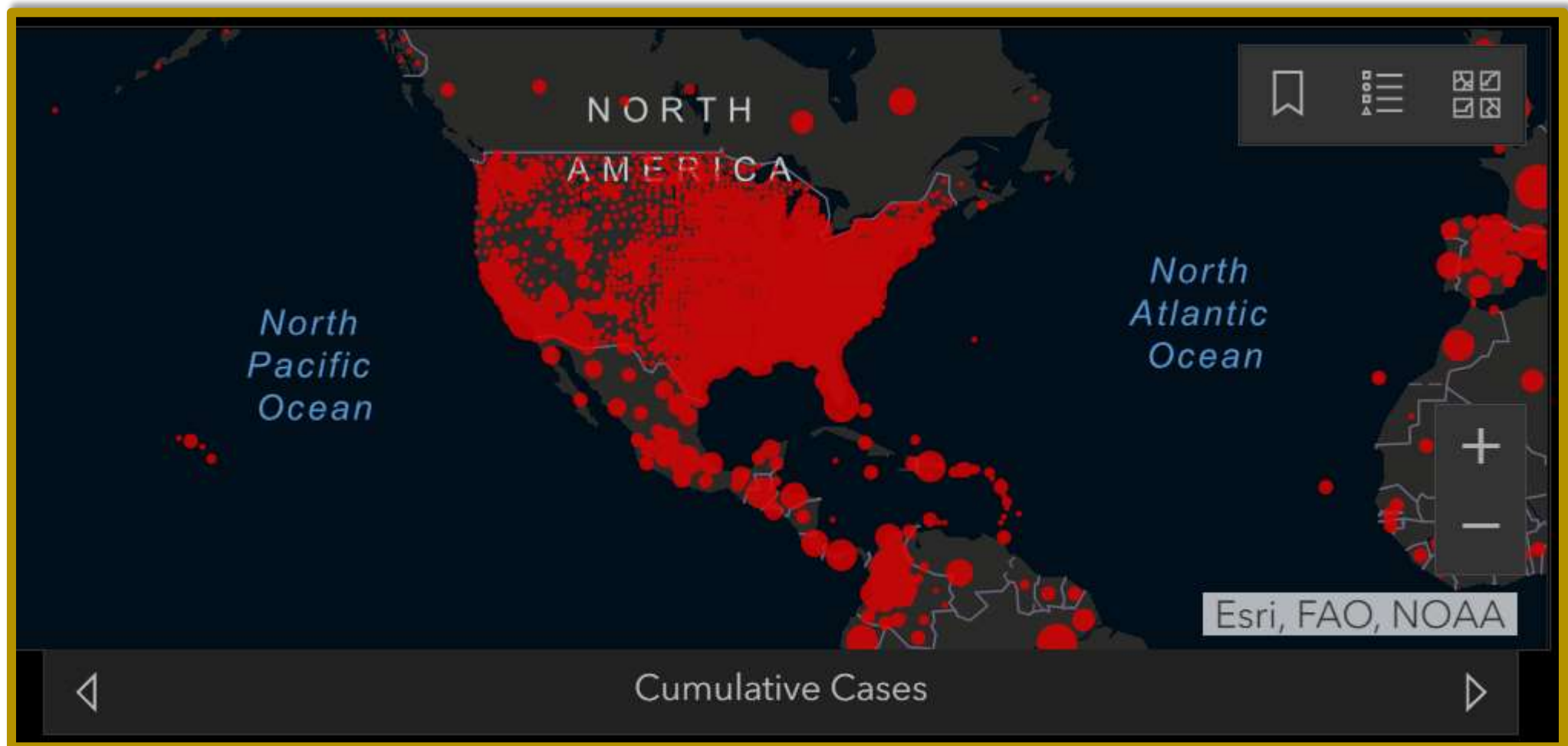


Save the Families Across Communities...



Save the Families Across Communities...

You Save the Nation





See the videos, answers to FAQs, and resources below. They will be continuously updated for the construction we serve.

We have organized the videos below as BASIC VIDEO to provide critical information quickly. For those who want more detail, view the ADVANCED VIDEO. The source articles may be distributed below.

The following **ADVANCED MODULES** address more comprehensive information you may wish to watch:
The medical and scientific articles are provided below the video:

The following table provides resource articles and links to video assets that viewers may use and download to understand the science behind the best practices.



BASIC MODULES:

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

Back to School Safety

ADVANCED MODULES:

- **Longer more detailed**
- **Webinar Recordings**
- **Technical Information**

Resources

www.medtacglobal.org/coronavirus-response/

Background & Transmittal Information	Notes
<p>US and UK News Best Prepared - What News Among? Time Magazine July 1, 2022</p> <p>https://www.time.com/2022/07/01/uk-us-news-best-prepared-what-news-among/</p> <p>PAINTER, WILLIAM B. - Gearing & Stone - US Background to the Planning by Pauline A. Houshous 10-20-22 SEMINAR 3. JAMES L. GEARING FOR (TIME) at james@williamb.com</p> <p>Joint US-UK Convention, a Program for Experts, New York 10-10-22 J&S Details</p>	<p>This is a review of the preparation of both countries. I would not mark the joint working for comparison with the above.</p> <p>A paper delivered at Thomas that programs the results of limited professional input (often in-house) strategies. With currently sparse opportunities, the US is not so much in a promising COVID-19 as the UK.</p> <p>One of the best articles in the early day of lockdown. 2019. I have been one of the users of published history. It provides a more in-depth history description of the strategy. I have not used it.</p>

An Infection Every Second... A Death Every 2 Minutes



A 13-year-old Missouri boy's on quarantine and last day of school was in late October. He died from Covid-19 days later



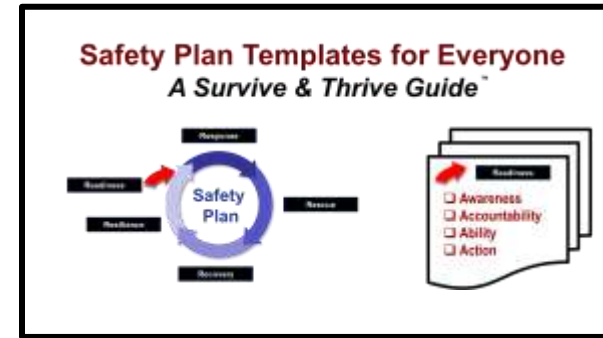
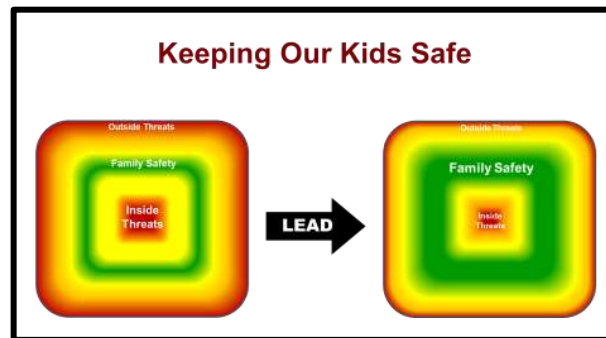
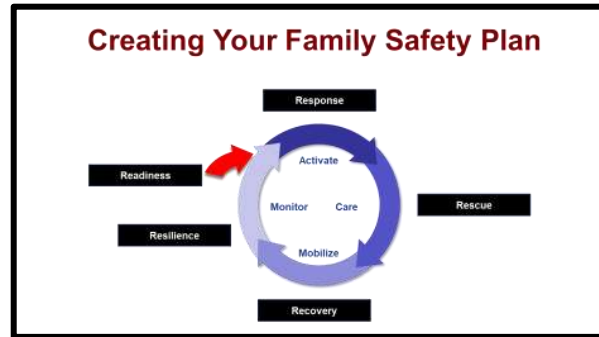
Long-haulers taking months to recover from multi-system symptoms – many develop it.



A 20-year-old dies on quarantine in her dorm room of pulmonary embolism. Test result “never delivered due to clerical error”.

Survive & Thrive Guide™ Webinar Road Map

Webinar Today



Med Tac Certification Course

The Basics

Understand the Basics

- Critical Concepts
- Prevention, Preparedness, Protection, & Performance Improvement – The 4 P's
- How the Virus Spreads

Leadership

Form Family Team & Safety Plan

- Family Safety Plan
- The Family CFO
- Engaging Family: Head, Heart, Hands, & Voice

Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Home
- Protecting Caregivers
- Protecting the Family

Technologies

Putting Supplies & Gear to Work

- Supplies & Gear Checklist
- Seniors & At-Risk Care Checklists to be Safe
- Innovating Solutions

Med Tac Certification Course

The Basics

Understand the Basics

- Critical Concepts
- Prevention, Preparedness, Protection, & Performance Improvement – The 4 P's
- How the Virus Spreads

Leadership

Form Family Team & Safety Plan

- Family Safety Plan
- The Family CFO
- Engaging Family: Head, Heart, Hands, & Voice

Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Home
- Protecting Caregivers
- Protecting the Family

Technologies

Putting Supplies & Gear to Work

- Supplies & Gear Checklist
- Seniors & At-Risk Care Checklists to be Safe
- Innovating Solutions



Home Care Room Program

Coronavirus Response
CareUniversity Series

Select a Care Room Checklist:

- ☐ Select a room separate from the rest of the home that ideally should be used only for patient care.
- ☐ Identify the bathroom that can be used to wash hands.
- ☐ If a fully dedicated room is not available, use a room where supplies are stored away from the family and other visitors.
- ☐ If another room or station set that up for patient care.
- ☐ Make sure the Care Room is clean and disinfected.
- ☐ If you have no separate room, use plastic sheets, or vinyl curtains or tents to create a separate room.
- ☐ Optimize ventilation by opening a window that may be available.
- ☐ If Heating and Air Conditioning is available, use separate ventilation for the Care Room.
- ☐ Make decisions regarding the Care Room. It is optimal for the patient.



Home Care Room Program

Coronavirus Response
CareUniversity Series

Care Room Set Up Checklist:

- ☐ Set Up Cleaning Supplies
- ☐ Set Up Cleaning Equipment
- ☐ Equip Both Clean and Contaminated Areas
- ☐ Post Signs to Restrict Access
- ☐ Consider Signs for Patient and Family
- ☐ Prepare a Daily Cleaning Schedule
- ☐ Remove Hard to Clean Items
- ☐ Set Up Personal Protective Equipment
- ☐ Set up a Contaminated Area
- ☐ Set up Waste Can
- ☐ Set up a Contaminated Area
- ☐ Set up a Non-contaminated Area
- ☐ Put Waste Cans, Sharps Containers, and Materials in Care Room
- ☐ Place Safe Contaminated Area
- ☐ Injection Meds Under Lock and Key
- ☐ Keep Patient's Personal Items in Care Room
- ☐ Place Water Pitcher and Personal Hygiene Items in Care Room
- ☐ Keep dedicated Thermometers in Care Room
- ☐ Keep Reusable Supplies in Care Room



Home Care Room Program

Coronavirus Response
CareUniversity Series

Supplies Checklist:

- ☐ Eye Protection
- ☐ A Face Shield
- ☐ Reusable Gloves
- ☐ Rubber Gloves
- ☐ Disposable Hair Coverings
- ☐ N95 Mask or Medical Grade Mask
- ☐ Aprons - single-use and reusable gowns.
- ☐ Plastic Aprons
- ☐ Alcohol-based Hand Sanitizer
- ☐ Plain Soap
- ☐ Clean Single-use Paper Towels
- ☐ Safe Puncture Proof Container
- ☐ Detergent for Cleaning
- ☐ Thermometer & Medical Grade
- ☐ Mobile Phone
- ☐ Waste Bags - Garbage



Home Care Room Program

Coronavirus Response
CareUniversity Series

Home Care Team Checklists:

Laundry Processes:

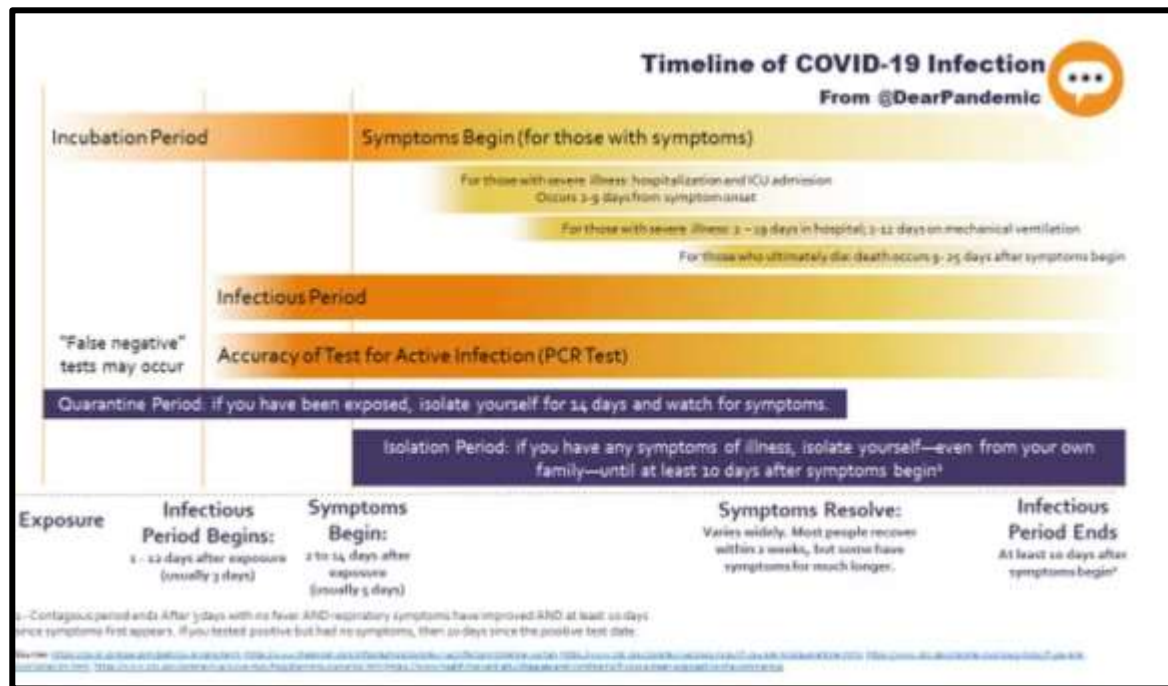
- ☐ Disinfect Laundry Room after Every Wash
- ☐ Always Separate Contaminated Laundry from Non-contaminated Laundry
- ☐ Wash all regular and Non-contaminated laundry first
- ☐ Wash kitchen towels and bathroom hand towels daily.
- ☐ Wash all Contaminated Laundry last
- ☐ Disinfect Laundry Room while Contaminated Laundry are in the wash
- ☐ Move Formerly Contaminated Laundry from Washer to Dryer after Disinfecting Laundry Room

Cleaning the Home:

- ☐ Door knobs

The Guardian

November 29, 2020



What you need to know if you're getting tested for Covid-19 before seeing family

With the holidays season in full swing testing negative for coronavirus does not necessarily mean you're in the clear

- **Coronavirus - latest updates**
- **See all our coronavirus coverage**



Source: https://www.theguardian.com/world/2020/nov/29/getting-tested-for-covid-19-need-to-know?CMP=oth_b-aplnews_d-1

COVID-19 Infection Timeline

Incubation Period

Exposure

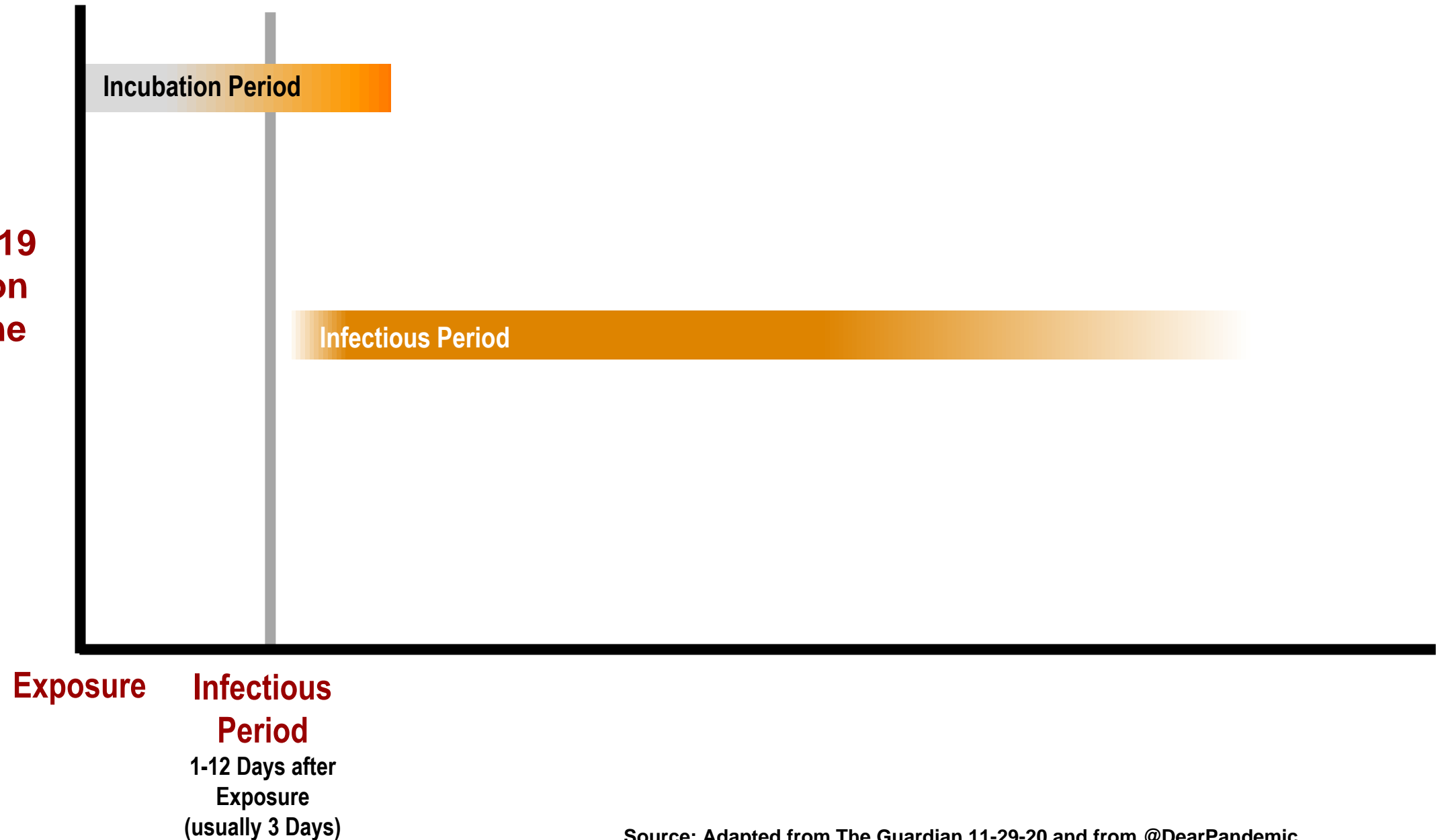
Infectious
Period

1-12 Days after
Exposure
(usually 3 Days)

Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

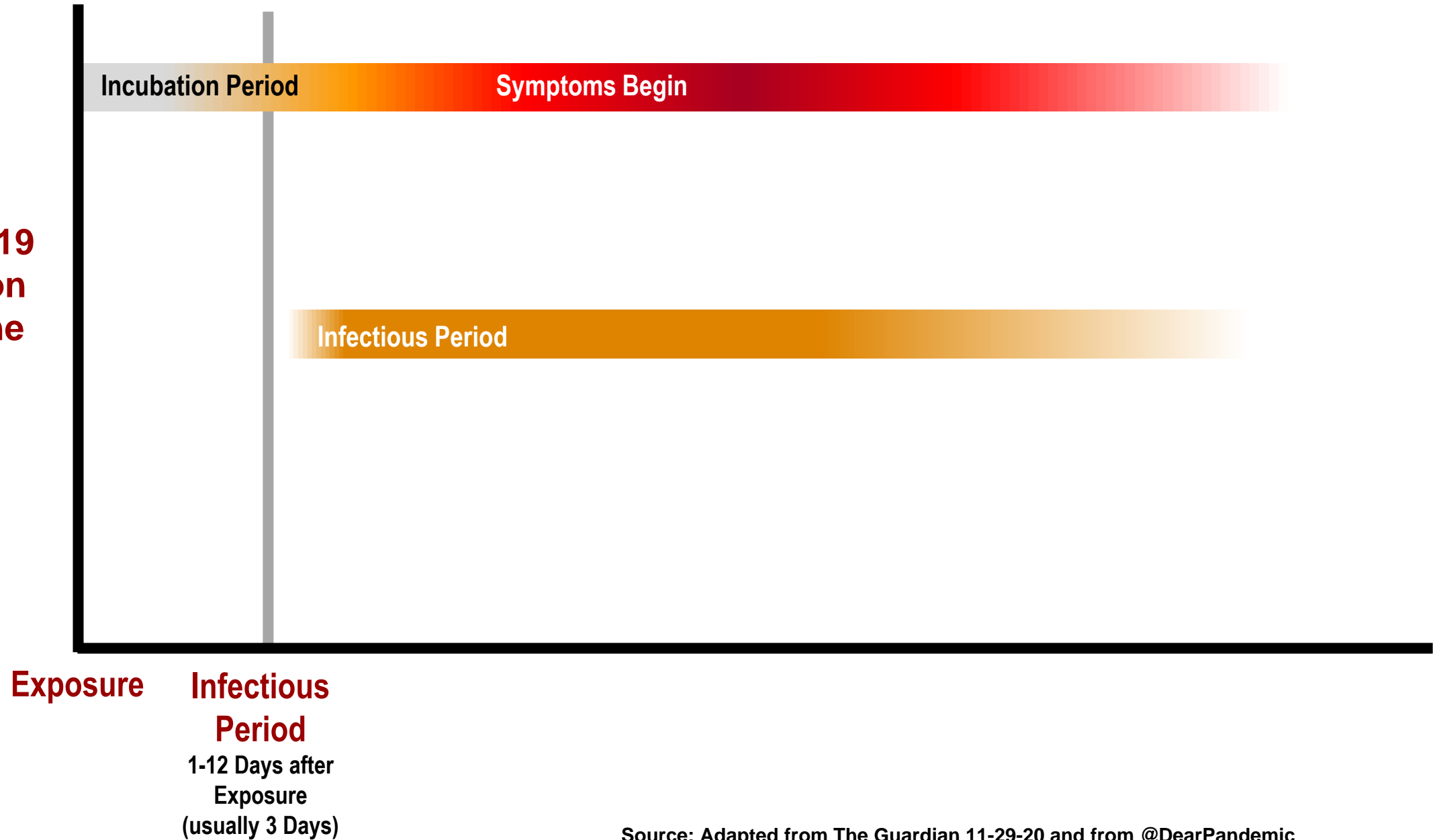


**COVID-19
Infection
Timeline**



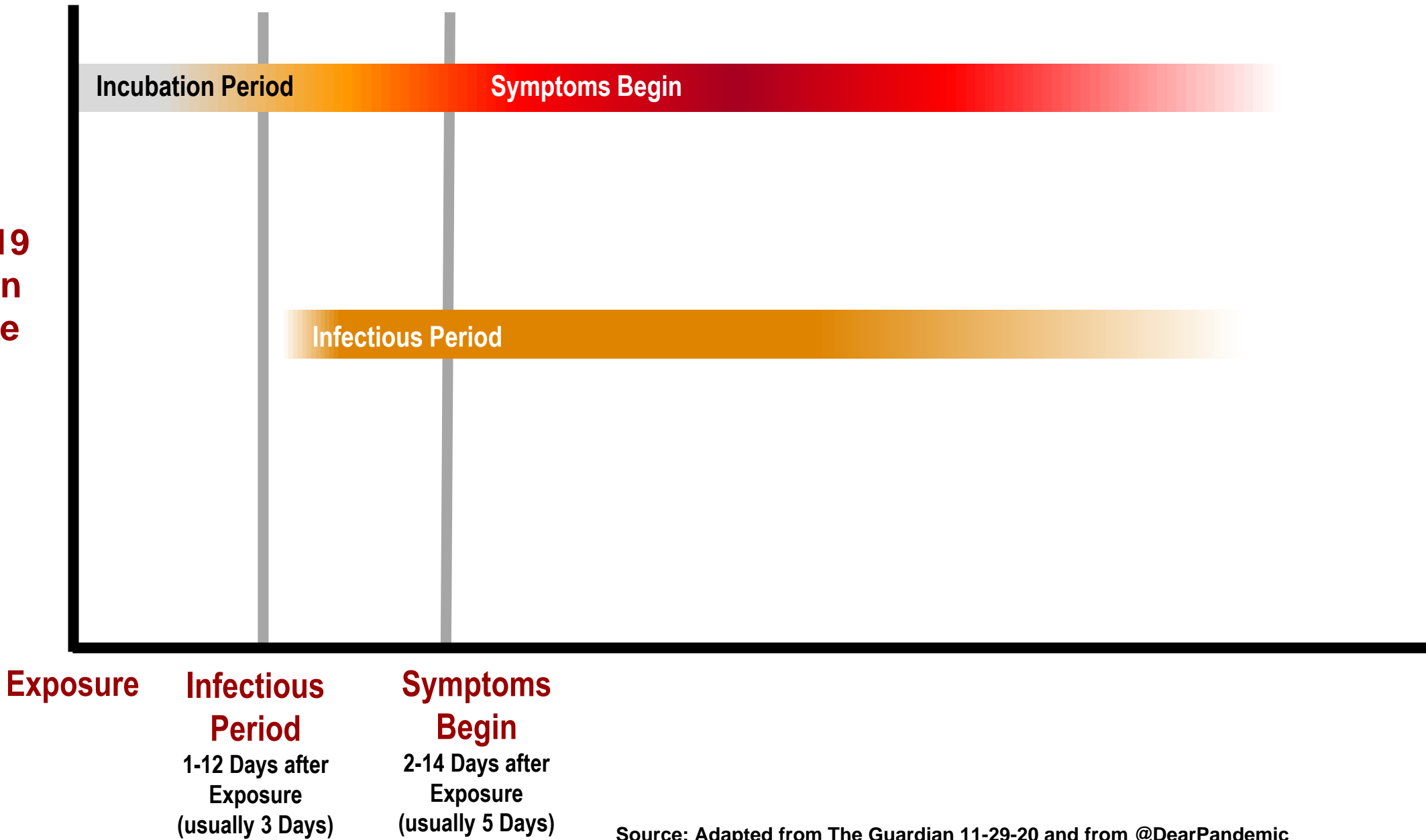
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline



Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

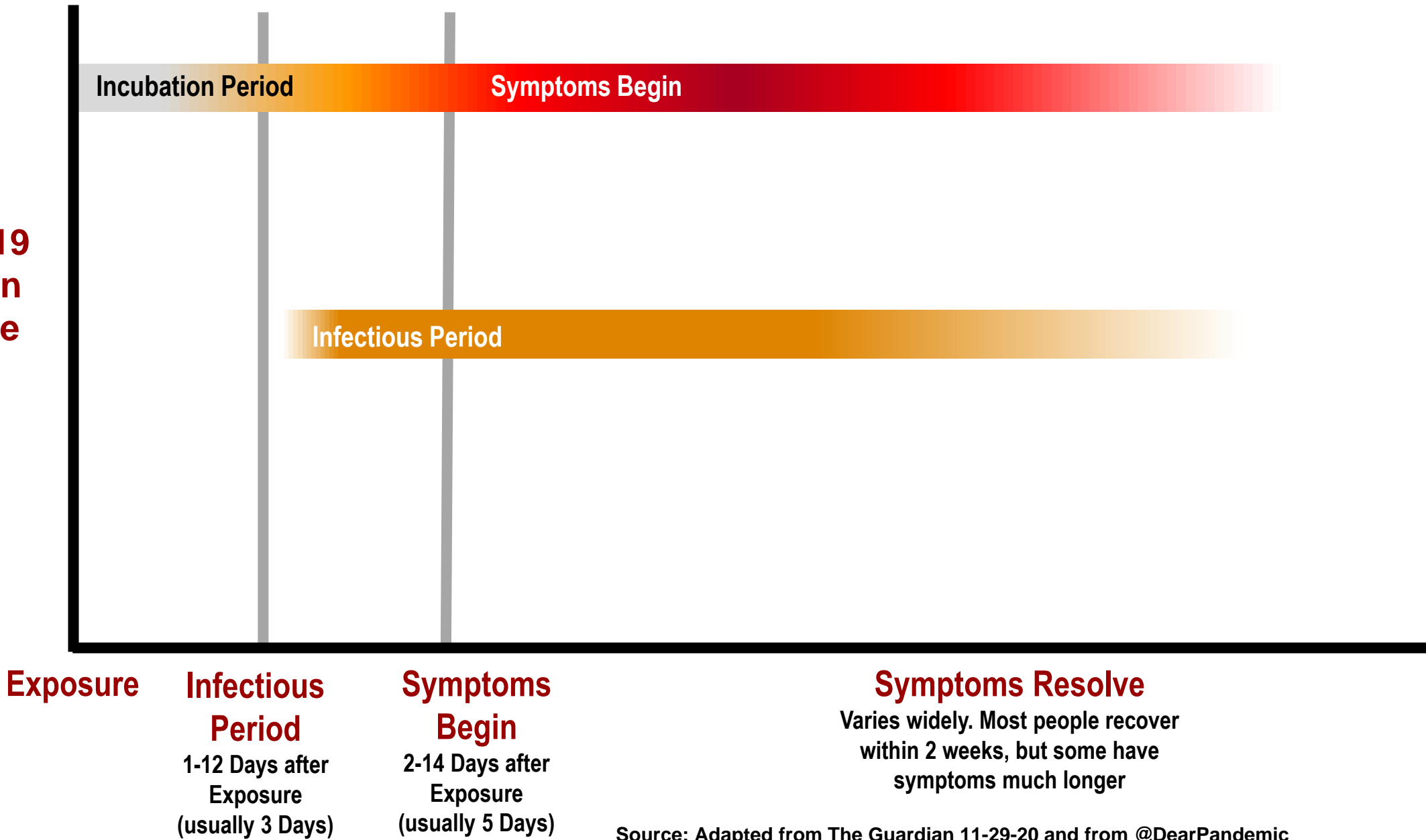
COVID-19
Infection
Timeline



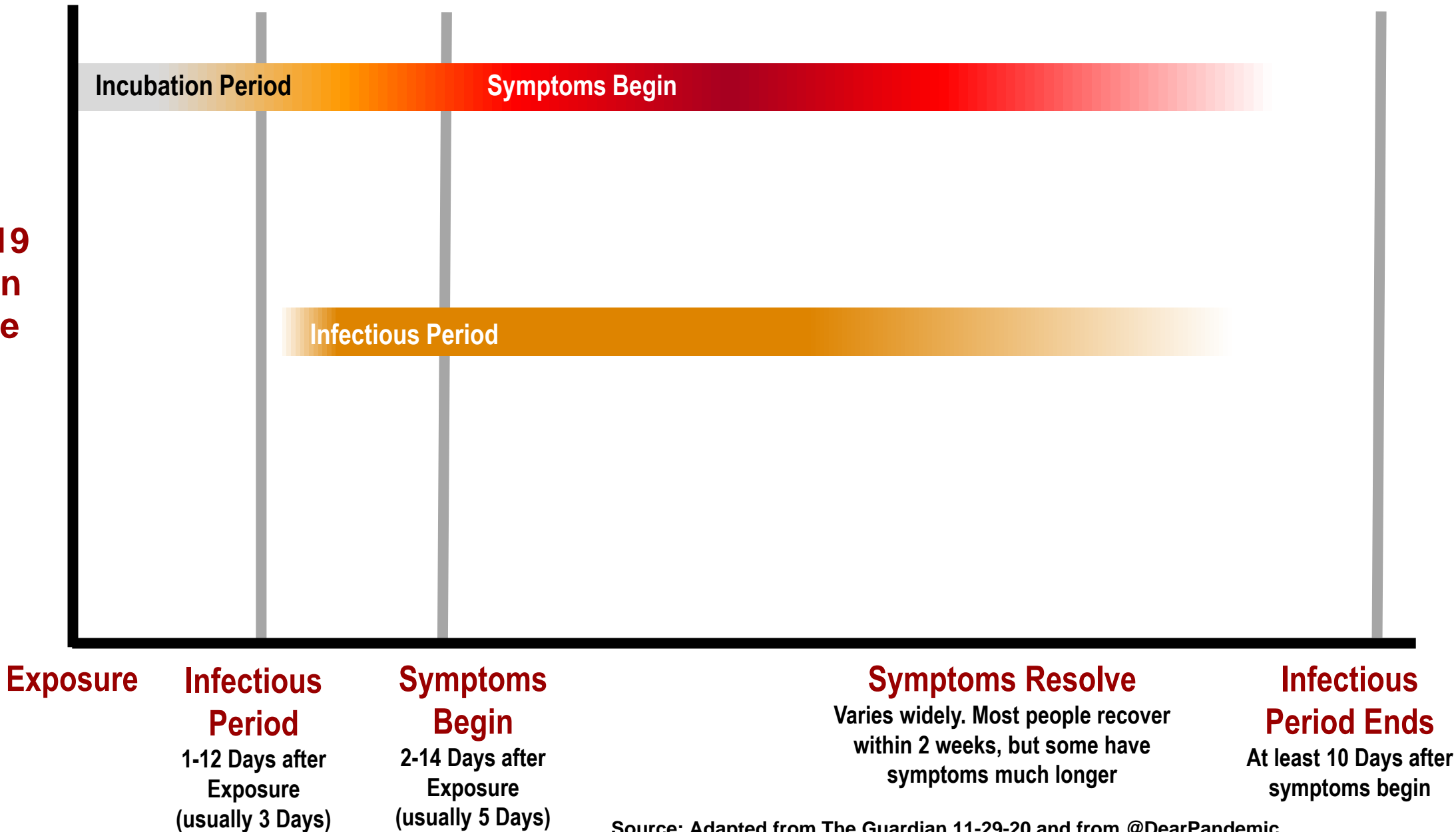
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic



COVID-19
Infection
Timeline



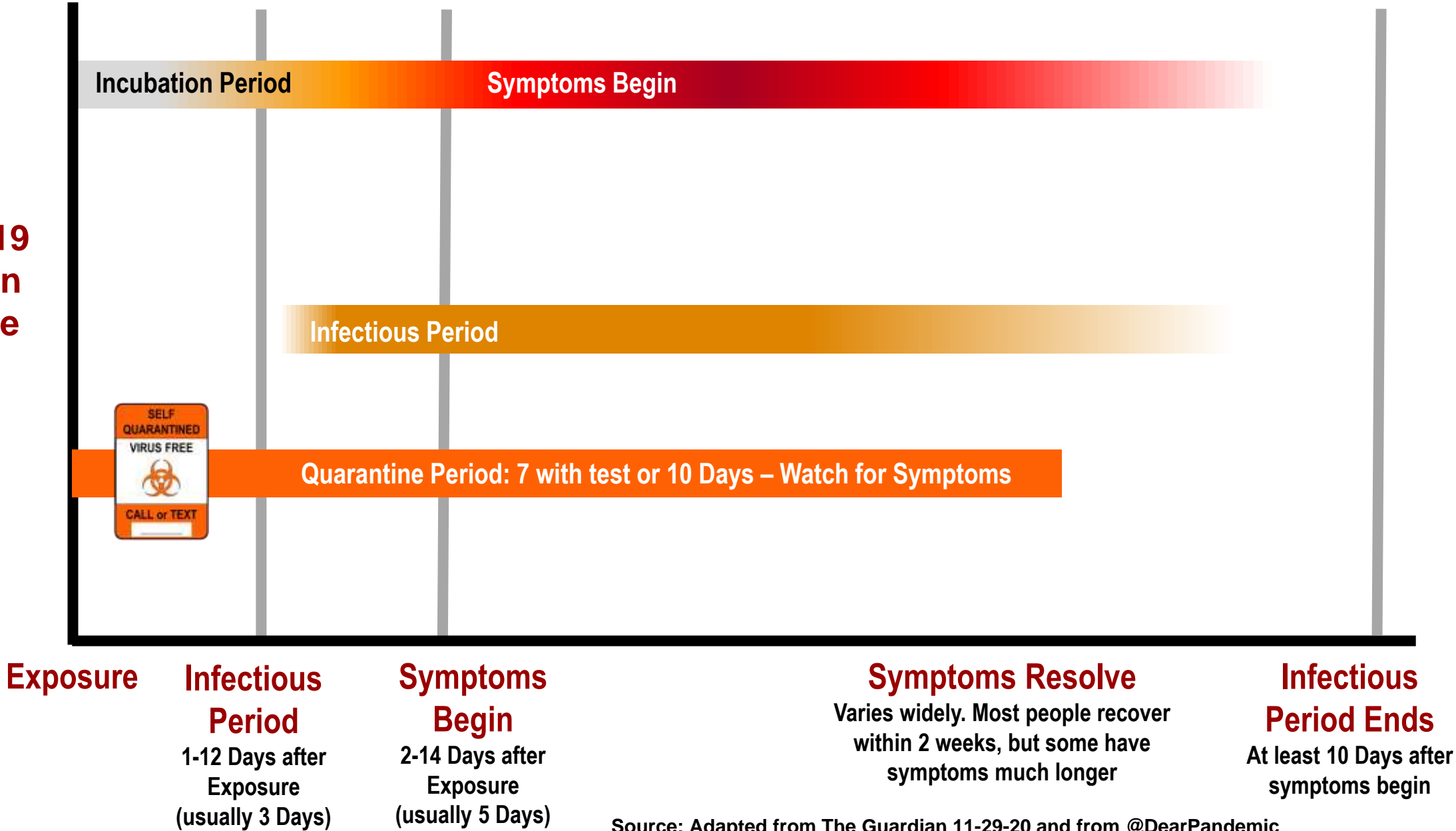
COVID-19
Infection
Timeline



Source: Adapted from The Guardian 11-29-20 and from @DearPandemic



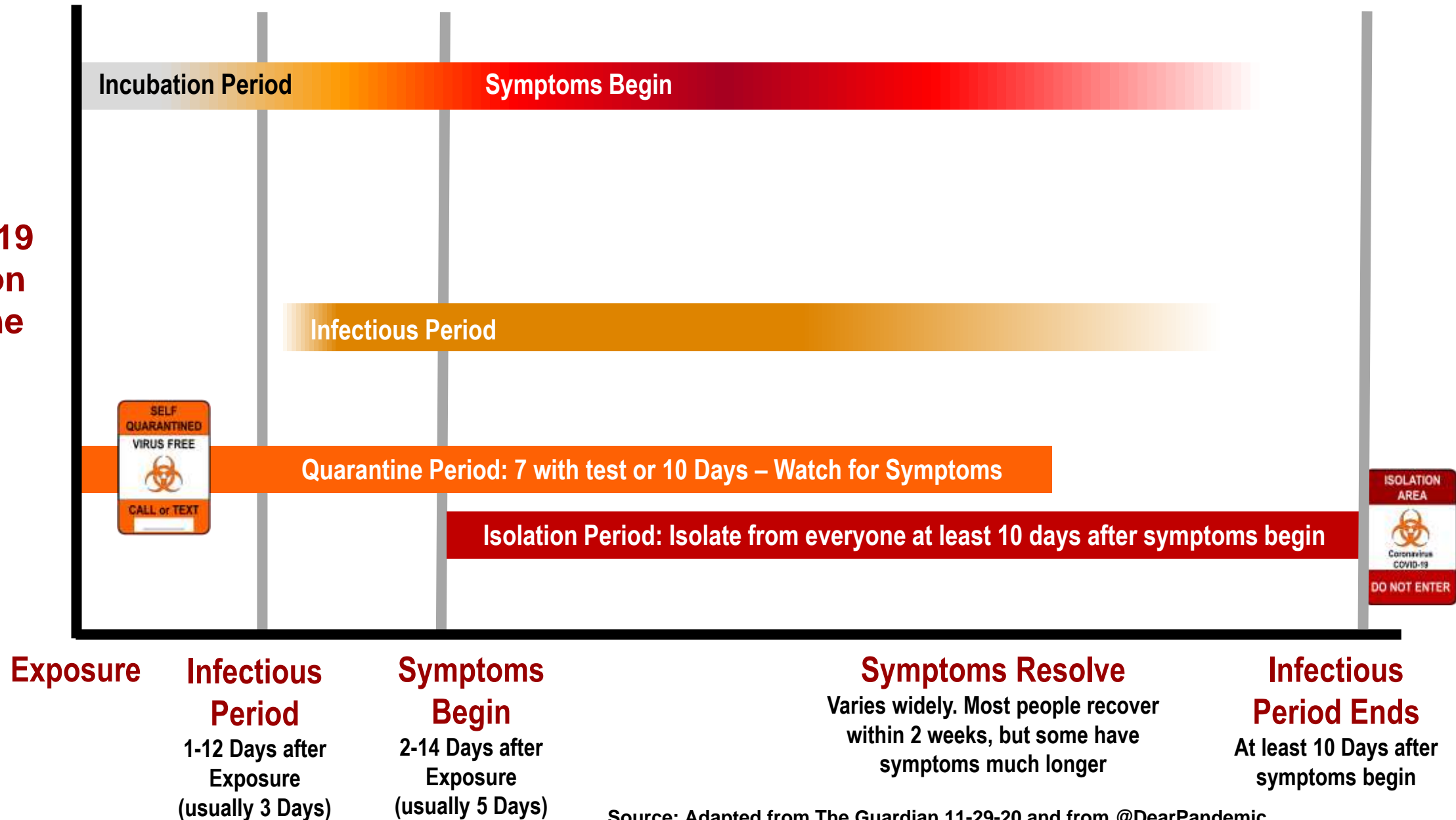
COVID-19
Infection
Timeline



Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

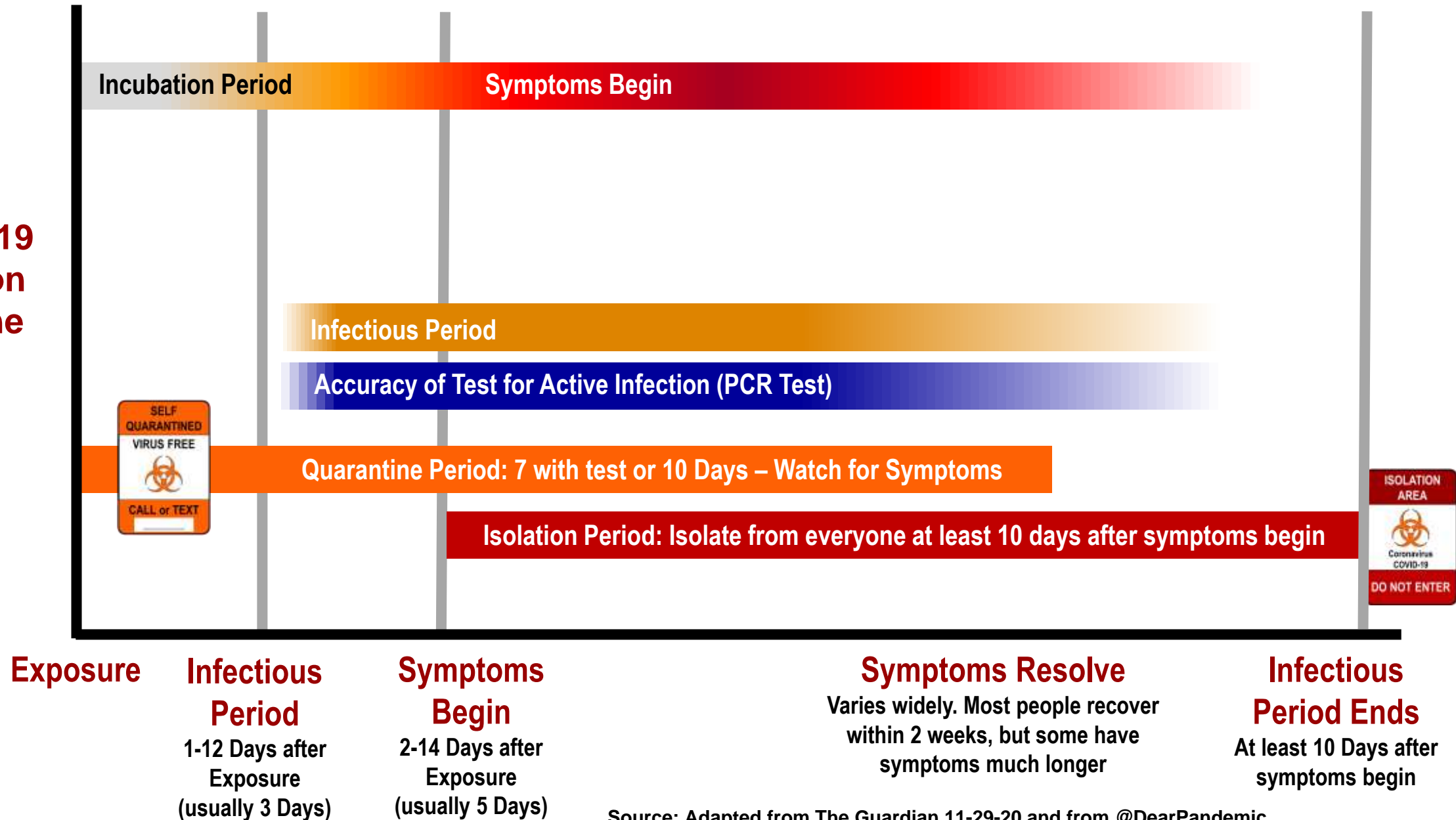


COVID-19 Infection Timeline



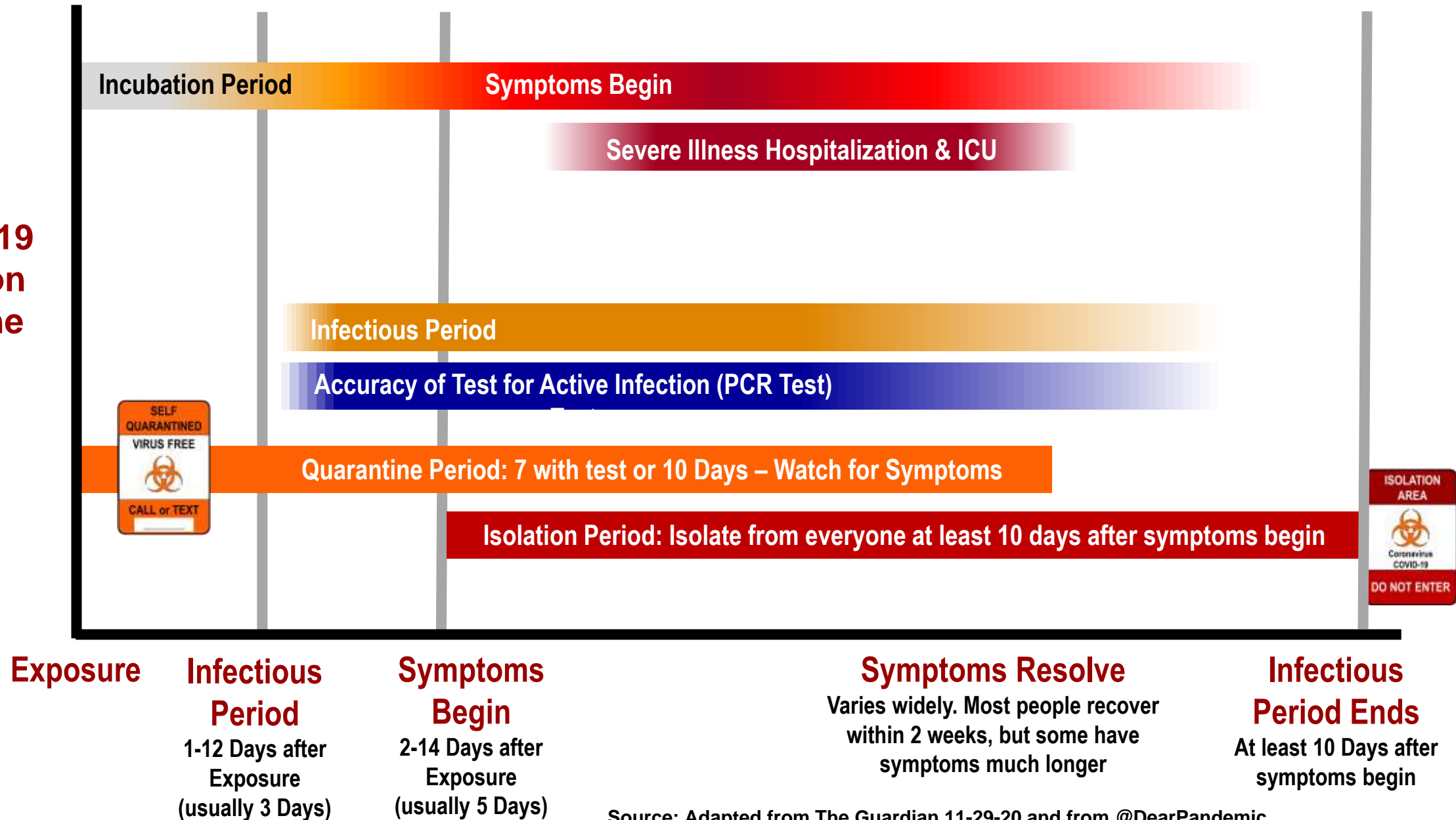
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline



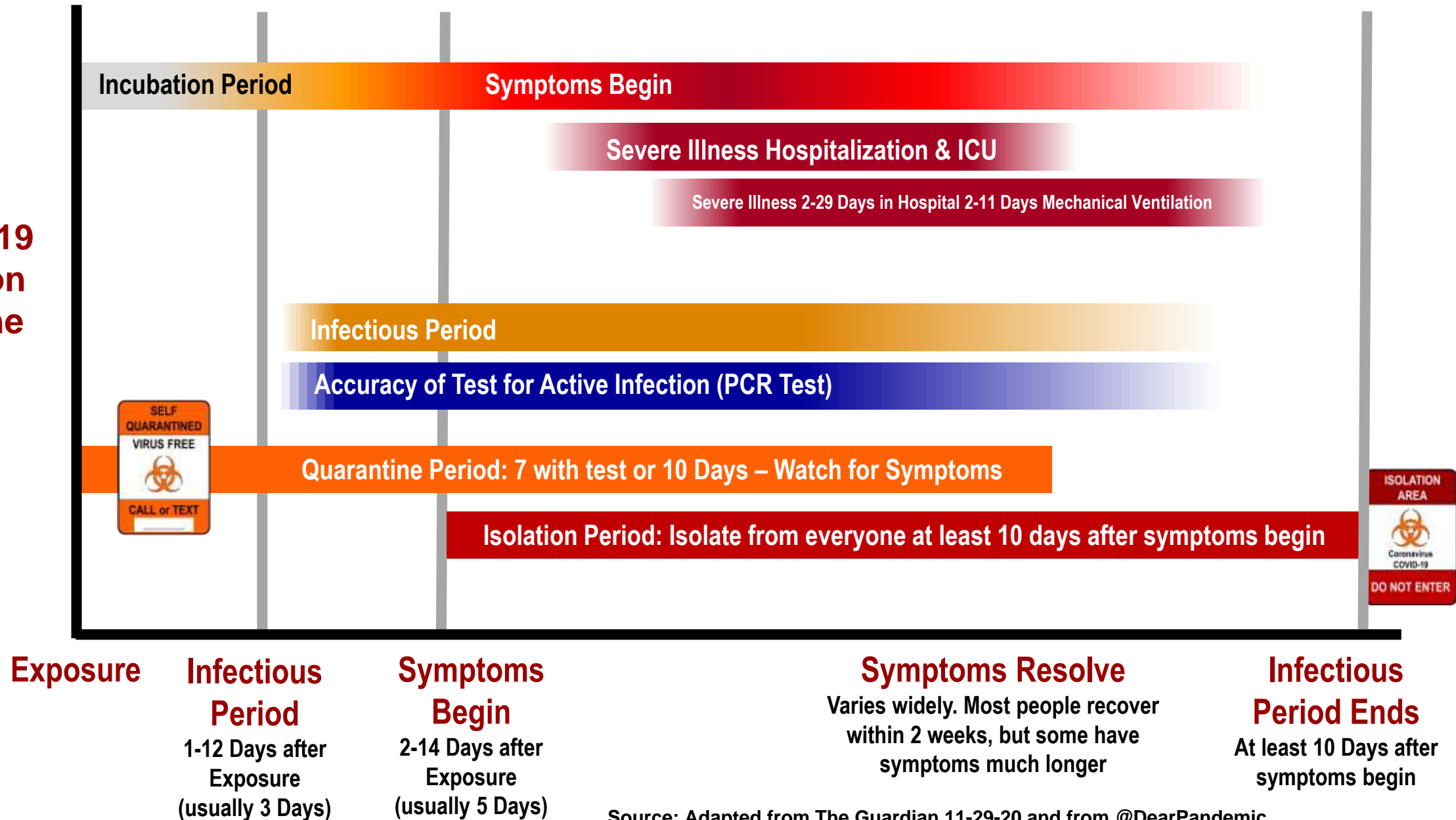
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline



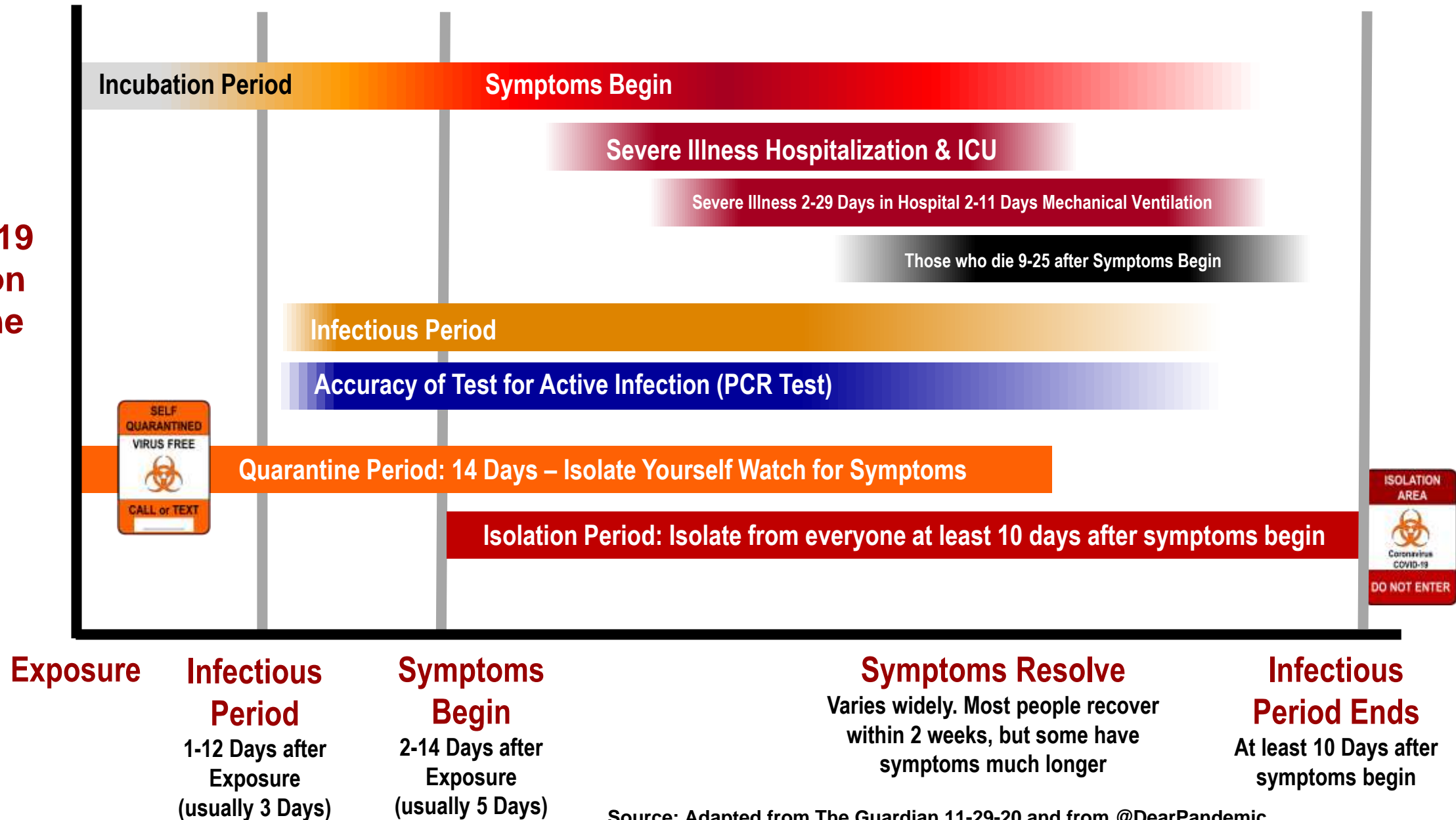
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline



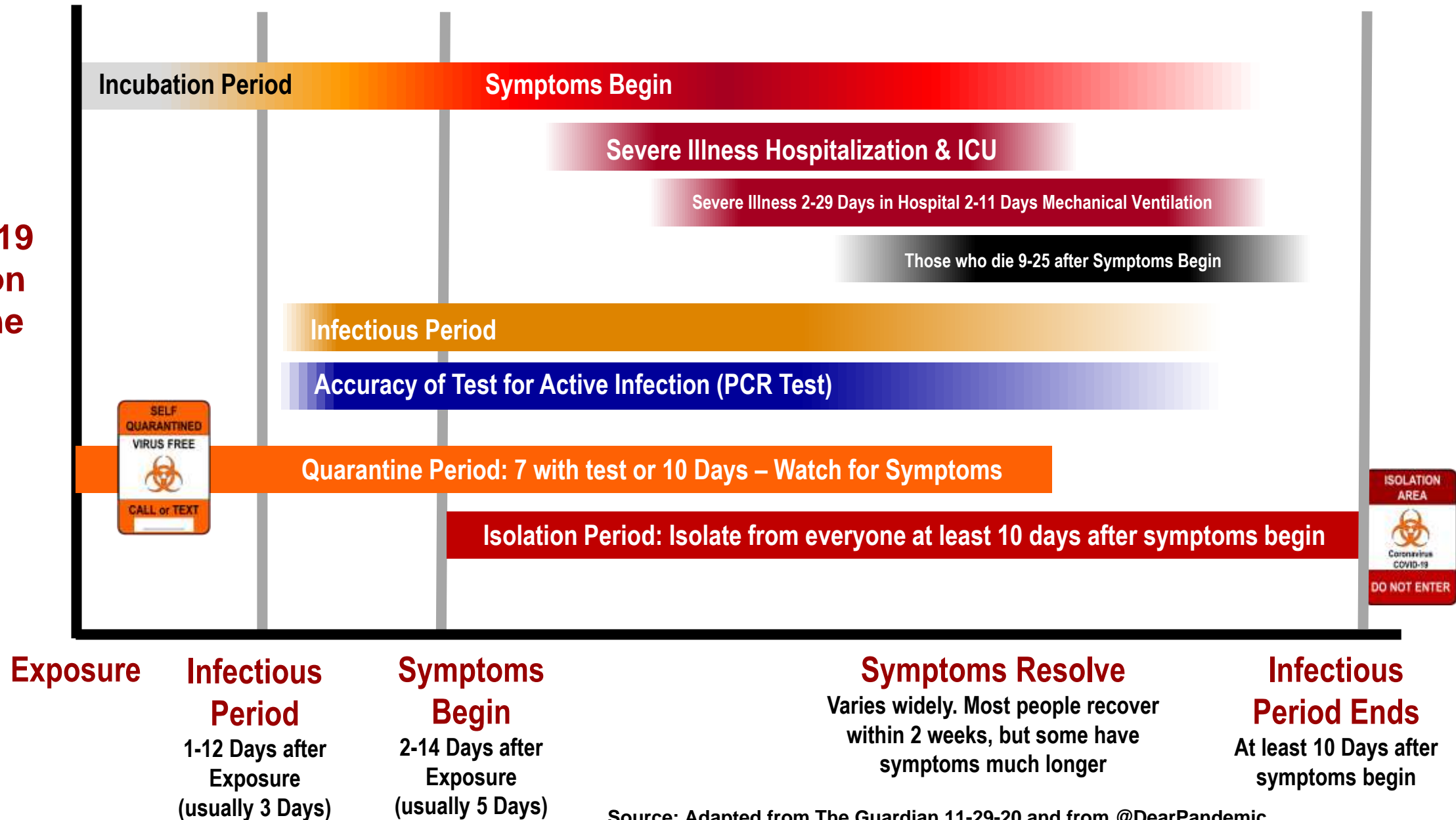
Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline



Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

COVID-19 Infection Timeline

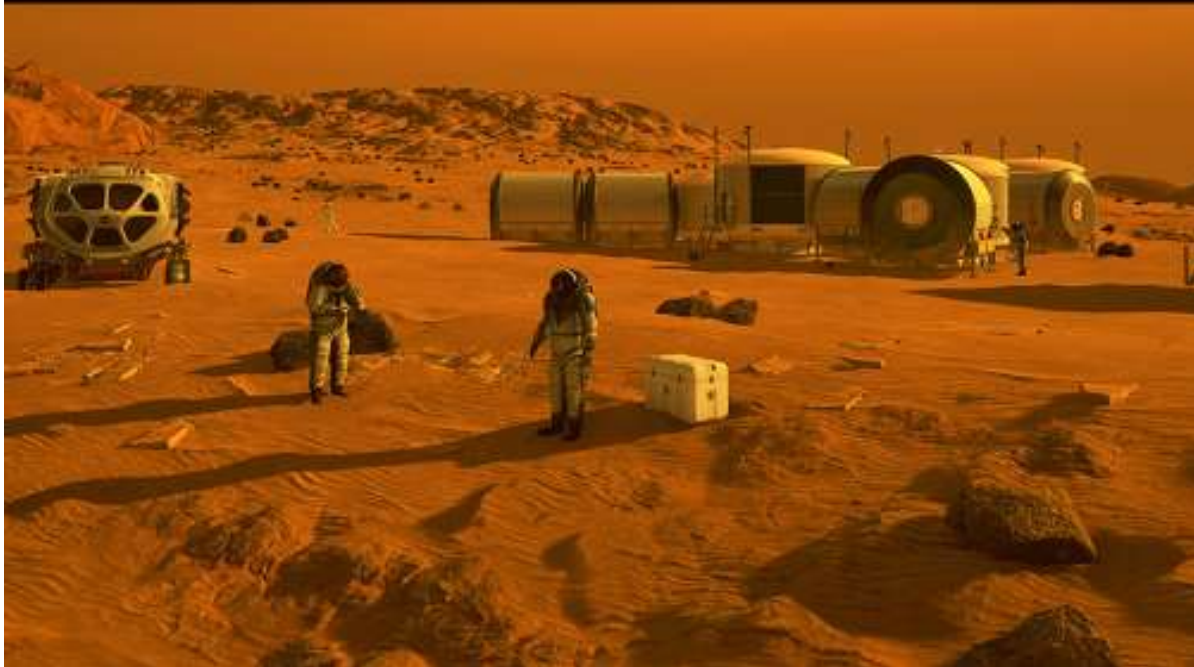


Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

Survive & Thrive Certification

Practices

Care of Your Loved Ones



Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Room
- Protecting Caregivers
- Protecting the Family

Technologies

Putting Supplies & Gear to Work

- Supplies & Gear Checklist
- Seniors & At-Risk Care Checklists to be Safe
- Innovating Solutions

Practices

Care of Your Loved Ones

- **Why Checklists?**

- Setting up Care Room
- Protecting Caregivers
- Protecting the Family

- ▶ **Proven History Increasing Safety**
 - Pioneered in Aviation & most recently in Healthcare
- ▶ **Simple Reminders to Follow**
 - Provides a Logical Framework
- ▶ **Reduces Human Error**
 - Reduce stress & fatigue errors
- ▶ **Prioritizes the Important**
 - Address the “killer” tasks

Practices

Care of Your Loved Ones

- Why Checklists?

- **Setting up Care Room**

- Protecting Caregivers

- Protecting the Family

- ▶ **Select Your Care Room**

- Prioritize isolating the patient

- ▶ **Optimize Cleaning Stations**

- Optimize Disinfection Processes

- ▶ **Separate Waste & Laundry**

- Minimize risk to family

- ▶ **Minimize Caregivers & Visitors**

- Reduce time in Care Room

- Place supplies where used

Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Room
- **Protecting Caregivers**
- Protecting the Family

- ▶ **Review Hand Washing Best Practice**
 - Whole hands for 20 seconds.
- ▶ **Practice Don and Doff Techniques**
 - Putting PPE on & taking off – watch videos
- ▶ **Review Entering Room Checklist**
 - Understand actions preparing to enter.
- ▶ **Review Care Checklist:**
 - Understand actions in care room.
- ▶ **Review Leaving Room Checklist:**
 - Understand actions leaving care room.

Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Room
- Protecting Caregivers
- **Protecting the Family**
 - ▶ **Keep Laundry Separate**
 - Regular Wash First – Sanitize Laundry Area
 - ▶ **Clean All High Contact Surfaces**
 - Use Disinfectants – Remember Virus Viability
 - ▶ **Upon Returning Home from Public Outings**
 - Reduce Risk of Bringing Home the Virus

Practices

Care of Your Loved Ones

- **Why Checklists?**

- Setting up Care Room
- Protecting Caregivers
- Protecting the Family

- ▶ **Proven History Increasing Safety**
 - Pioneered in Aviation & most recently in Healthcare
- ▶ **Simple Reminders to Follow**
 - Provides a Logical Framework
- ▶ **Reduces Human Error**
 - Reduce stress & fatigue errors
- ▶ **Prioritizes the Important**
 - Address the “killer” tasks

Practices

Care of Your Loved Ones

- Why Checklists?

- **Setting up Care Room**

- Protecting Caregivers

- Protecting the Family

- ▶ **Select Your Care Room**

- Prioritize isolating the patient

- ▶ **Optimize Cleaning Stations**

- Optimize Disinfection Processes

- ▶ **Separate Waste & Laundry**

- Minimize risk to family

- ▶ **Minimize Caregivers & Visitors**

- Reduce time in Care Room
 - Place supplies where used

Practices

Care of Your Loved Ones

- Why Checklists?
- Setting up Care Room
- **Protecting Caregivers**
- Protecting the Family

- ▶ **Review Hand Washing Best Practice**
 - Whole hands for 20 seconds.
- ▶ **Practice Don and Doff Techniques**
 - Putting PPE on & taking off – watch videos
- ▶ **Review Entering Room Checklist**
 - Understand actions preparing to enter.
- ▶ **Review Care Checklist:**
 - Understand actions in care room.
- ▶ **Review Leaving Room Checklist:**
 - Understand actions leaving care room.

Practices

Care of Your Loved Ones

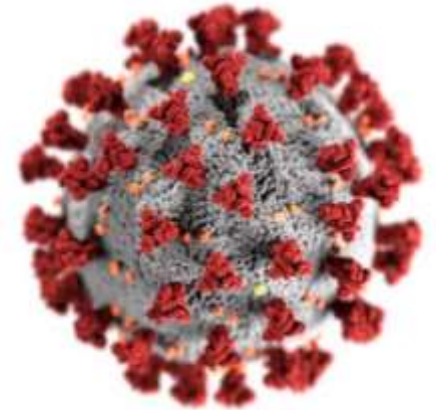
- Why Checklists?
- Setting up Care Room
- Protecting Caregivers
- **Protecting the Family**
 - ▶ **Keep Laundry Separate**
 - Regular Wash First – Sanitize Laundry Area
 - ▶ **Clean All High Contact Surfaces**
 - Use Disinfectants – Remember Virus Viability
 - ▶ **Upon Returning Home from Public Outings**
 - Reduce Risk of Bringing Home the Virus

Providing Care At Home: A Survive & Thrive Guide™



Heather Foster, RN

**Practicing Nurse
Infection Preventionist
Patient Safety Expert**



Survive & Thrive Certification



Technologies

Putting Supplies & Gear to Work

- Supplies & Gear Checklist
- Seniors & At-Risk Care Checklists to be Safe
- Innovating Solutions

Technologies

Putting Supplies & Gear to Work

- **Supplies & Gear Checklist**
- **Seniors & At-Risk Care Checklists to be Safe**
- **Innovating Solutions**

- ▶ **Plan the Work and Work the Plan**
 - Inventory & Organize your Supplies.
- ▶ **Use the Supplies Checklist**
 - The Checklist provides a guide.
- ▶ **Take Care of Those At Risk**
 - Help them prepare and maintain life.
- ▶ **Don't Capitulate - Innovate:**
 - Use what you have to do what you can.



