


Coronavirus - Protecting You & Your Family:


Coming Home Safely, August 6, 2020

**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

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Disclosure Statement

The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship 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 Bashik has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- Keith Filtner 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.


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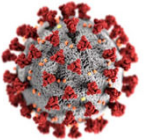

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**Bystander Rescue Care
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Providing Care At Home: A Survive & Thrive Guide™



Charles Denham, MD
Chairman, TMIT Global
Founder Med Tac
Bystander Rescue Care




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Survive & Thrive Guide: Keeping Your Family Safe


Values
About & Team
 Coronavirus
Response
 Webinar
Programs
 Specialty
Programs
 Innovations
& Supplies
 CAREUNIVERSITY


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


**Providing CARE at Home:
A Survive & Thrive Guide™**


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?





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Speakers & Reactors


Jennifer Dingman


Chief William Adcox


Dr. Gregory Botz


Heather Foster RN


Keith Filtner


Charlie Denham III

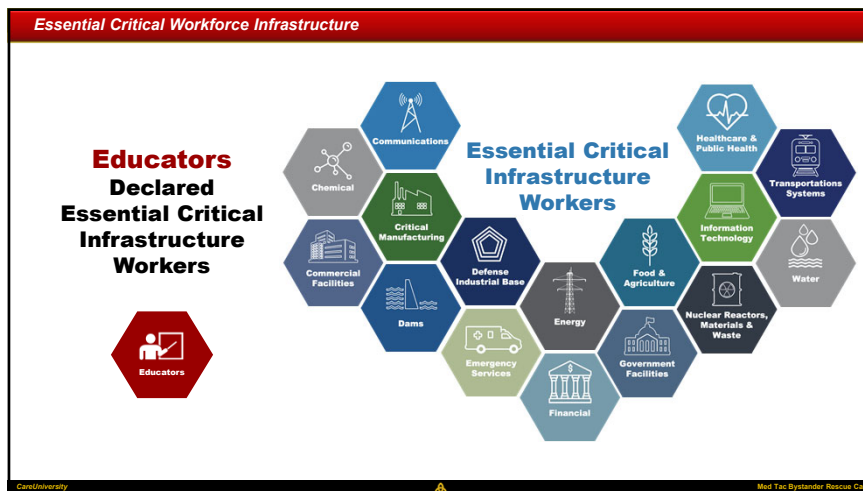
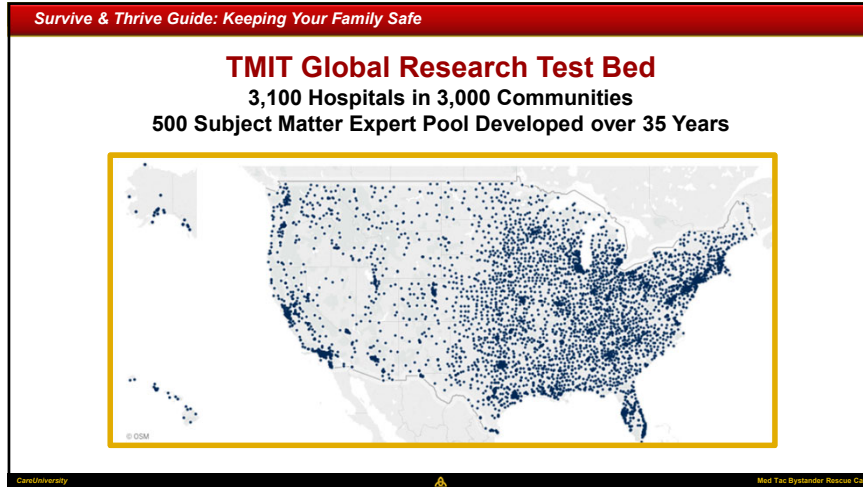

Paul Bhatia EMT


Dr. Charles Denham


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Matt Horace
 John Tomlinson
 Dan Ford
 Arlene Salamandra
 Jennifer Dingman
 Bill George
 Penny George
 Hilary Schmidt PhD
 Paul Bhatia EMT
 Dr. McDowell

Contributions Through Segments of our Discovery Channel Documentaries

Chasing the Zero
BRINGING THE BATTLE TO HEALTHCARE HEROES

Surfing the Healthcare Tsunami
BRING YOUR BEST BOARD

**3 Minutes & Counting
Bystanders Care!**

Survive & Thrive Guide: Keeping Your Family Safe

Communities of Practice Model

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Family Centric

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

GTSS & TMIT Global Briefing

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

MAYO CLINIC

UCSF
University of California
San Francisco

UCI

Family Rescue R&D

The 5 R's of Safety

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Leadership

Form Family Team & Health Security Plan

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

Family Health Security Plan

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Survive & Thrive Guide:

Our Discoveries:

The Family Unit is the Achilles Heel
Family Transmission Chains

Family Unit Training Works

- Saves Lives
- Saves Money
- Saves Liability

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Survive & Thrive Guide:

Our Discovery:
The Achilles Heel
Our Family Unit

We Can't Train Essential Infrastructure Workers Alone

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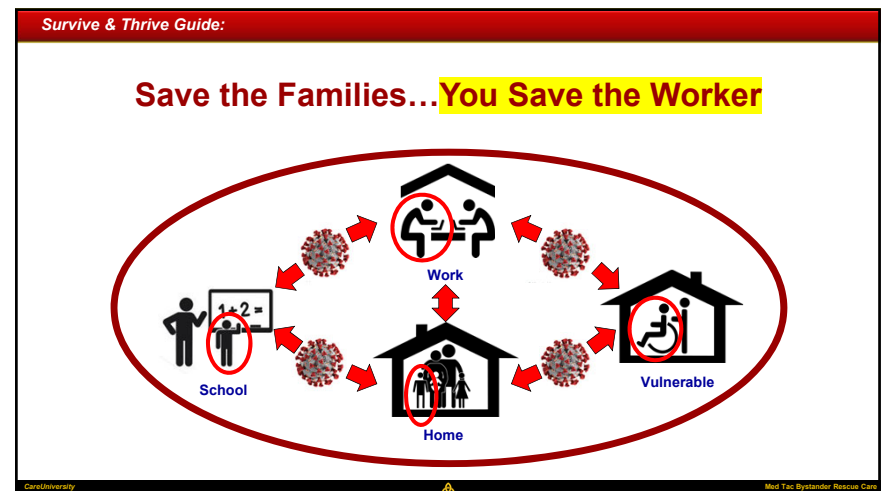
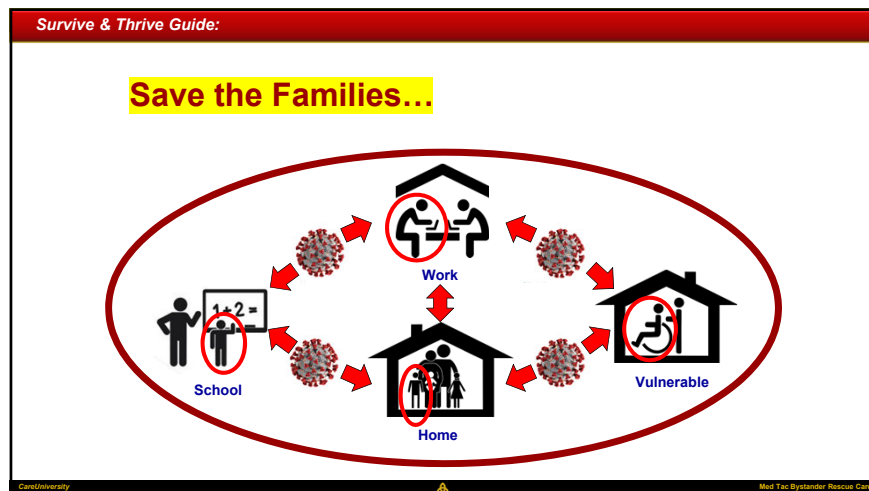
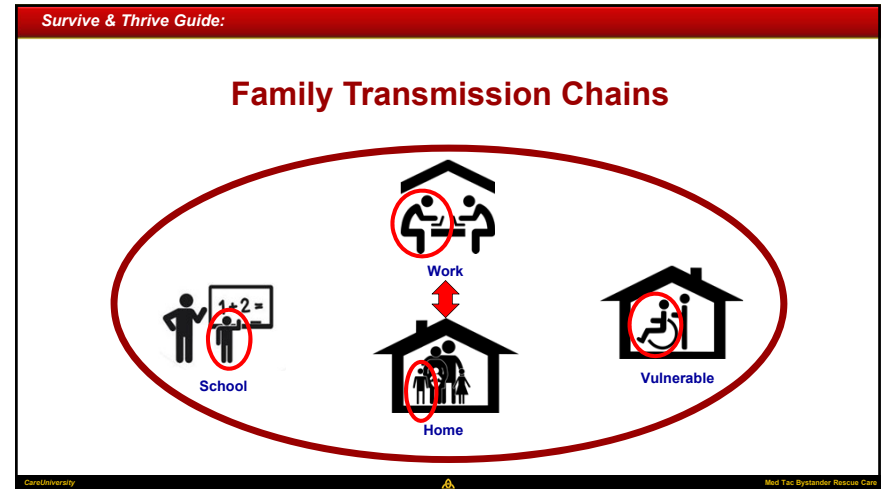
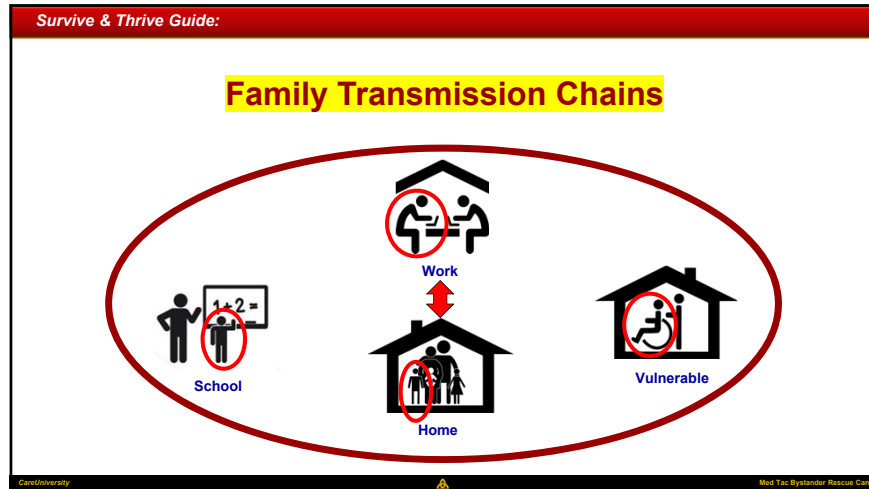
We Can't Train Essential Infrastructure Workers Alone