Home Care Room Program

Coronavirus Response
CareUniversity Series

Select a Care Room Checklist:

- ☐ Select a room separate from the rest of the home that ideally should be used only for patient care.
- ☐ Identify the bathroom that can be used to wash hands.
- ☐ If a fully dedicated room is not available, use a room where supplies and equipment are stored, away from the family and other visitors.
- ☐ If another room or area is used, set up a station set that up a barrier between the room and the rest of the home.
- ☐ Make sure the Care Room is well-ventilated.
- ☐ If you have no separate room, use plastic sheets, or vinyl curtains or tents to create a barrier.
- ☐ Optimize ventilation by opening a window that may be available.
- ☐ If Heating and Air Conditioning is used, set up a separate ventilation system.
- ☐ Make decisions regarding the Care Room. It is optimal for the patient.



Home Care Room Program

Coronavirus Response
CareUniversity Series

Care Room Set Up Checklist:

- ☐ Set Up Cleaning Supplies
- ☐ Set Up Cleaning Equipment
- ☐ Equip Both Clean and Contaminated Areas
- ☐ Post Signs to Restrict Access
- ☐ Consider Signs for Family and Visitors
- ☐ Prepare a Daily Cleaning Schedule
- ☐ Remove Hard to Clean Items
- ☐ Set Up Personal Protective Equipment
- ☐ Set up a Contaminated Area
- ☐ Set up a Contaminated Area
- ☐ Set up a Non-contaminated Area
- ☐ Put Waste Cans, Sharps Containers, and Medication in Care Room
- ☐ Place Safe Containers for Injection Meds Under Sink
- ☐ Keep Patient's Personal Items in Care Room
- ☐ Place Water Pitcher and Personal Hygiene Items in Care Room
- ☐ Keep dedicated Thermometers in Care Room
- ☐ Keep Reusable Supplies in Care Room



Home Care Room Program

Coronavirus Response
CareUniversity Series

Supplies Checklist:

- ☐ Eye Protection
- ☐ A Face Shield
- ☐ Reusable Gloves
- ☐ Rubber Gloves
- ☐ Disposable Hair Cover
- ☐ N95 Mask or Medical Mask
- ☐ Aprons - single-use and reusable gowns.
- ☐ Plastic Aprons
- ☐ Alcohol-based Hand Sanitizer
- ☐ Plain Soap
- ☐ Clean Single-use Paper Towels
- ☐ Safe Puncture Proof Container
- ☐ Detergent for Cleaning
- ☐ Thermometer & Medical Supplies
- ☐ Mobile Phone
- ☐ Waste Bags, Garbage



Home Care Room Program

Coronavirus Response
CareUniversity Series

Home Care Team Checklists:

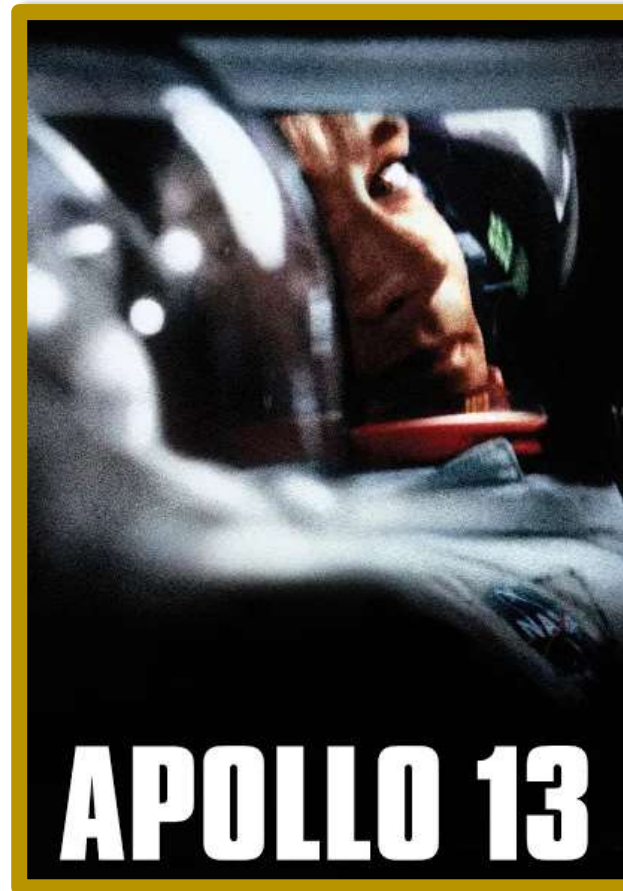
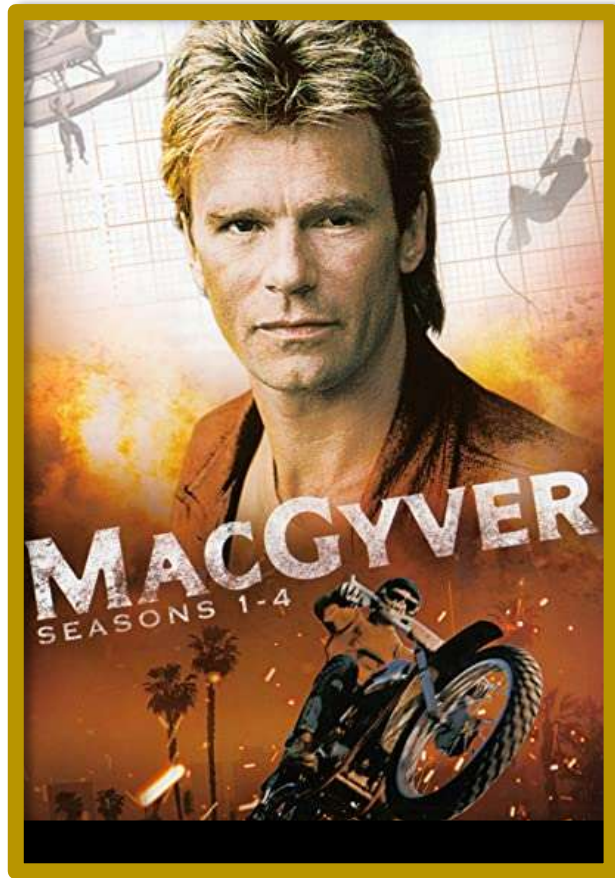
Laundry Processes:

- ☐ Disinfect Laundry Room after Every Wash
- ☐ Always Separate Contaminated Laundry from Non-contaminated Laundry
- ☐ Wash all regular and Non-contaminated laundry first
- ☐ Wash kitchen towels and bathroom hand towels daily.
- ☐ Wash all Contaminated Laundry last
- ☐ Disinfect Laundry Room while Contaminated Laundry are in the wash
- ☐ Move Formerly Contaminated Laundry from Washer to Dryer after Disinfecting Laundry Room

Cleaning the Home:

- ☐ Door knobs

Put your New Scientific Know-how to the Test!

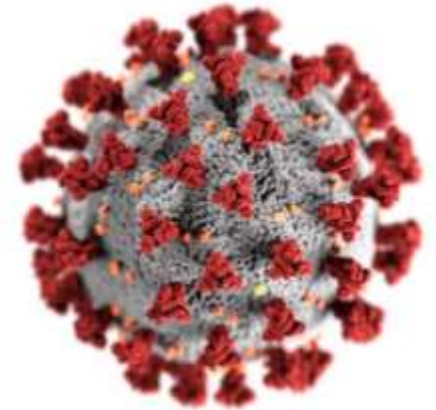


Providing Care At Home: A Survive & Thrive Guide™

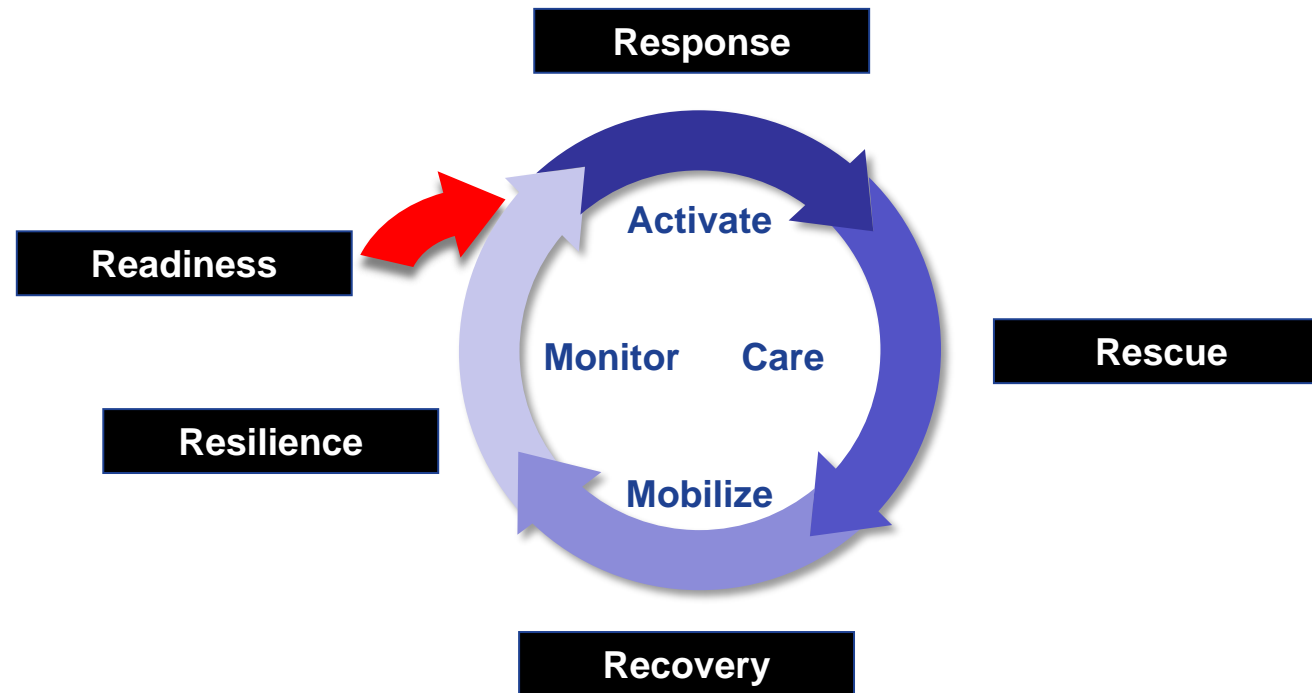


Heather Foster, RN

**Practicing Nurse
Infection Preventionist
Patient Safety Expert**

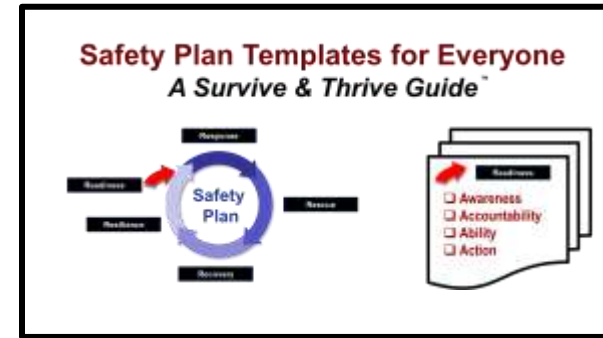
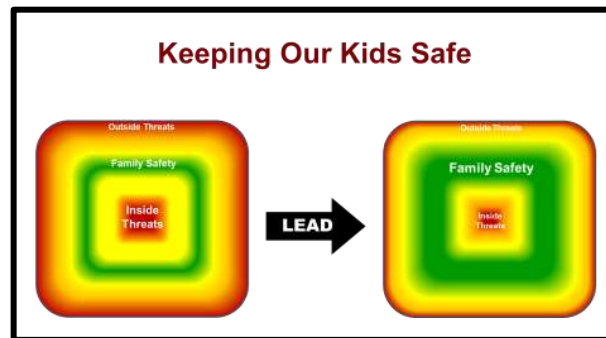
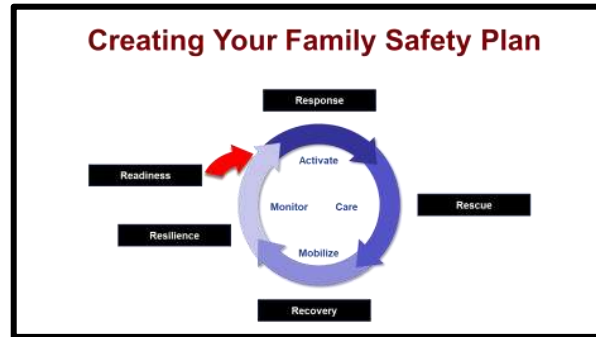


Creating Your Family Safety Plan: A Survive & Thrive Guide™



Survive & Thrive Guide™ Webinar Road Map

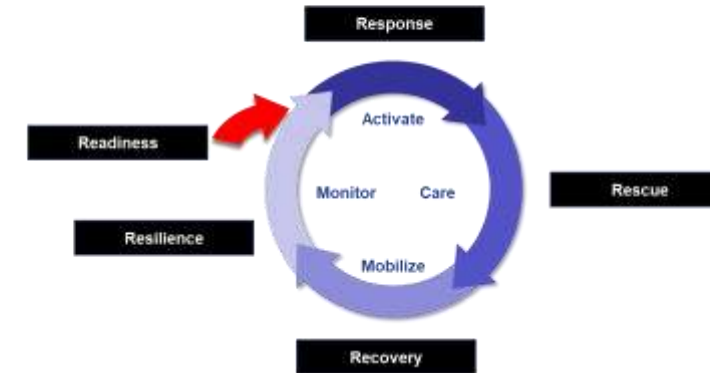
Webinar Today



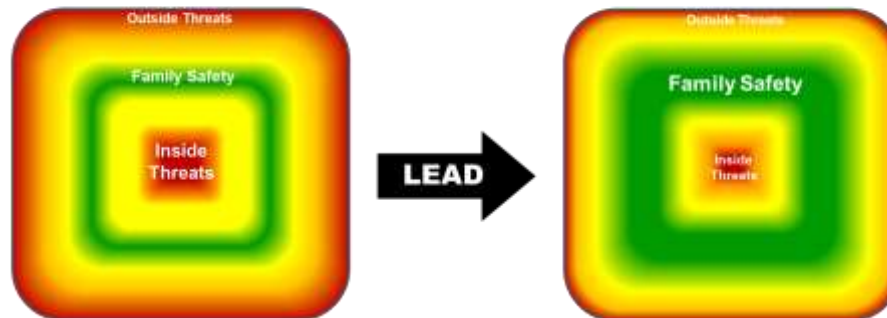
Survive & Thrive Guide Series: Coming Home Safely



Creating Your Family Safety Plan



Keeping Our Kids Safe



Safety Plan Templates for Everyone



Coming Home Safely

Hot Zone

Public & Work Exposure



Warm Zone

Disinfection Area



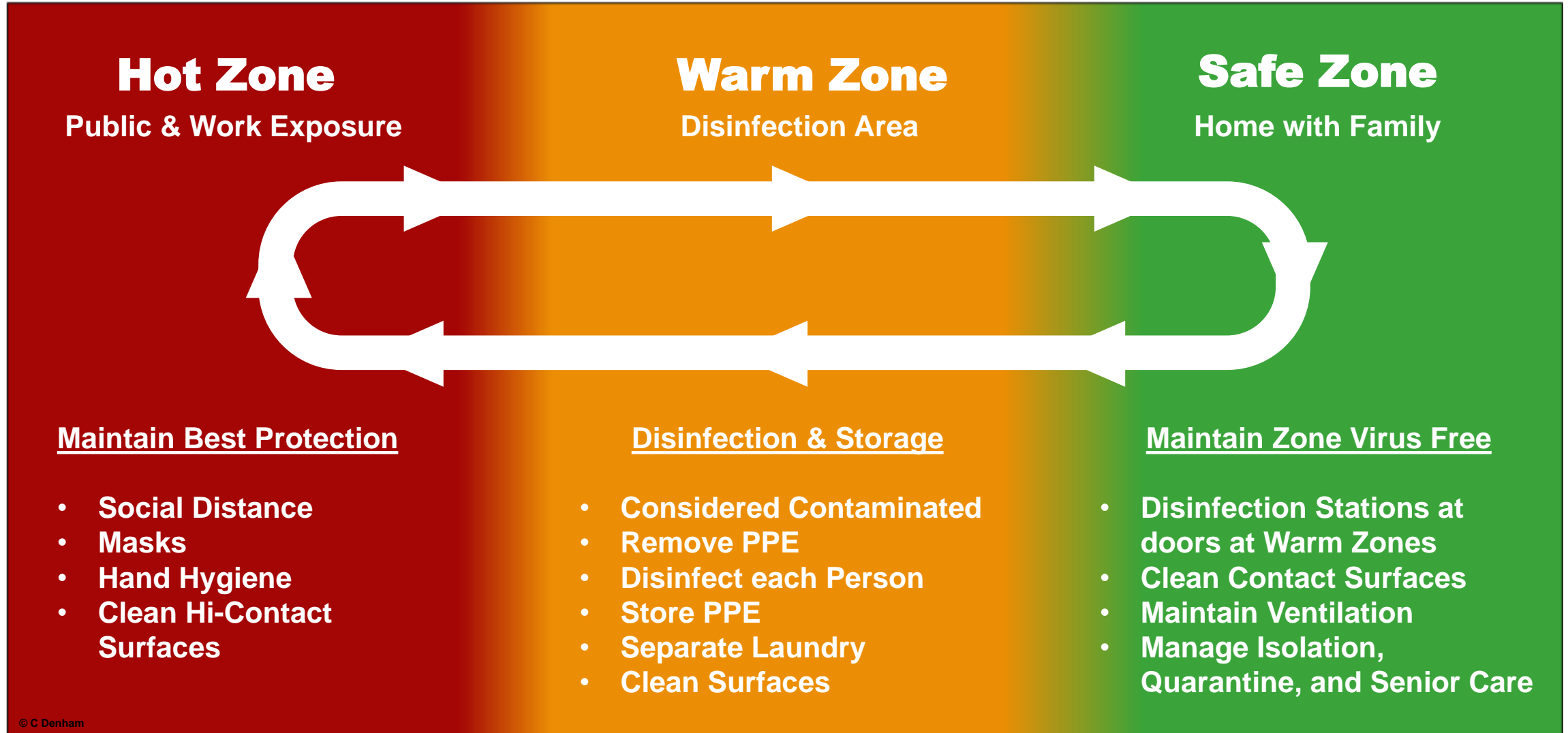
Safe Zone

Home with Family



August 6, 2020

Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices



Hot Zone
Public & Work Exposure

Maintain Best Protection

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

© C Denham

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.

Hot-Warm-Safe Zone Practices

WARM ZONE

Leaving Hot Zone Practices

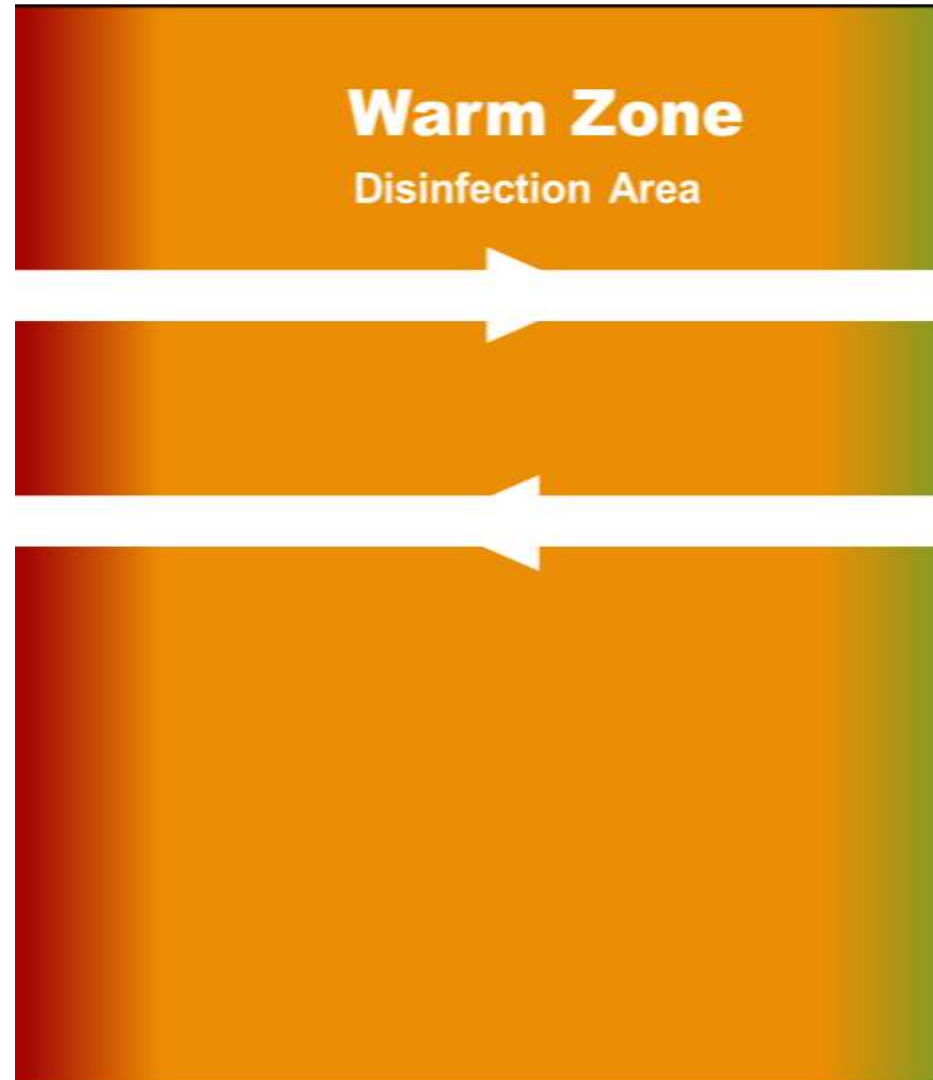
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

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.

© C Denham



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.

Hot-Warm-Safe Zone Practices

SAFE ZONE PRACTICES

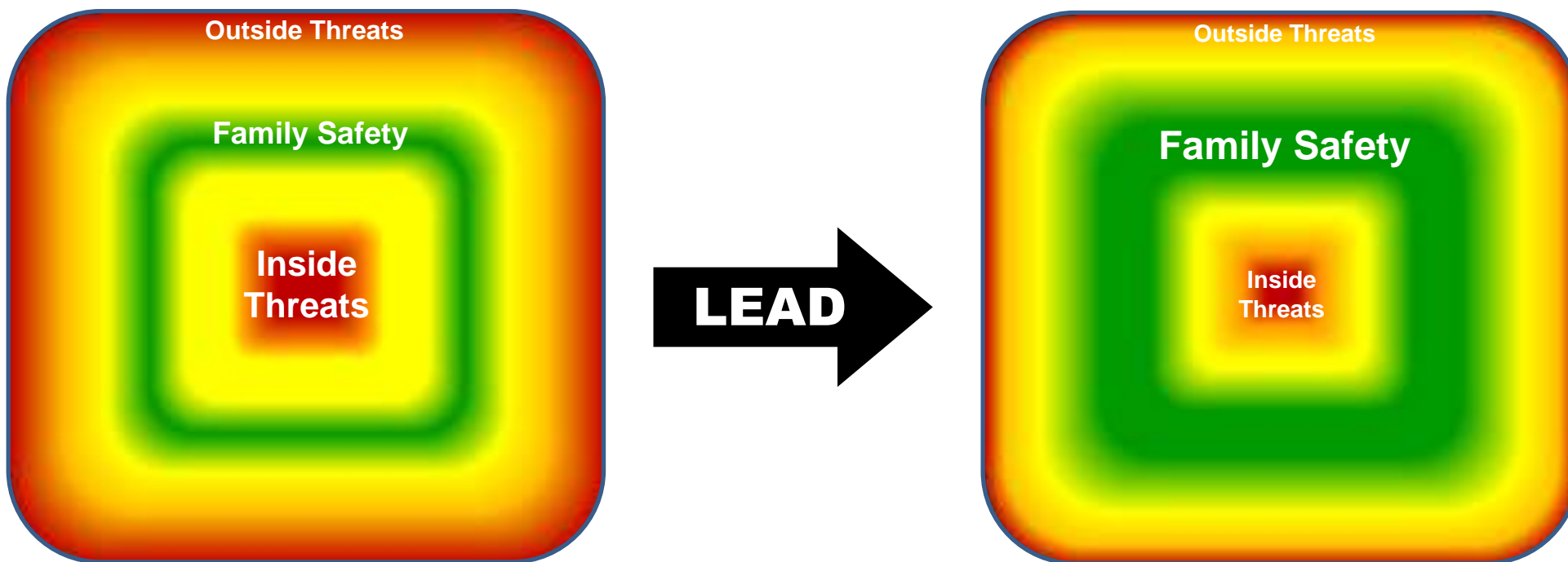
- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

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.