The Family Unit is the Achilles Heel

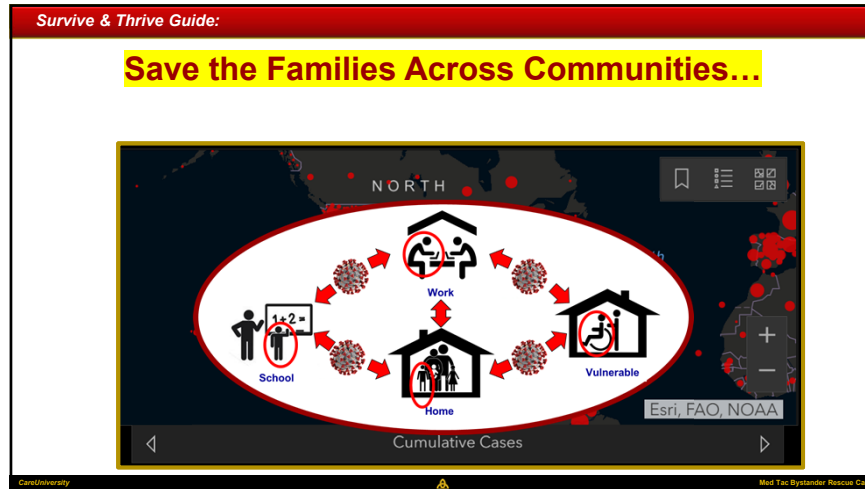
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Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020



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

Coronavirus - Protecting You & Your Family

BASIC MODULES

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

Mask: The SCIENCE of Success

ADVANCED MODULES

- Preparing for CARE at Home
- TELEMEDICINE Works - Try It
- Care of Seniors & those AT-RISK
- The Latest Best Practices
- Coronavirus: But the Most Worst
- Coming Home Safe Webinar
- The New Virtual Webinar
- Back to School Safety