Family Survive & Thrive Guide:TM Keeping Our Kids Safe

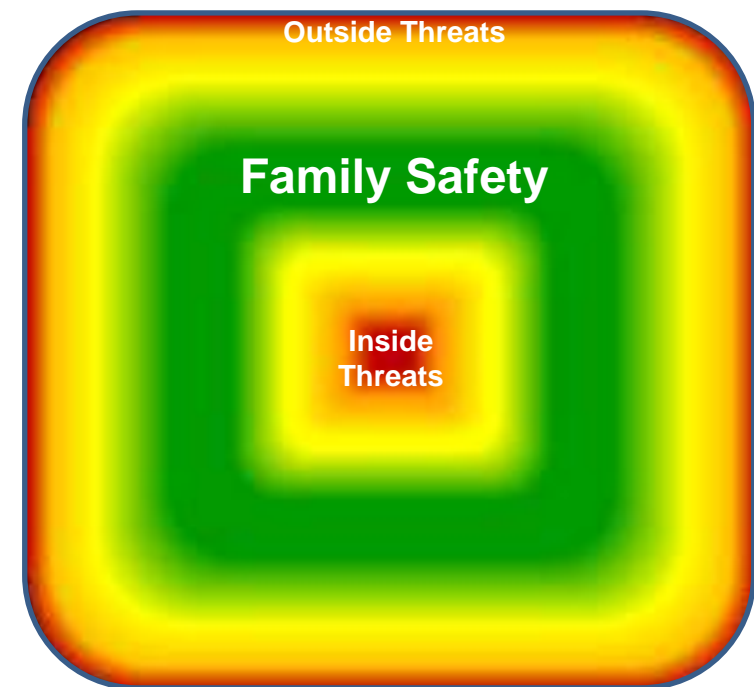
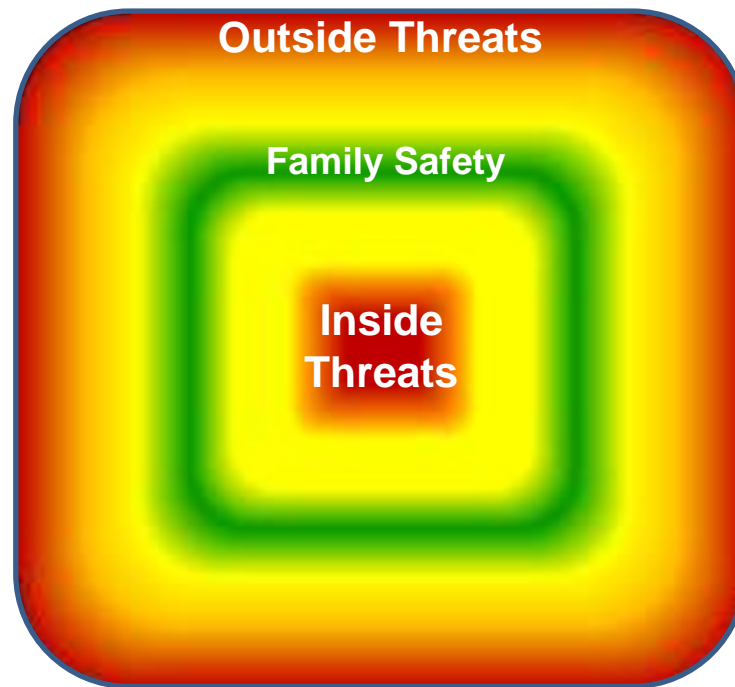


Threats X Vulnerability = Risk to Your Family

Threats:
Likely to
cause HARM.

Vulnerability:
Weaknesses that can be
EXPLOITED by threats.

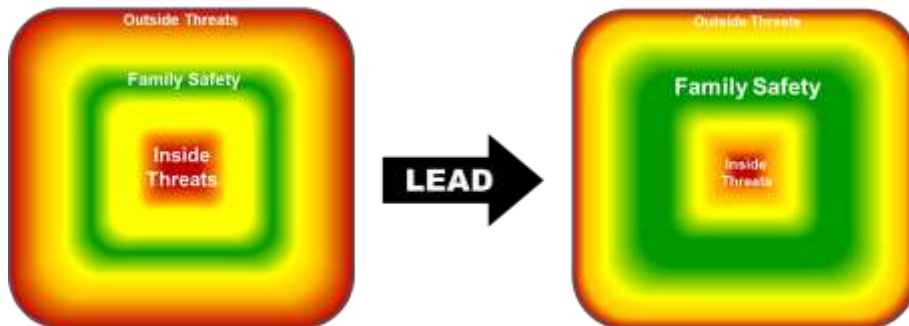
Risk:
PROBABILITY of harm by a
threat exploiting vulnerability.



Keeping Our Kids Safe...by Keeping the Unit Family Safe



Reduce Family Vulnerability



STEP 1: Identify Each Family Member's Threat Profile

- Family living together and those in direct contact.
- Identify threats due to age, underlying conditions, and outside threats related to region and living conditions.

STEP 2: Identify and Follow Local Coronavirus Threats

- Local Community infection factors, trends, and public health guidelines will drive your behaviors and plans.
- Understand the public health processes in place where the family members will work, learn, play, and pray.

STEP 3: Develop a Family Safety Plan

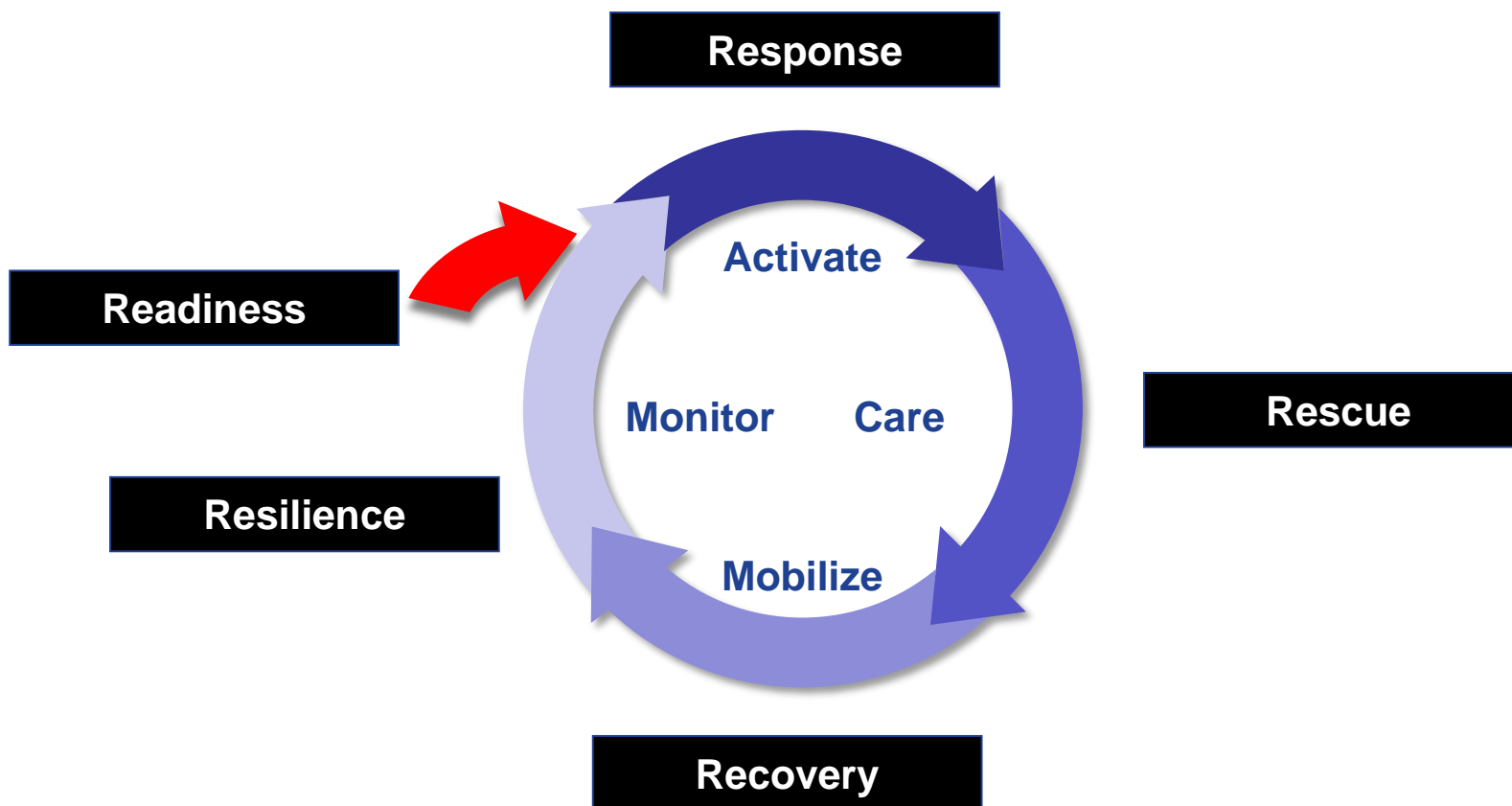
- A leader or leaders of the family act as the CFO – Chief Family Officer who drives the plan: Readiness, Response, Rescue, Recovery, and Resilience.

STEP 4: Plan the Flight and Fly the Plan

- The novel Coronavirus virus science, threats, vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.



Creating Your Family Safety Plan



Family Health Safety Plans

Readiness: Preparation, regular review, and updating of a plan based on the latest science. Regular deliberate practice of roles and skills each family member undertake.

Readiness

Resilience

Resilience: Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this “target hardening”.

Response

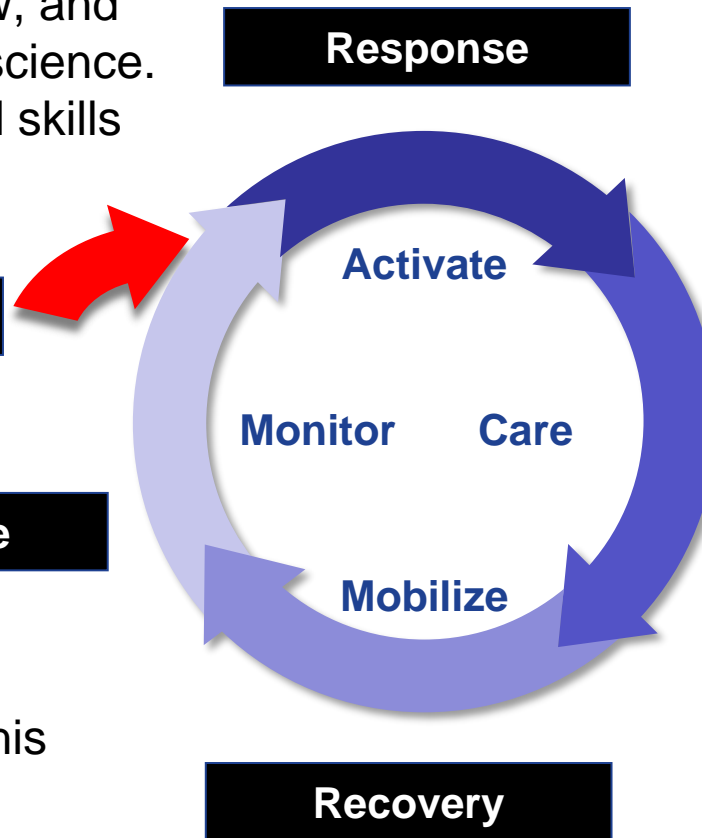
Response: Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

Rescue

Rescue: 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

Recovery: Follow up care of the family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine.”



Family Safety Plan



Readiness

Response

Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the “new normal”.	Making the family “hardened” as a target
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Know: what “exposure” is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect “at risk” family members.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic – Before Symptoms	Know: what “exposure is”, what to do if exposed or notified by a contact tracer.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain Isolation per guidelines.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Severely Symptomatic – Need Help	Choose ED Care site, have med records, meds, and a plan. Be ready for patient to be solo phone only contact.	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms	Seek emergency care immediately. Have medical records and medications for ED care providers.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> best emergency care location.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	Be ready to respond to infections of others at home or in contact with patient.	Watch for triggers for emergency care of other family members who may get sick.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.	Watch for symptom triggers requiring emergency care visit if others in family get sick.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> ID best hospital care providers.



Family Safety Plan



Readiness

Response

Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the “new normal”.	Making the family “hardened” as a target
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Know: what “exposure” is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect “at risk” family members	Isolate if test positive and contact tracers link infections to you	Watch for the signs and symptoms triggering seeking emergency care	Be aware of and watch for the long-term consequences of infection	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic Before Symptoms	Customize Your Family Checklists to the Real-life Scenarios that CAN HAPPEN to You!				
Infected & Symptomatic – Have Symptoms					
Infected & Severely Symptomatic – Need Help					
Infected & Requiring Hospitalization					
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.	Watch for symptom triggers requiring emergency care visit if others in family get sick.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.



Family Safety Plan




Readiness

Response 

Rescue 

Recovery 

Resilience 

Family Member Scenarios

**No Exposure
No Test or Negative Test**

**Exposure to Infected Person
and No Test**

**Infected & Asymptomatic –
No Symptoms Ever**

**Infected & Pre-symptomatic –
Before Symptoms**

Every family or living unit needs to have a plan for each of these scenarios. They will drive the elements of your plan.

**Infected & Symptomatic –
Have Symptoms**

**Infected & Severely
Symptomatic – Need Help**

**Infected & Requiring
Hospitalization**

**Infected & Require ICU
Life Support
Respirator & ECMO**

Family Safety Plan



Readiness

Response

Rescue

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	E a s
Exposure to Infected Person and No Test	Know: what “exposure” is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	It p o
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect “at risk” family members.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	E t o
Infected & Pre-symptomatic –	Know: what “exposure is”, what to if exposed, and if notified by a contact tracer.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	E t o
Infected & Severely Sick	Choose ED Care site, have med records, med, and a	Isolate if test positive and contact tracers link infections to you.	Seek emergency care immediately. Have medical	R

Every plan should include what to do for every scenario through readiness, response, rescue, recovery, and resilience.

Response

Rescue

Recovery

Resilience

	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the “new normal”.	Making the family “hardened” as a target
Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.	
Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.	
Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.	
Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.	
Isolate if test positive and contact tracers link infections to you.	Seek emergency care immediately. Have medical records ready for family	Recognize probable long-term consequences after infection.	Maintain latest knowledge of local testing, contact tracing, isolation and quarantine knowledge.	

Every plan should include what to do for every scenario through readiness, response, rescue, recovery, and resilience.

Family Safety Plan



Readiness

Response

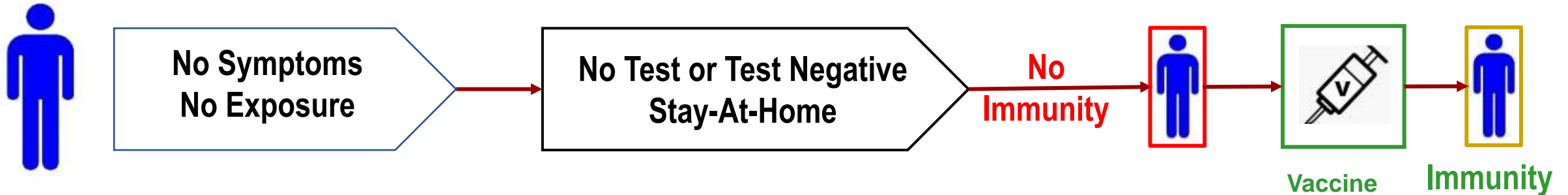
Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.

No Exposure No Test or Negative Test



Family Safety Plan



Readiness

Response

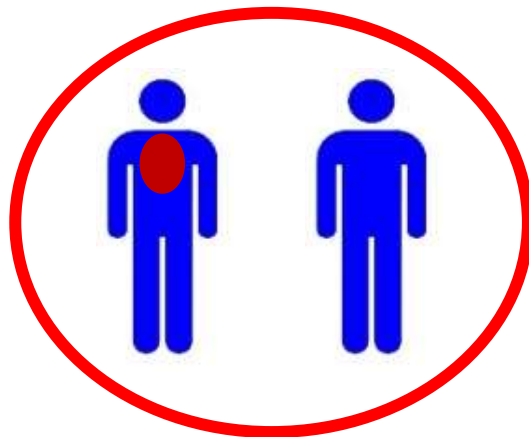
Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
Exposure to Infected Person and No Test	Know: what "exposure" is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.

Exposure to Infected Person and No Test



Exposure for 15 Minutes
Over 24 Hours

Exposed and
No Testing

Quarantine



Quarantine for
10 Days after
Symptoms or 7
Days after a
Negative Test

Family Safety Plan



Readiness

Response

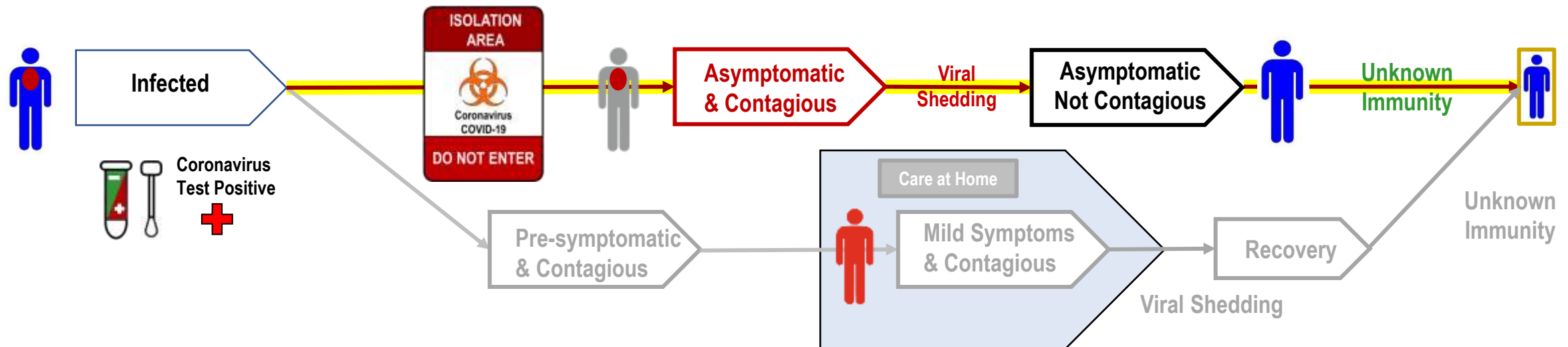
Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect "at risk" family members.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.

Infected & Asymptomatic – No Symptoms Ever



Family Safety Plan



Readiness

Response

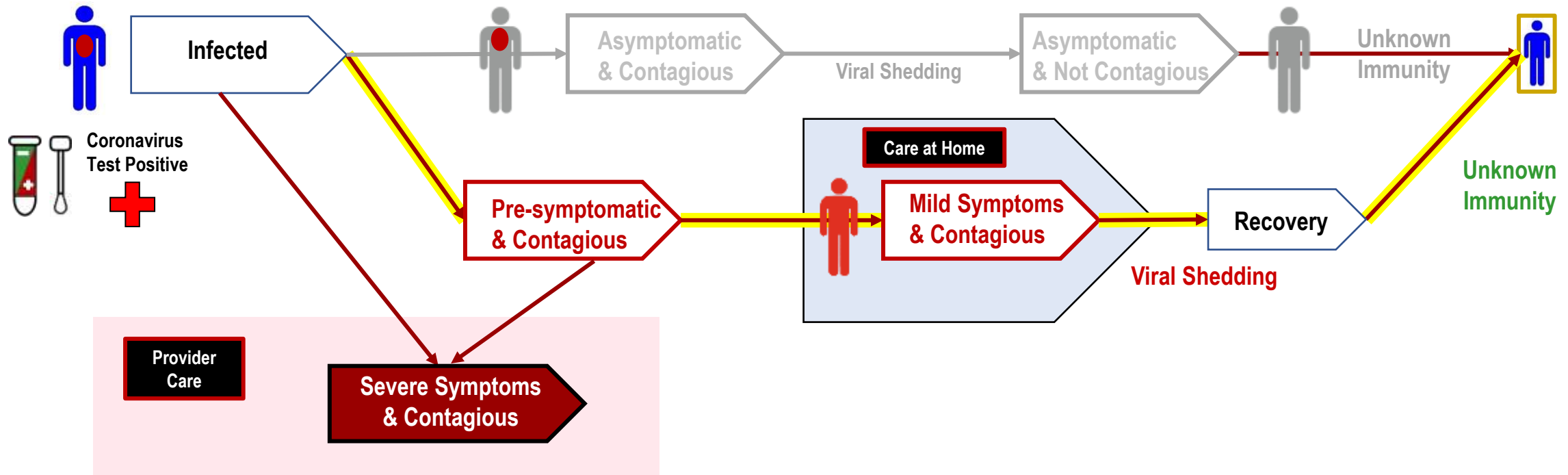
Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain Isolation per guidelines.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.