TELEMEDICINE Works - Try It

Related Resources

Care of the At Risk & Seniors at Home

www.medtacglobal.org/coronavirus-response/

Teens, College Students, and Young Adults

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

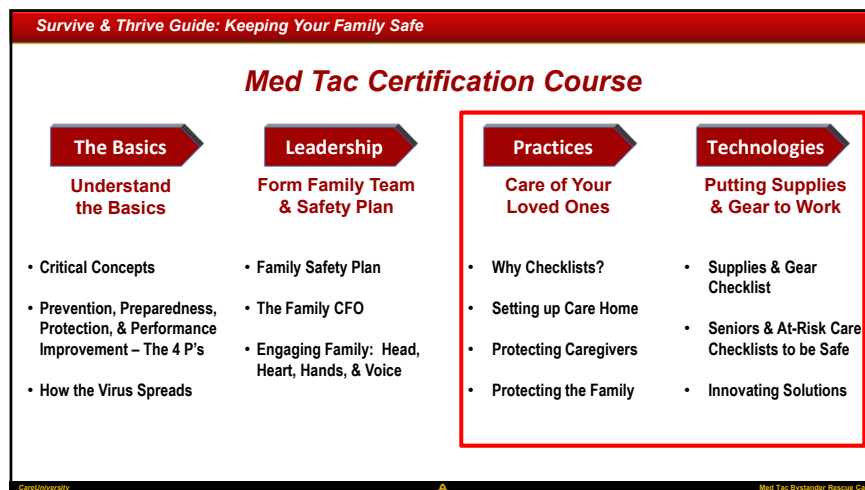
Long-haulers taking months to recover from multi-system symptoms - many develop it.

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

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Survive & Thrive Guide:



Update 12-02-20

Options to reduce quarantine

CDC and other scientists have explored changing the current recommendation to quarantine for 14 days after last exposure. Reducing the length of quarantine may make it easier for people to quarantine by reducing economic hardship if they cannot work during this time. In addition, a shorter quarantine period can lessen stress on the public health system, especially when new infections are rapidly rising.

Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

- On day 10 without testing
- On day 7 after receiving a negative test result

After stopping quarantine, people should

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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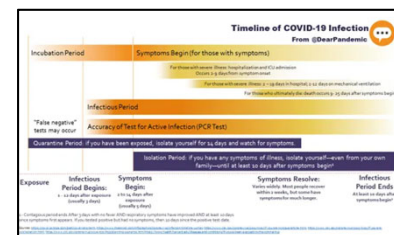
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November 29, 2020