Infected & Symptomatic – Have Symptoms



Family Safety Plan



Readiness

Response

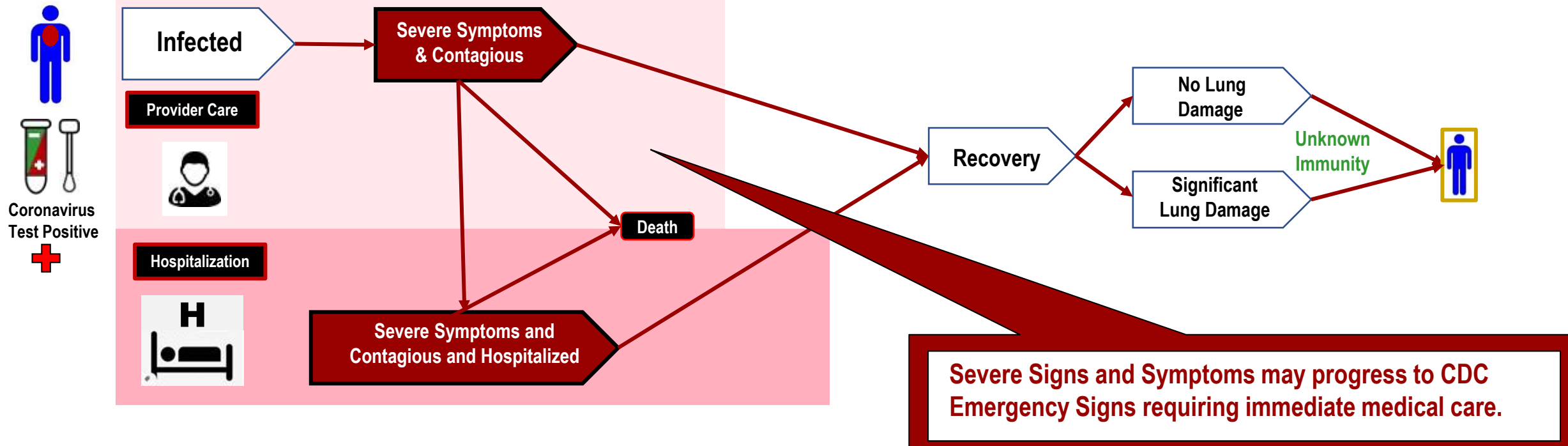
Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the “new normal”.	Making the family “hardened” as a target
Infected & Severely Symptomatic – Need Help	Choose ED Care site, have med records, meds, and a plan. Be ready for patient to be solo phone only contact.	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms	Seek emergency care immediately. Have medical records and medications for ED care providers.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> best emergency care location.

Infected & Severely Symptomatic – Need Help



Speakers & Reactors



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Keith Flitner



Charlie Denham III



Paul Bhatia EMT



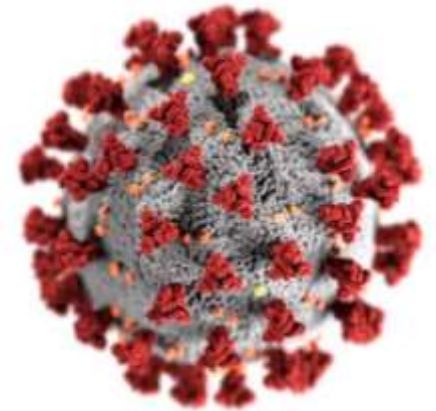
Dr. Charles Denham

Providing Care At Home: A Survive & Thrive Guide™



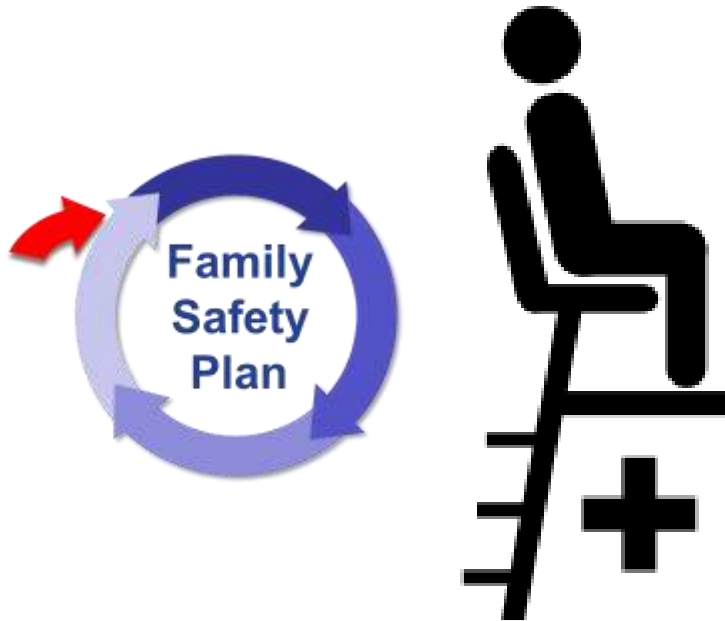
Charles R. Denham III

**High School Student
Co-founder Med Tac Bystander
Rescue Care Program
Co-lead Lifeguard Surf Program
Junior Med Tac Instructor**



Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue



**Avoid
“Double Bubble Trouble”**



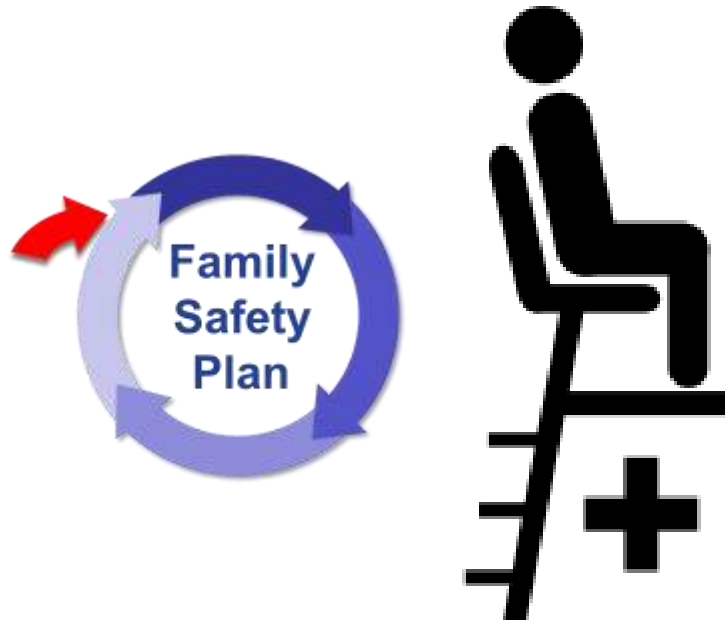
Keep Living Unit Bubbles Separate

Block Family Transmission Chains



Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

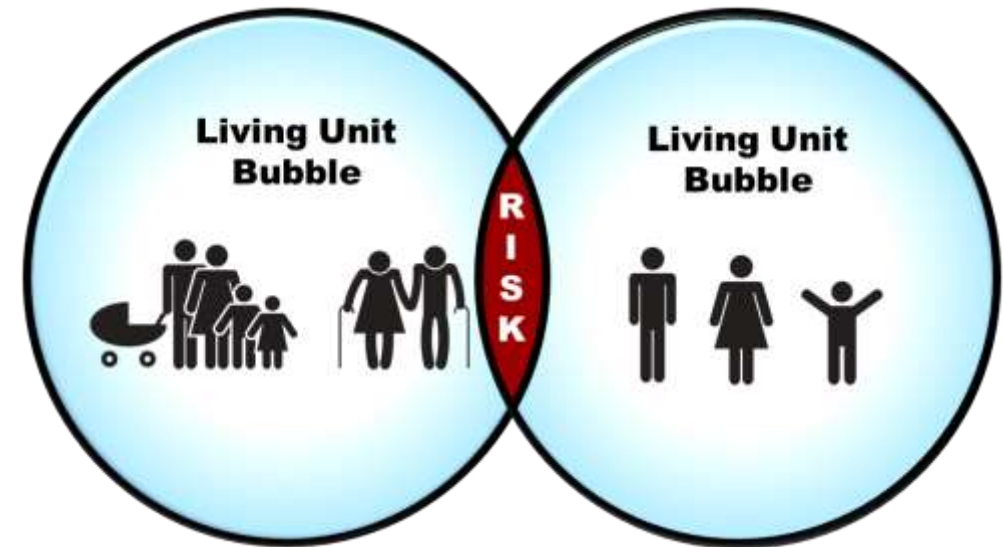
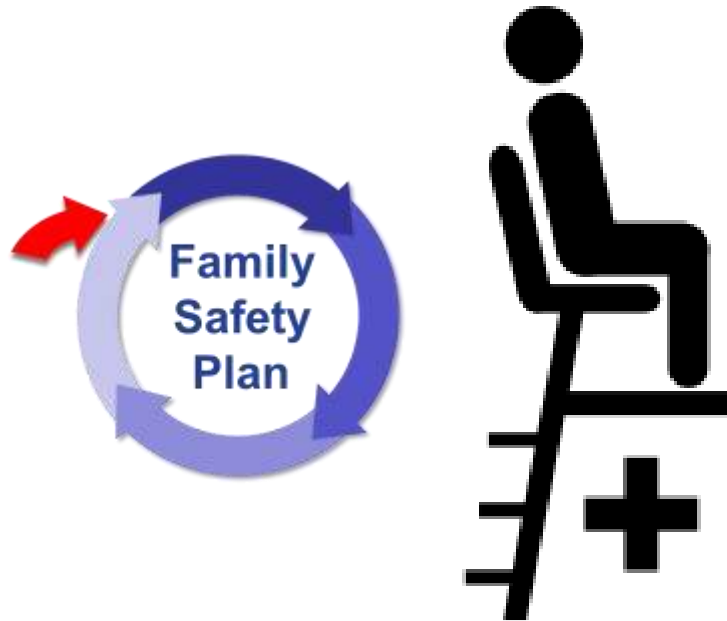
- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

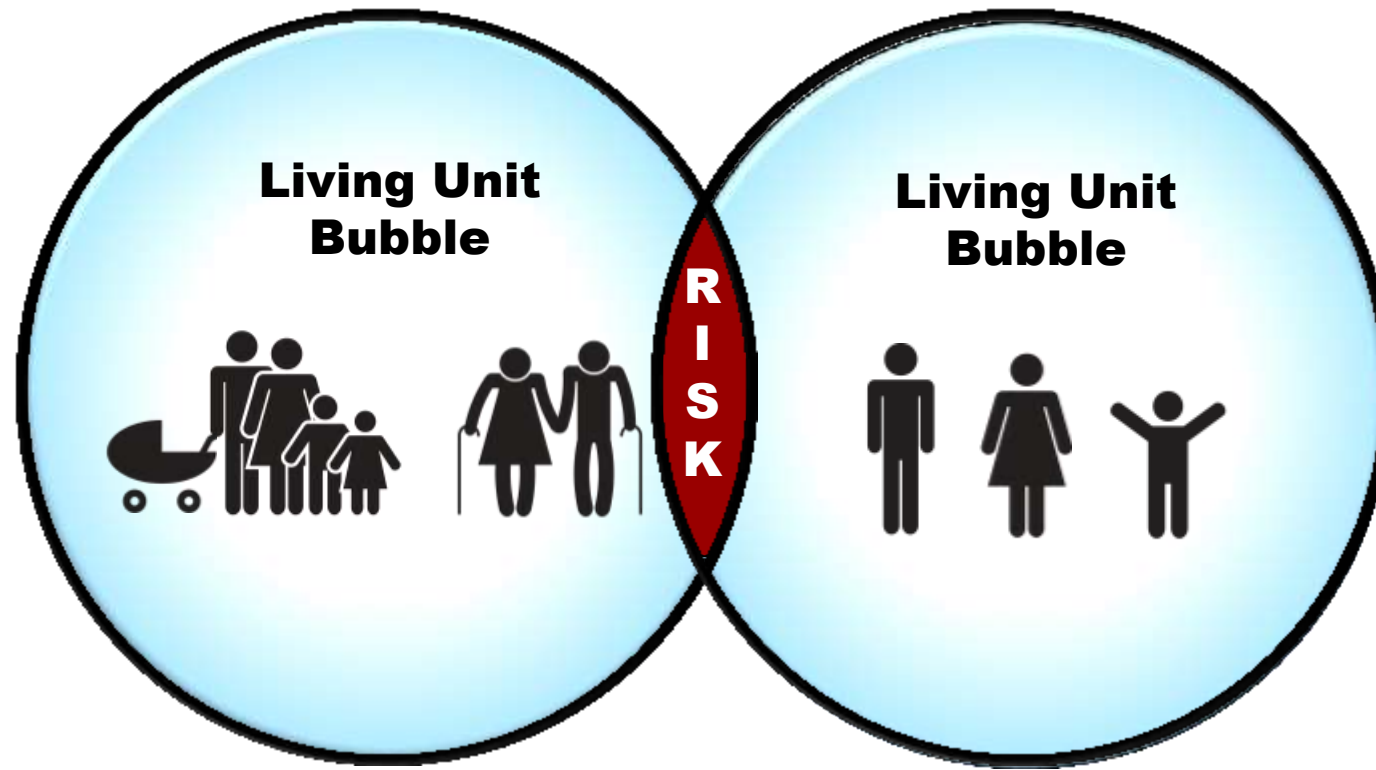
Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue



“Double Bubble Trouble”

Create Transmission Chains

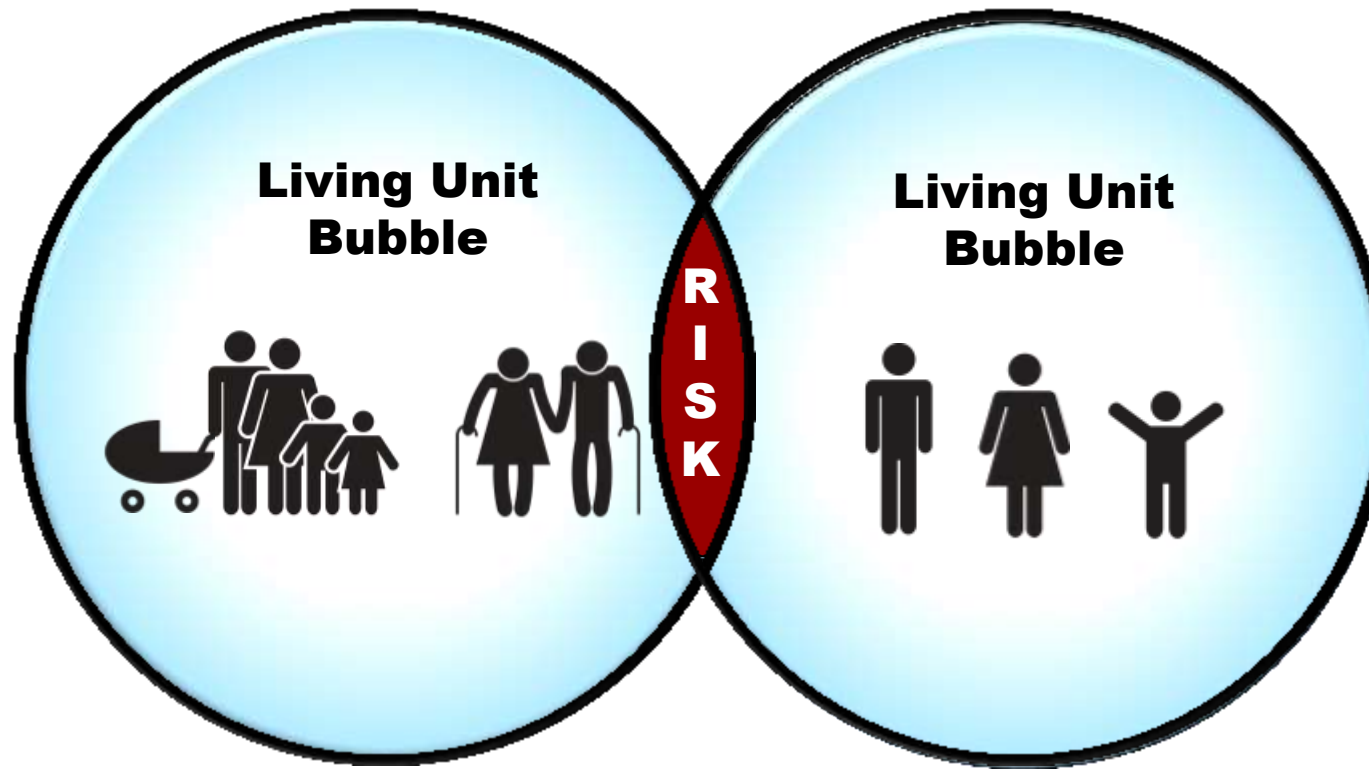


“Double Bubble Trouble” Create Transmission Chains

CDC Close Contact

Exposure Risks

- 15 Minutes within 6 feet over 24 Hours
- Provided Care to COVID-19 Infected
- Physical Contact (hugs & kisses)
- Use Same Cooking Utensil's
- Droplet Contact

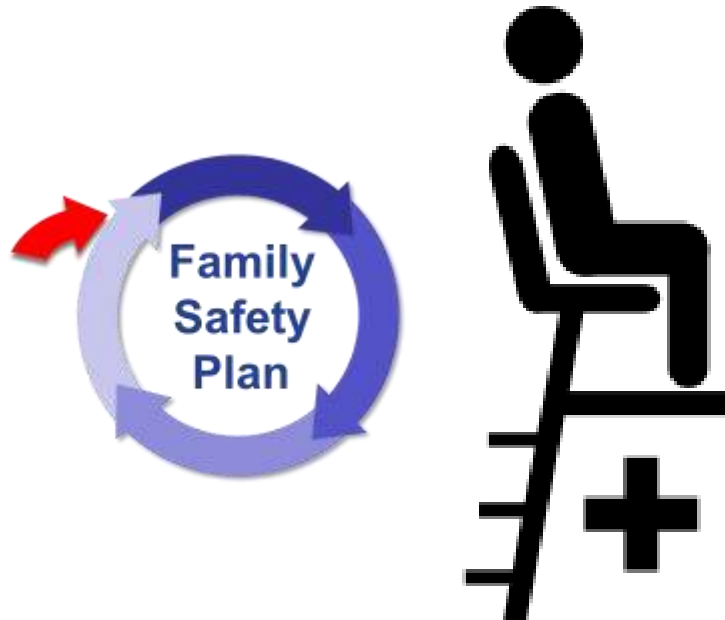


General Risks

- Indoor Events
- Poorly Ventilated Environments
- Common use bathroom facilities
- High Contact Surfaces not disinfected
- Common Food Access

Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

An Opportunity for Our Youth to Lead



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

Med Tac Care Huddle Checklist



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

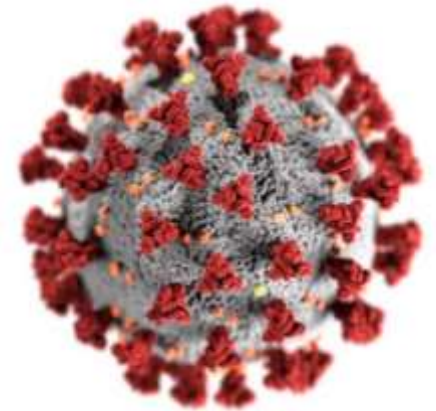


Providing Care At Home Family Survive & Thrive Guide™



Keith Flitner

**Aerospace Engineer
Scout Leader
Eagle Scout**

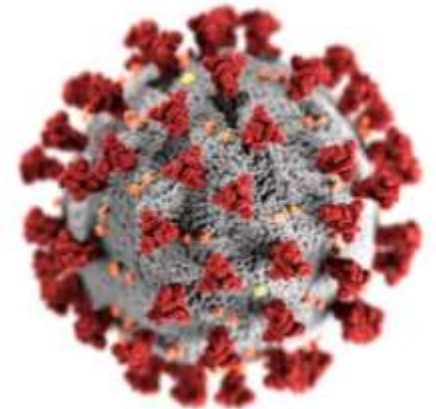


Providing Care At Home: A Survive & Thrive Guide™



Jaime Yrastorza

**Graduate UCSD
Pre-Med Student
Co-author Med Tac Publications
Med Tac College Team**

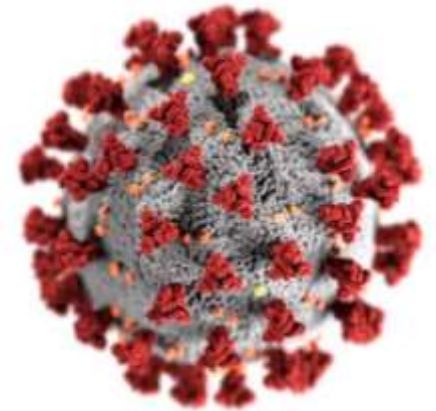


Providing Care At Home Family Survive & Thrive Guide™



Paul Bhatia, EMT

**UCI Pre-Med Student
EMT
President UCI EMT Association
Med Tac Instructor**



News

Coronavirus Family Safety Plans: Protect Your Loved Ones and Help Save America

If you break the family-unit COVID-19 transmission chains, you can save the lives of teachers, healthcare workers and police officers. You might even help save our nation.



Dr. Charles Denham II, Dr. Gregory Botz,
Charles Denham III, Chief William Adcox

The Problem: **Family Transmission Chains**

The Solution: **Coronavirus Family Safety Plans**

Plans Must Be Flexible:

- **Family Impact Scenarios**
- **4A Checklist Framework**
- **5R Score Scorecards™**

The 5 R Framework:

- **Readiness**
- **Response**
- **Rescue**
- **Recovery**
- **Resilience**

The 3 Whys:

- **Why a Family Safety Plan?**
- **Why Now?**
- **Why This?**

Our Message:

- **Educators**
- **Students**
- **Law Enforcement Leaders**

Family Impact Scenarios

No Exposure
No Test or Negative Test

Exposure to Infected Person
and No Test

Infected & Asymptomatic
No Symptoms Ever

Infected & Pre-symptomatic
Before Symptoms

Infected & Symptomatic
Have Symptoms

Infected & Severely
Symptomatic – Need Help

Infected & Requiring
Hospitalization

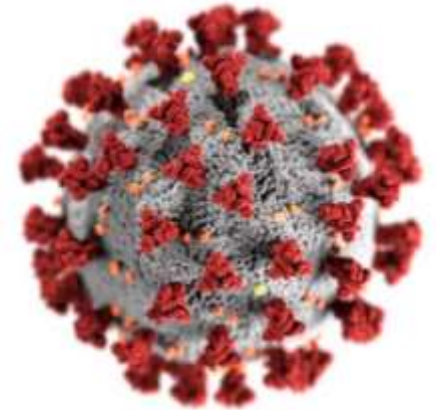
Infected & Require ICU
Life Support
Respirator & ECMO

Providing Care At Home: A Survive & Thrive Guide™



Chief William Adcox

**Chief Security Officer
Associate Vice President
MD Anderson Cancer Center
Chief of Police University of
Texas at Houston**



BASIC MODULES

Why Social Distancing WORKS

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

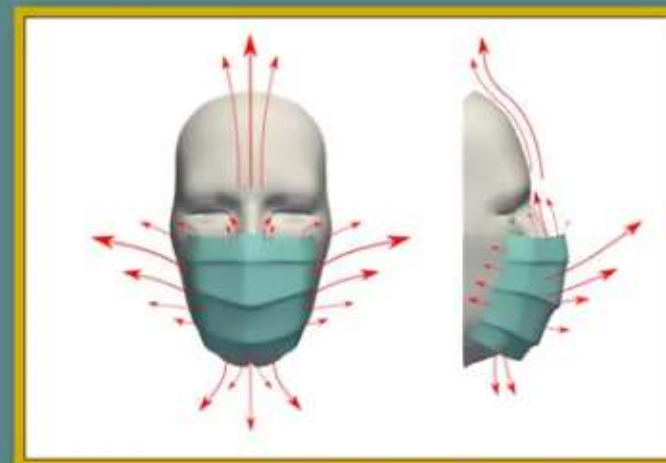
CLEAN High Contact Surfaces

Building a FAMILY SAFETY PLAN

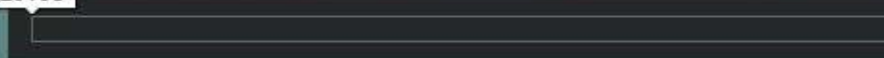
If we NEED Emergency Care

Why ICU, Respirators, and ECMO

Masks: The SCIENCE of Success



29:05

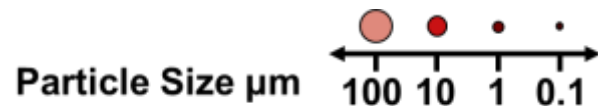


Mask Reduction of Airborne Transmission

A competition between droplet size, inertia, gravity, and evaporation determines how far emitted drop-lets and aerosols will travel in air.

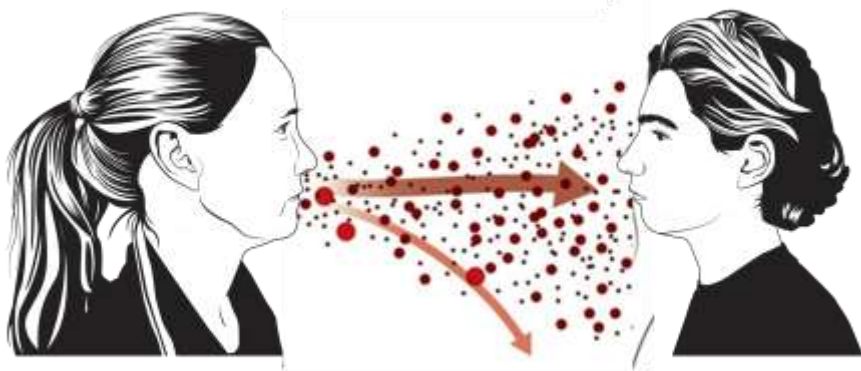


AEROSOLS are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.



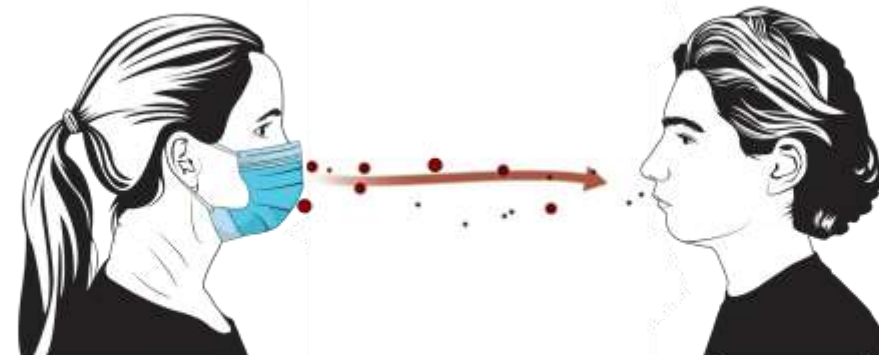
DROPLETS will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.

No Mask – Extreme Risk



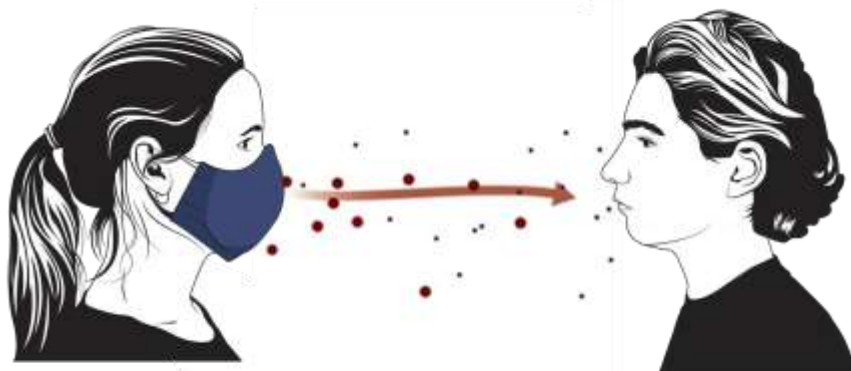
15 minutes within 6 feet = “High Risk”

Surgical Mask – Reduced Risk



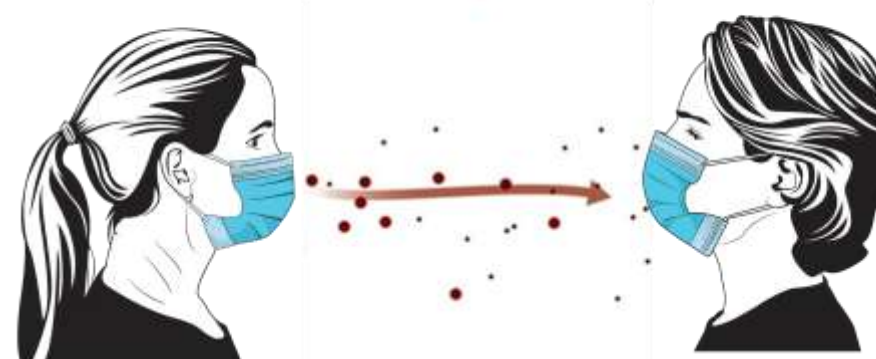
Surgical Mask Reduces
Exhaled Droplets Reduced by 99%
and Inhaled Droplets by 75%

Cloth Mask – Reduced Risk



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

Dramatically Reduced Risk



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

Mask Choices: The Pros and Cons



N95 Mask



Surgical Mask



Cloth Mask



Survive & Thrive Guide™ Masks: The SCIENCE of Success

Bystander Rescue Care
CareUniversity Series

Charles Denham II MD, William Adcox, Charles Denham III, Jaime Yrastorza, and Gregory Botz MD

The following narrative is an annotated transcript of a video produced for a *Coronavirus Care Community of Practice* launched by a rapid response team convened to respond to the Coronavirus Crisis. The video was initially developed for families of workers from sixteen industry sectors the Homeland Security Department has designated as Essential Critical Infrastructure Workforce. Through our research of more than 500 respondents representing families across the nation we found that the general public was also in great need of well documented safety information. When the *Department of Homeland Security* added educators to the designation of essential workers, we expanded the scope of our training programs.



N95 Mask



Surgical Mask



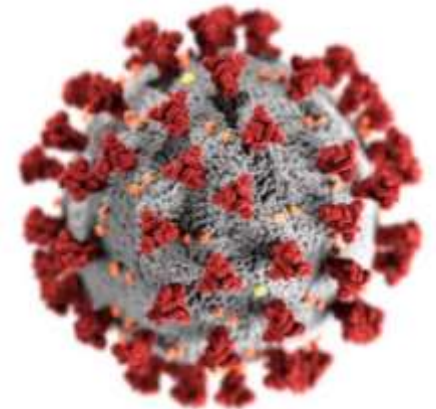
Cloth Mask

Providing Care At Home Family Survive & Thrive Guide™



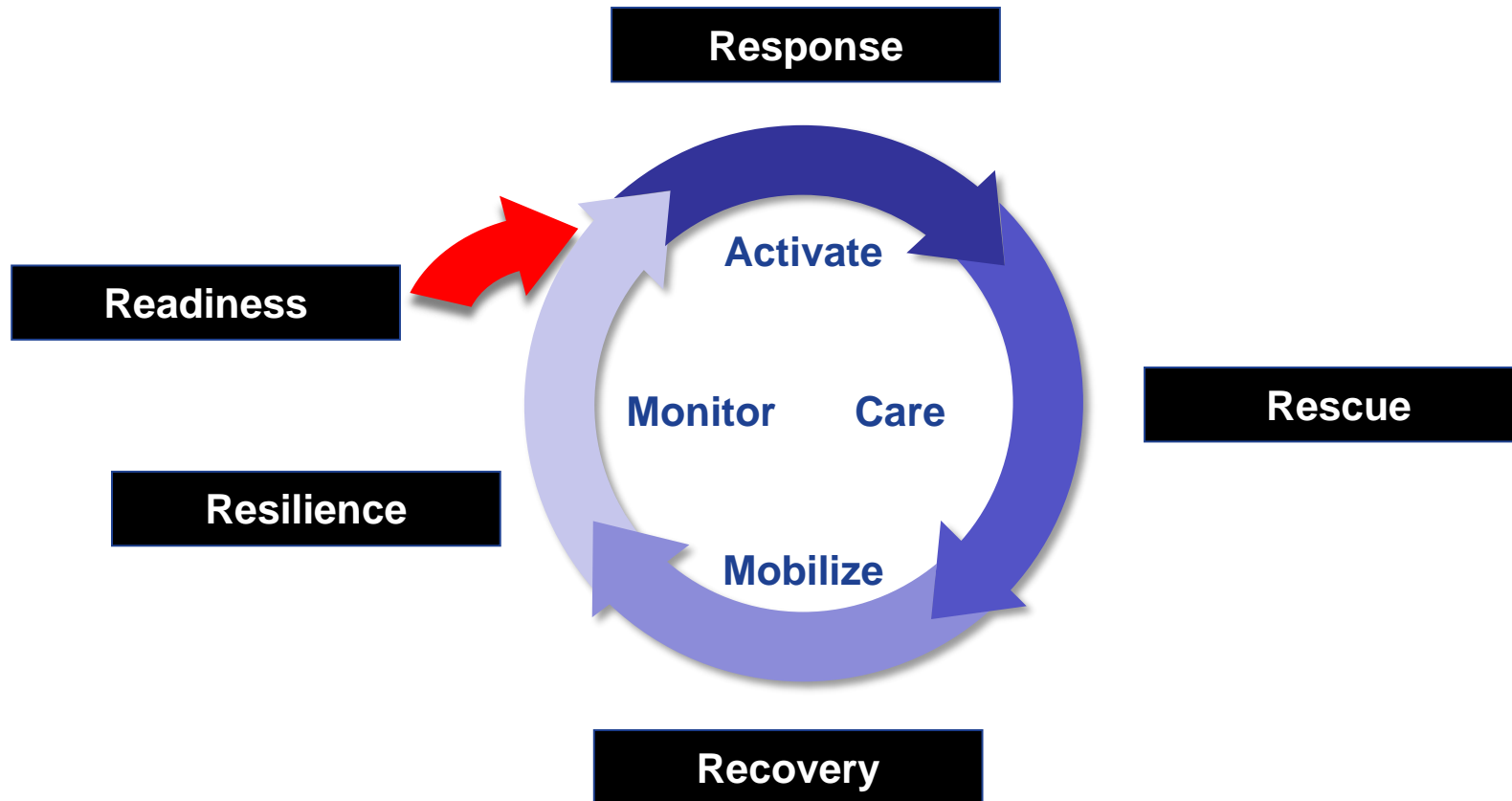
Jennifer Dingman

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





Family Health Safety & Organization Security Plans™



National Survey Questions

**I have already responded to
the Family Health Safety Survey**

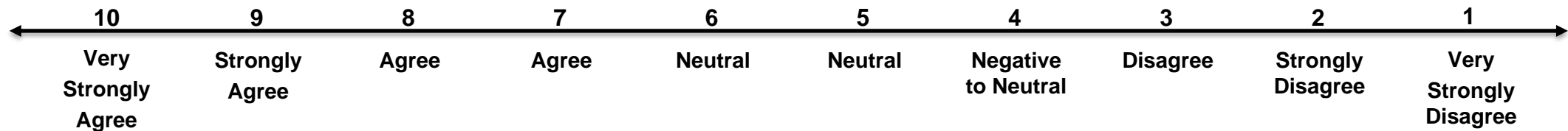


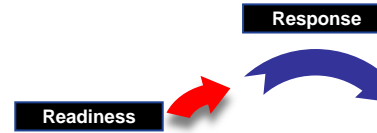
**State what you want to see in the
Family Safety Plan Templates in Free Text Entry**



READINESS

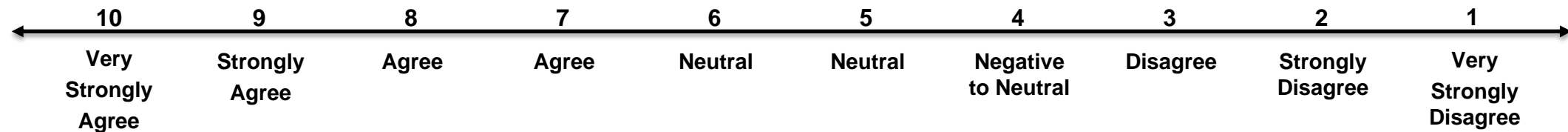
My family is ready to take care of a loved one with Coronavirus in our home.



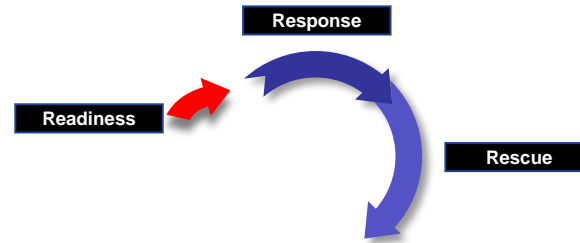


RESPONSE

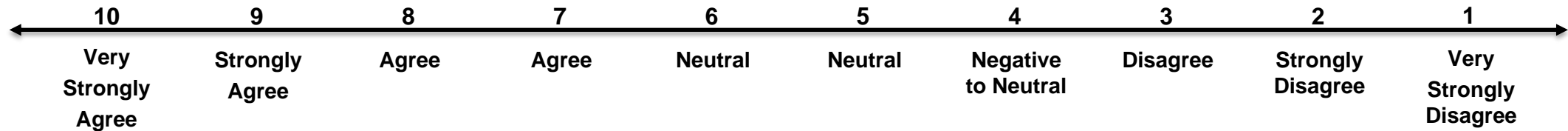
My family knows what actions to take if a loved one becomes infected with Coronavirus.



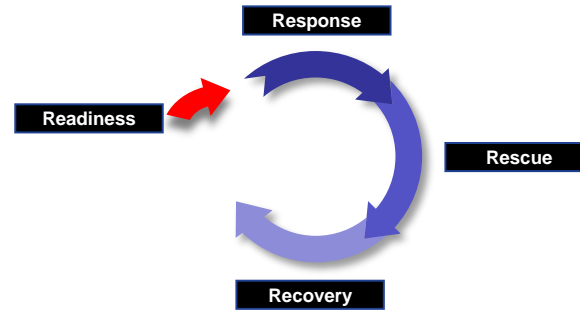
RESCUE



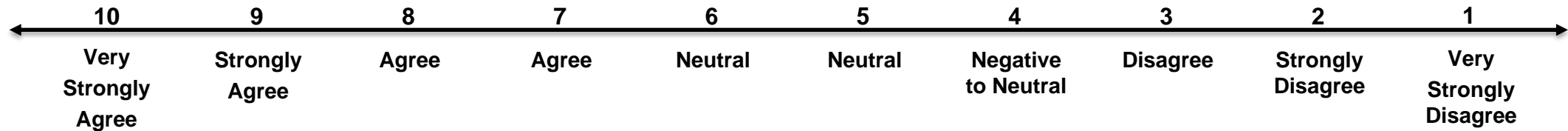
My family knows what do when someone develops severe COVID-19 symptoms.



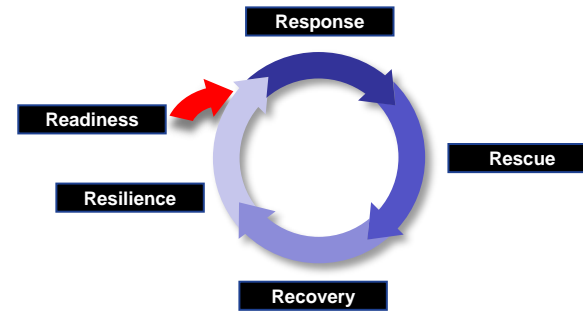
RECOVERY



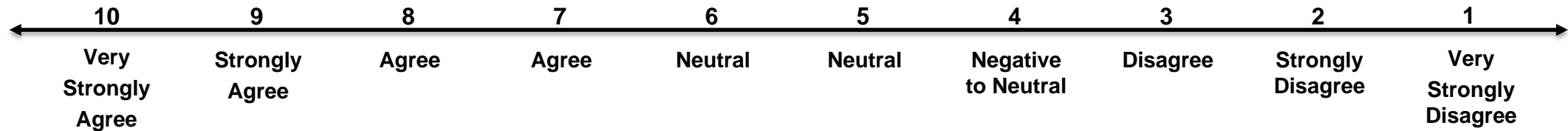
My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.



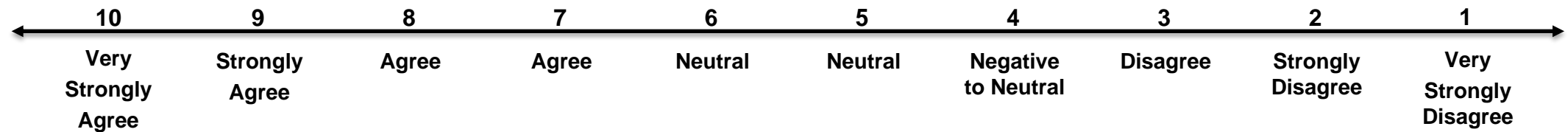
RESILIENCE



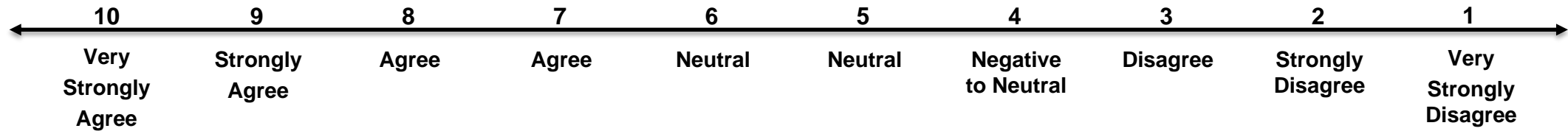
My family has a plan to make them less vulnerable to epidemics in the future.



I would like a deeper dive on CARING FOR SOMEONE AT HOME

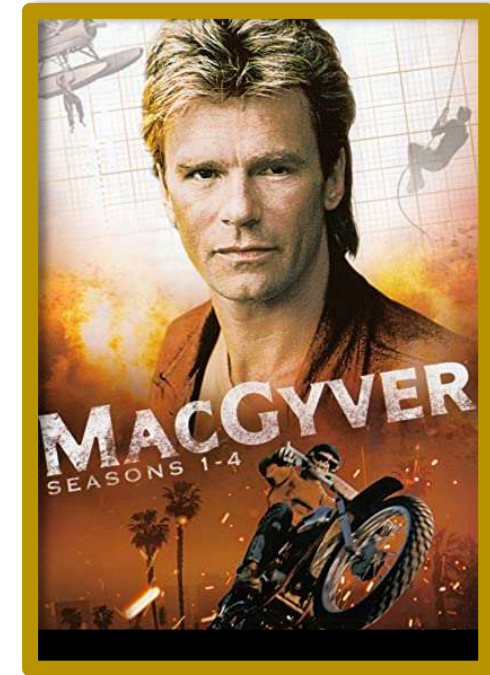


Keeping my FAMILY and ROOMATES SAFE on a BUDGET will be valuable.



Keeping Your Family Safe on a Budget

A Survive & Thrive Guide™



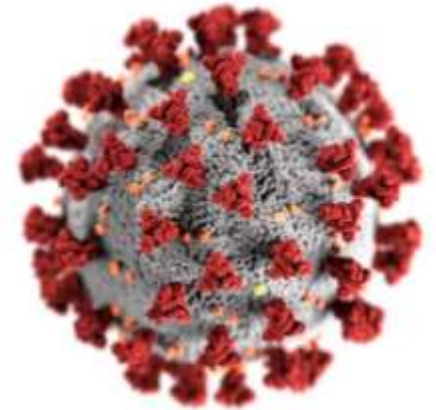
January 7, 2021 *CareUniversity*

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**



Additional Resources and Slides from Videos

People

11-04-20

College Student, 20, Found Dead in Dorm Room After Testing Positive to COVID-19: 'This Loss Is Forever'

A 20-year-old student has died in her dorm room while in quarantine after testing positive for the novel [coronavirus \(COVID-19\)](#). Bethany Nesbitt — **a third-year psychology major at Grace College in Winona Lake, Indiana** — was found dead in a residence hall on Friday around 10 a.m., her school [confirmed in a statement](#). Kosciusko County Coroner Tony Ciriello tells PEOPLE on Tuesday that Bethany **tested positive for coronavirus, which can affect the pulmonary system, and her cause of death has been ruled as a pulmonary embolus**. An asthmatic and began experiencing symptoms consistent with COVID-19 on the week of Oct. 20. **She tested for the virus on Oct. 22, though the results were "never delivered, due to a clerical error," according to the family.**





November 2, 2020

A 13-year-old Missouri boy's last day of school was in late October. He died from Covid-19 days later



An eighth-grade student from Missouri passed away from complications related to Covid-19. Peyton Baumgarth, 13, died over the weekend. His last day of school was October 22, and the school was informed he was in quarantine the following Monday.

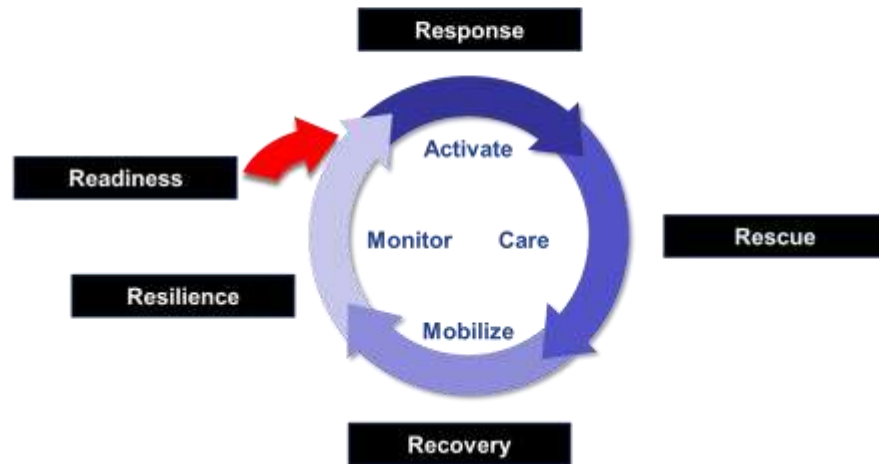
"We extend our heartfelt sympathy to the family and ask that the public respects their privacy," she wrote. "His family deserves nothing less. **The family also asks that we all remember to wear masks, wash hands frequently and follow guidelines. COVID-19 is real and they want to remind students and parents to take these precautions in and outside of school.**"

Peyton was a "a wonderful young man, who always had a smile to share with you," his family wrote...

Source: <https://www.cnn.com/2020/11/02/us/missouri-13-year-old-dies-covid-19-trnd/index.html>

The Family Plan: Learning as a Family

*Family Health Safety &
Organization Security Plans™*



Who is the CFO?

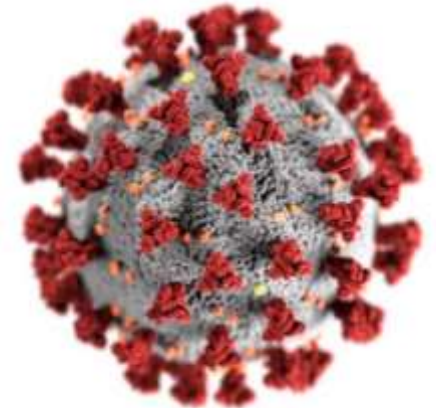
Safety Plan Templates for Everyone

Family Survive & Thrive Guide™

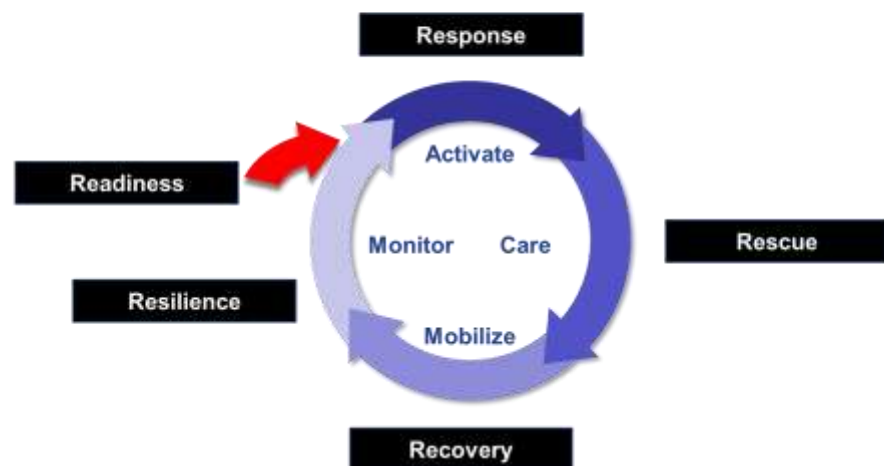


David Beshk

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



Family Health Safety & Organization Security Plans™



Thoughts for Families with Young Children:

- ☐ Review other Readiness Checklists. Use FEMA Emergency Preparedness Checklist (we use when we teach Med Tac Bystander Rescue Program).
- ☐ Make sure you have Personal Protective Equipment for everyone.
- ☐ Make sure you have a copy of everyone's Medical Records including lists of allergies and meds.
- ☐ Review the 5 Rights of Emergency Care video to be prepared for a new experience.
- ☐ Use Icons in your plan to make plan family friendly.
- ☐ Create plan sections for adults and children
- ☐ Create an "All Teach All Learn" Environment
- ☐ Play Date Simulations for being prepared.
- ☐ Gamify Readiness – we use FEMA as an example

Family Health Safety Plans

Readiness: Preparation, regular review, and updating of a plan based on the latest science. Regular deliberate practice of roles and skills each family member undertake.

Readiness

Resilience

Resilience: Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this “target hardening”.

Response

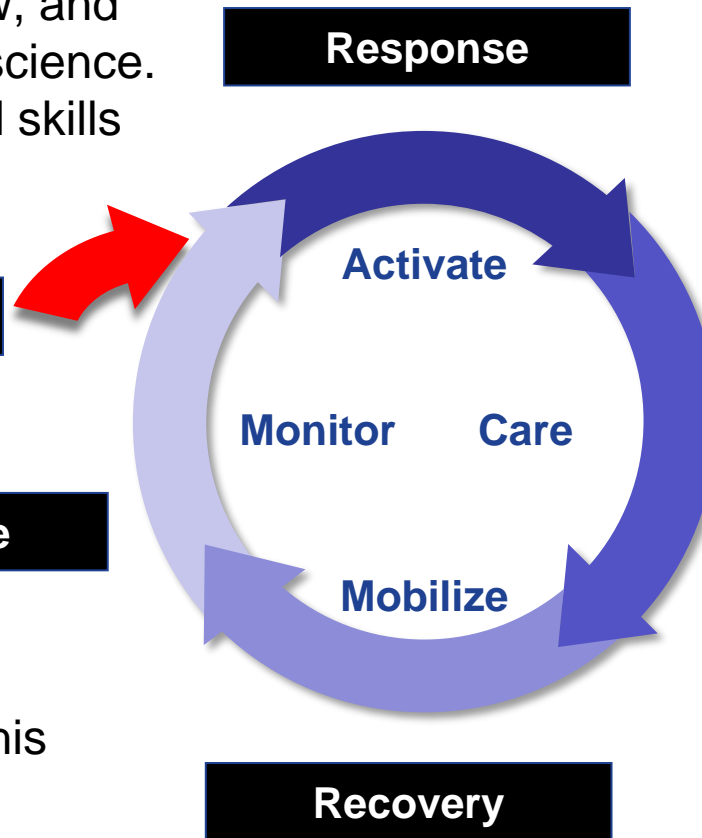
Response: Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

Rescue

Rescue: 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

Recovery: Follow up care of the family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine.”





Readiness

Family Member Scenarios	Be ready for waves or new epidemics.
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.
Exposure to Infected Person and No Test	Know: what “exposure” is, what to if exposed, and if notified by a contact tracer.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect “at risk” family members.
Infected & Pre-symptomatic – Before Symptoms	Know: what “exposure is”, what to do if exposed or notified by a contact tracer.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain Isolation per guidelines.
Infected & Severely Symptomatic – Need Help	Choose ED Care site, have med records, meds, and a plan. Be ready for patient to be solo phone only contact.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.

Readiness

Family Plan Checklist

Awareness

- ☐ **Family Scenario Readiness Awareness:** All members aware of all family scenarios that may evolve.
- ☐ **National and Local Guideline Awareness:** CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
- ☐ **Community Threat Awareness:** Local community infection rates will need to drive your plan.
- ☐ **Readiness Knowledge – 4 P’s:** Information regarding Prevention, Preparedness, Protection, and Performance Improvement. Watch videos, read, and consult caregivers. Example: MedTacGlobal website, teachers, and caregivers who care for the family.

Accountability

- ☐ **Readiness Assignment of Tasks to Members:** Who does what, when, why, and how to respond if for the Family Member Scenarios for response, rescue, recovery, and resilience.
- ☐ **Readiness Task Completion Log:** E.g. Care and maintenance of masks tied to a schedule and maintaining disinfectants and cleaning.

Ability

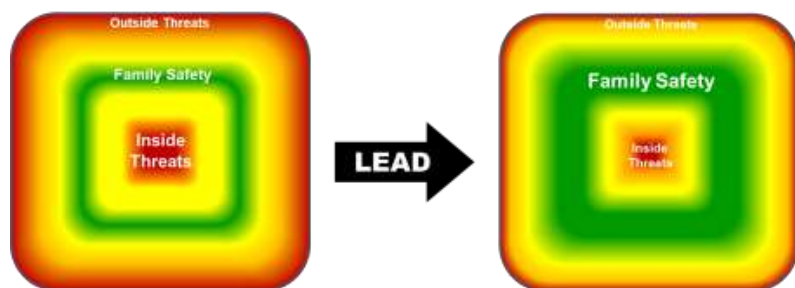
- ☐ **Readiness Skills:** Deliberative Practice of skills to assure competency currency.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds to assure adequate resources.

Action

- ☐ **Create a written Family Safety Plan**
 - Step 1: Identify Each Members Threat Profile**
 - Step 2: Identify and Follow Local Coronavirus Threats**
 - Step 3: Develop a Family Safety Plan**
 - Step 4: Plan the Flight and Fly the Plan**
- ☐ **Assemble Family Medical Records:** Hardcopy & electronic. See Example Forms.
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.



Family Member Threat Profile



Infected & Symptomatic – Have Symptoms

Be ready for worsening symptoms and to maintain

Sym

I

Infected & Require ICU Life Support Respirator & ECMO

death. Prepare to deliver substantial care at home if the patient is discharged.



Medical Records



Family Plan Checklist

Readiness

Awareness

- ☐ **Family Scenario Readiness Awareness:** All members aware of all family scenarios that may evolve.
- ☐ **National and Local Guideline Awareness:** CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
- ☐ **Community Threat Awareness:** Local community infection rates will need to drive your plan.
- ☐ **Readiness Knowledge – 4 P's:** Information regarding Prevention, Preparedness, Protection, and Performance Improvement. Watch videos, read, and consult caregivers. Example: MedTacGlobal website, teachers, and caregivers who care for the family.

Accountability

- ☐ **Readiness Assignment of Tasks to Members:** Who does what, when, why, and how to respond if for the Family Member Scenarios for response, rescue, recovery, and resilience.
- ☐ **Readiness Task Completion Log:** E.g. Care and maintenance of masks tied to a schedule and maintaining disinfectants and cleaning.

Ability

- ☐ **Readiness Skills:** Deliberative Practice of skills to assure competency currency.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds to assure adequate resources.

Action

- ☐ **Create a written Family Safety Plan**
 - Step 1: Identify Each Members Threat Profile**
 - Step 2: Identify and Follow Local Coronavirus Threats**
 - Step 3: Develop a Family Safety Plan**
 - Step 4: Plan the Flight and Fly the Plan**
- ☐ **Assemble Family Medical Records:** Hardcopy & electronic. See Example Forms.
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.



Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure – no test are at risk for infections.
Exposure to Infected Person and No Test	Know where to get testing, maintain quarantine period, and how to protect family.
Infected & Asymptomatic – No Symptoms Ever	Isolate if test positive and contact tracers link infections to you.
Infected & Pre-symptomatic – Before Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Symptomatic – Have Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Severely Symptomatic – Need Help	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms
Infected & Requiring Hospitalization	Be ready to respond to infections of others at home or in contact with patient.
Infected & Require ICU Life Support Respirator & ECMO	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.

Response

Family Plan Checklist

Awareness

- ☐ **Family Scenario Response Awareness:** Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

Accountability

- ☐ **Response Task Accountability Reinforced:** Who does what, when, why, and how to respond if for the Family Member Scenarios if someone gets infected, exposed, or need care in the home.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness. Examples include care and maintenance of masks, use of disinfectants, and regular cleaning.

Ability



- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available. Staff include family members and service providers. Adequate funding must be allocated to assure proper actions.

Action

- ☐ **Activate Family Member Scenario Plans:** When family members are exposed, infected, become symptomatic, become severely symptomatic, are hospitalized, or admitted to ICU the plans are activated.
 1. Exposure to Infected Person and No Test: Quarantine
 2. Infected and Asymptomatic: Isolation
 3. Infected and Pre-symptomatic: Isolation and Care when Symptomatic
 4. Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).



Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure – no test are at risk for infections.
Exposure to Infected Person	Know where to get testing,
Isolation	Quarantine
	
Infected & Severely Symptomatic – Need Help	Contact healthcare and watch for worsening signs/symptoms
Infected & Requiring Hospitalization	Be ready to respond to infections of others at home or in contact with patient.
Infected & Require ICU Life Support Respirator & ECMO	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.

Response

Family Plan Checklist

Awareness

- ☐ **Family Scenario Response Awareness:** Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

Accountability

- ☐ **Response Task Accountability Reinforced:** Who does what, when, why, and how to respond if for the Family Member Scenarios if someone gets infected, exposed, or need care in the home.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness. Examples include care and maintenance of masks, use of disinfectants, and regular cleaning.

Ability

- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available. Staff include family members and service providers. Adequate funding must be allocated to assure proper actions.

Action

- ☐ **Activate Family Member Scenario Plans:** When family members are exposed, infected, become symptomatic, become severely symptomatic, are hospitalized, or admitted to ICU the plans are activated.
 - Exposure to Infected Person and No Test: Quarantine**
 - Infected and Asymptomatic: Isolation**
 - Infected and Pre-symptomatic: Isolation and Care when Symptomatic**
 - Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).**



Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No Exposure No Test or Negative Test	Know the triggers for emergency care. Have med records ready for family
Exposure to Infected Person and No Test	Know the triggers for emergency care. Have med records ready for family
Infected & Asymptomatic – No Symptoms Ever	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Pre-symptomatic – Before Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Symptomatic – Have Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Severely Symptomatic – Need Help	Seek emergency care immediately. Have medical records and medications for ED care providers.
Infected & Requiring Hospitalization	Watch for triggers for emergency care of other family members who may get sick.
Infected & Require ICU Life Support Respirator & ECMO	Watch for symptom triggers requiring emergency care visit if others in family get sick.

Rescue

Family Plan Checklist

Awareness

- ☐ **Family Rescue Scenario Awareness:** Members need to be aware of “rescue scenarios” and what the CDC describes as “emergency warning signs”:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ☐ **Rescue Knowledge - 4 P’s:** Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

Accountability

- ☐ **Rescue Task Accountability Reinforced:** Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** These recorded lifesaving tasks are vital to professional caregivers.

Ability

- ☐ **Rescue Skills:** Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- ☐ **Rescue Resources:** Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

Action

- ☐ **Follow the Plan for the Family Member Scenario:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
 - ☐ **Infected & Severely Symptomatic – Need Help:** Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
 - ☐ **Infected Requiring Hospitalization:** Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
 - ☐ **Infected & Require ICU Life Support Respirator & ECMO:** The seriousness of the situation should be communicated to the family members.



Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No	ned
Expo	ned
Infect	e.
Infect	seeking emergency care.
Infected & Symptomatic	signs and triggering emergency care.
Infected & Symptomatic	cy care Have medical medications for ders.
Infected & Hospital	gers for re of other ers who may get
Infected & Life Support	ptom triggers emergency care
Respirator & ECMO	visit if others in family get sick.



Rescue

Family Plan Checklist

Awareness

- ☐ **Family Rescue Scenario Awareness:** Members need to be aware of “rescue scenarios” and what the CDC describes as “emergency warning signs”:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ☐ **Rescue Knowledge - 4 P's:** Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

Accountability

- ☐ **Rescue Task Accountability Reinforced:** Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** These recorded lifesaving tasks are vital to professional caregivers.

Ability

- ☐ **Rescue Skills:** Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- ☐ **Rescue Resources:** Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

Action

- ☐ **Follow the Plan for the Family Member Scenario:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
 - ☐ **Infected & Severely Symptomatic – Need Help:** Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
 - ☐ **Infected Requiring Hospitalization:** Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
 - ☐ **Infected & Require ICU Life Support Respirator & ECMO:** The seriousness of the situation should be communicated to the family members.



Recovery

Family Member Scenarios	Assistance safely to the “new normal”.
No Exposure No Test or Negative Test	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.
Exposure to Infected Person and No Test	If infected, be aware of the possible long-term consequences of infection.
Infected & Asymptomatic – No Symptoms Ever	Be aware of and watch for the long-term consequences of infection.
Infected & Pre-symptomatic – Before Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Symptomatic – Have Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Severely Symptomatic – Need Help	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario
Infected & Requiring Hospitalization	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario
Infected & Require ICU Life Support Respirator & ECMO	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario

Recovery

Family Plan Checklist

Awareness

- ☐ **Family Recovery Scenario Awareness:** Every member aware of how to respond to Make sure family members are aware of “recovery scenarios” to help family members return to a “new safe normal”.
- ☐ **Recovery 4 P’s:** Family members are aware of how to prevent reinfection, be prepared to recover, prevent medical errors, protect loved ones and learn performance improvement the experiences of others. They need to understand the “long hauler threat” and threats to children such as Multisystem Inflammatory Syndrome (MIS-C). Citation: <https://www.cdc.gov/mis-c/> This condition is also being described in adults (MIS-A) Post-infection immunity is not well understood or assured. Therefore beware of risk of relaxing prevention behaviors. There may be specific prevention behaviors for specific patients.

Accountability

- ☐ **Recovery Task Accountability Reinforced:** Members will need to maintain accountability for recovery the tasks to assure safe return to the “new normal” – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member’s threat profile, medical records, and history action items.
- ☐ **Recovery Task Completion Log:** Documentation may be very important to future care decisions.

Ability

- ☐ **Recovery Skills:** Communication and deliberate practice of skills to help children, youth, adults, and seniors SAFELY return to work, play, and pray. Care of those experiencing severe harm or sequelae.
- ☐ **Recovery Resources:** Staff, supplies, space, and financial resources must be available to allow the family to return to a new safe normal. Adjustment of sports equipment and participation are important.

Action

- ☐ **The actions include care documentation and preparation for future problems:**
 - 1.Record & Follow Return for Care Precautions:** The specific caregiver instructions to return for care if patients deteriorate – return of signs and symptoms and specific conditions caregivers identify.
 - 2.Update Family Member Threat Profiles:** New medical information should be added to the member threat profile in order to be able to respond properly if there is deterioration or reinfection.
 - 3.Update and Maintain Medical Records:** The latest medical records of the infected person need to be included in case of a future infection, hospital admission, “long hauler” disease, MIS-C, or MIS-A.

“Long Haulers”

Harvard Medical School

Recovery

Family Plan Checklist

Awareness

- ❑ **Family Recovery Scenario Awareness:** Every member aware of how to respond to Make sure family members are aware of “recovery scenarios” to help family members return to a “new safe normal”.
- ❑ **Recovery 4 P’s:** Family members are aware of how to prevent reinfection, be prepared to recover, prevent medical errors, protect loved ones and learn performance improvement the experiences of others. They need to understand the “long hauler threat” and threats to children such as Multisystem Inflammatory Syndrome (MIS-C). Citation: <https://www.cdc.gov/mis-c/> This condition is also being described in adults (MIS-A) Post-infection immunity is not well understood or assured. Therefore beware of risk of relaxing prevention behaviors. There may be specific prevention behaviors for specific patients.

Accountability

- ❑ **Recovery Task Accountability Reinforced:** Members will need to maintain accountability for recovery the tasks to assure safe return to the “new normal” – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member’s threat profile, medical records, and history action items.
- ❑ **Recovery Task Completion Log:** Documentation may be very important to future care decisions.

Ability

- ❑ **Recovery Skills:** Communication and deliberate practice of skills to help children, youth, adults, and seniors SAFELY return to work, play, and pray. Care of those experiencing severe harm or sequelae.
- ❑ **Recovery Resources:** Staff, supplies, space, and financial resources must be available to allow the family to return to a new safe normal. Adjustment of sports equipment and participation are important.

Action

- ❑ **The actions include care documentation and preparation for future problems:**
 - 1.Record & Follow Return for Care Precautions:** The specific caregiver instructions to return for care if patients deteriorate – return of signs and symptoms and specific conditions caregivers identify.
 - 2.Update Family Member Threat Profiles:** New medical information should be added to the member threat profile in order to be able to respond properly if there is deterioration or reinfection.
 - 3.Update and Maintain Medical Records:** The latest medical records of the infected person need to be included in case of a future infection, hospital admission, “long hauler” disease, MIS-C, or MIS-A.

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Multisystem Inflammatory Syndrome (MIS-C)



Life Support
Respirator & ECMO

being infected. Be aware of
“long haulers” scenario



Resilience

Family Member Scenarios	Making the family “hardened” as a target
No Exposure No Test or Negative Test	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic – Before Symptoms	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Severely Symptomatic – Need Help	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Requiring Hospitalization	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.

Resilience

Family Plan Checklist

During the “quiet before the storm” between community infection surges or after caring for someone, it is an ideal time to “harden the target” of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

Awareness

- ☐ **Family Impact Scenarios Review:** Family Impact Scenarios can be updated. Performance improvement can be informed by member caregivers and guidelines. Underlying conditions can evolve.
- ☐ **Resilience Knowledge Review - 4 P’s:** Make sure everyone is aware of the lessons learned about prevention, preparedness, protection, and performance improvement related to spread of infections and care of the family living unit members.

Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review all the task assignments for each of the 5 R Phases in order to optimize them from lessons learned internally and externally.
- ☐ **5 R Task Completion Logs Reviewed:** Review of each of the 5 R Phases of the task completion logs provide insights to performance improvement.

Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, so will the skills for recognizing and caring for family members.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Staff include family members and service providers. Hardening target of the living space to external threats and from internal threats to the family when members are in isolation are important.

Action

- ☐ **Revise Family Safety Plan and Update All Checklists**
 - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
 - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are rapidly evolving.
 - ☐ **Rescue:** The clinical signs, symptoms, and means of caregivers providing proper emergency care are evolving as are the interventions. This is why updates to medical records are so important.
 - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Each Family Member Threat Profile:** The inherent threats to individual family members change and their medical records will be very important to successfully care for them.



Resilience

Resilience

Family Plan Checklist

During the “quiet before the storm” between community infection surges or after caring for someone, it is an ideal time to “harden the target” of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

Awareness

- ☐ **Family Impact Scenarios Review:** Family Impact Scenarios can be updated. Performance improvement can be informed by member caregivers and guidelines. Underlying conditions can evolve.
- ☐ **Resilience Knowledge Review - 4 P's:** Make sure everyone is aware of the lessons learned about **prevention, preparedness, protection, and performance improvement** related to spread of infections and care of the family living unit members.

Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review all the task assignments for each of the 5 R Phases in order to optimize them from lessons learned internally and externally.
- ☐ **5 R Task Completion Logs Reviewed:** Review of each of the 5 R Phases of the task completion logs provide insights to performance improvement.

Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, so will the skills for recognizing and caring for family members.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Staff include family members and service providers. **Hardening target of the living space to external threats and from internal threats to the family when members are in isolation are important.**

Action

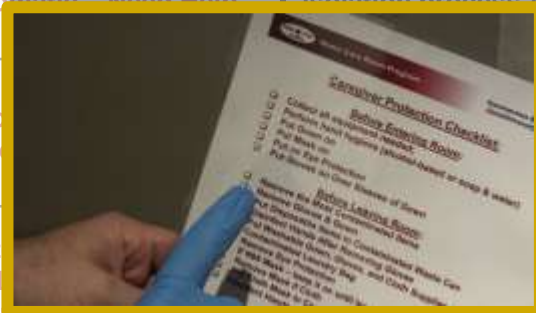
- ☐ **Revise Family Safety Plan and Update All Checklists**
 - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
 - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are rapidly evolving.
 - ☐ **Rescue:** The clinical signs, symptoms, and means of caregivers providing proper emergency care are evolving as are the interventions. This is why updates to medical records are so important.
 - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Each Family Member Threat Profile:** The inherent threats to individual family members change and their medical records will be very important to successfully care for them.



No Symptoms Ever



Infected & Severely Symptomatic - Need Help



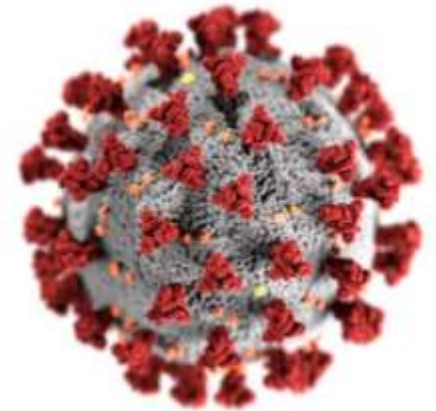
Safety Plan Templates for Everyone

Family Survive & Thrive Guide™

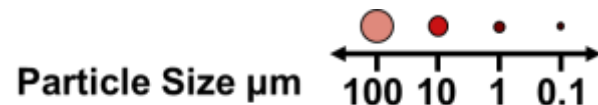


John Tomlinson JD MBA

**Scout Troop Committee Chair
Med Tac Adopt a Cove
Program Partner
Community Leader**



Tomlinson Home Isolation Chamber



Airborne Threat and HVAC Systems



AEROSOLS are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.

DROPLETS will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.