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-apnews_d-1

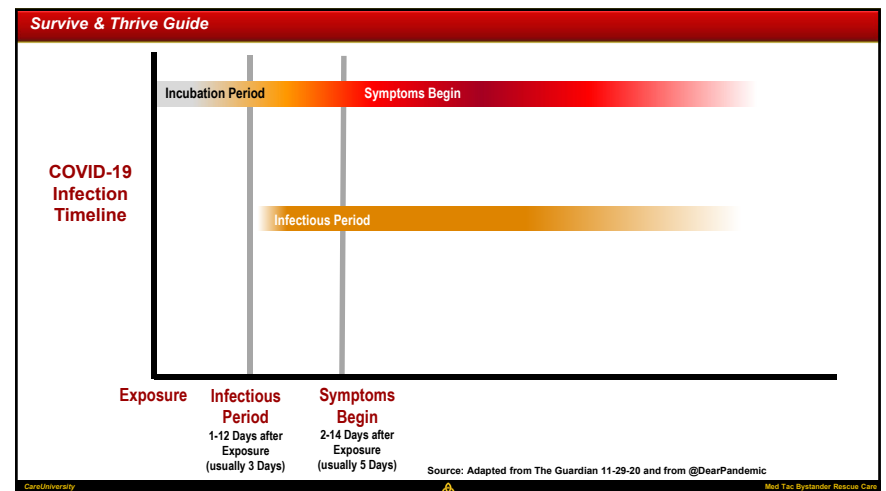
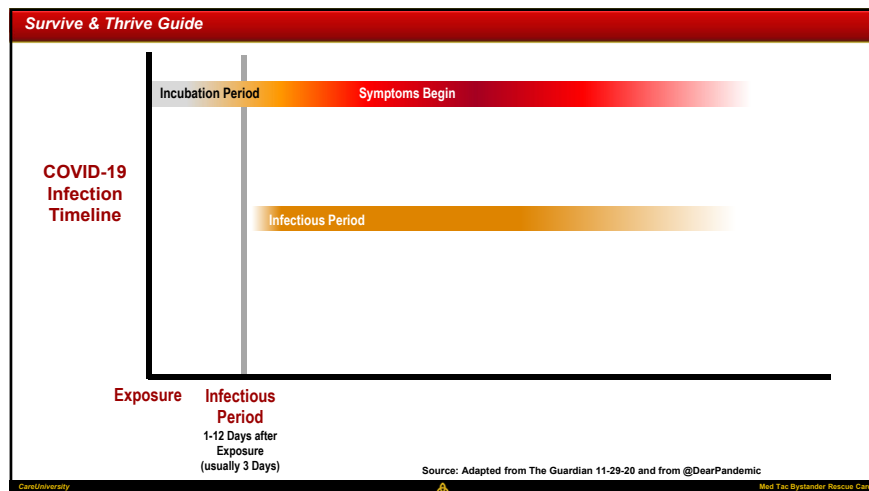
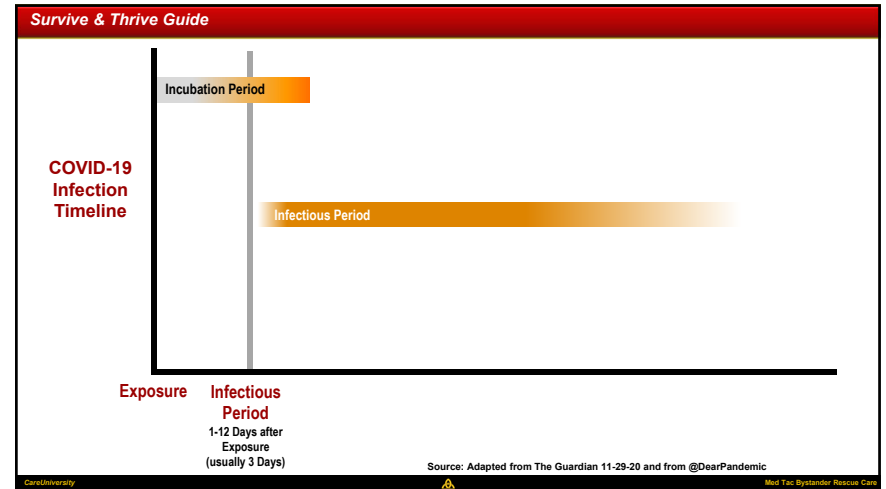
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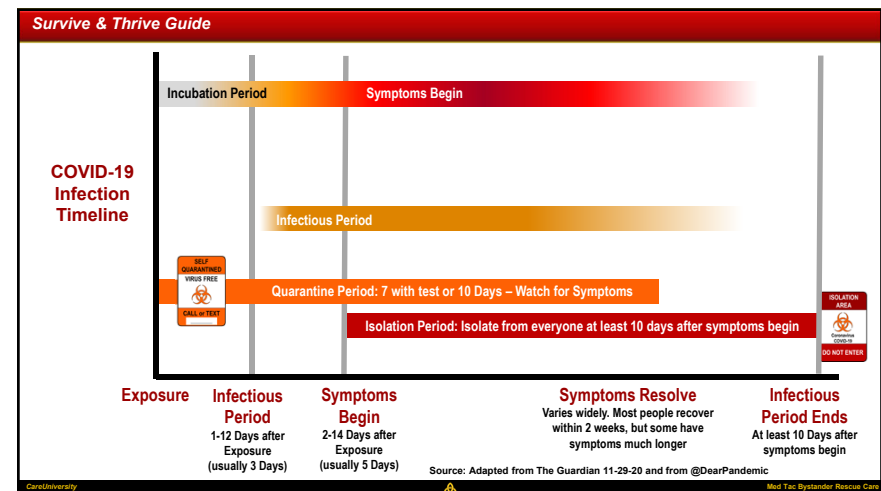
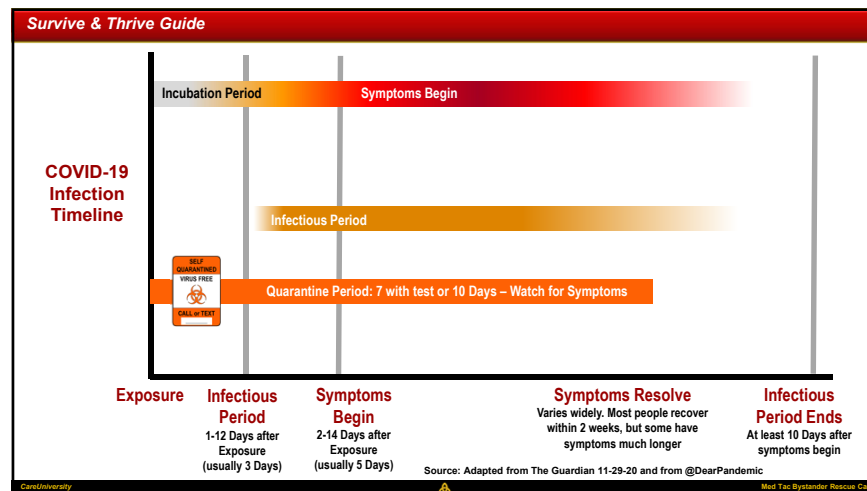
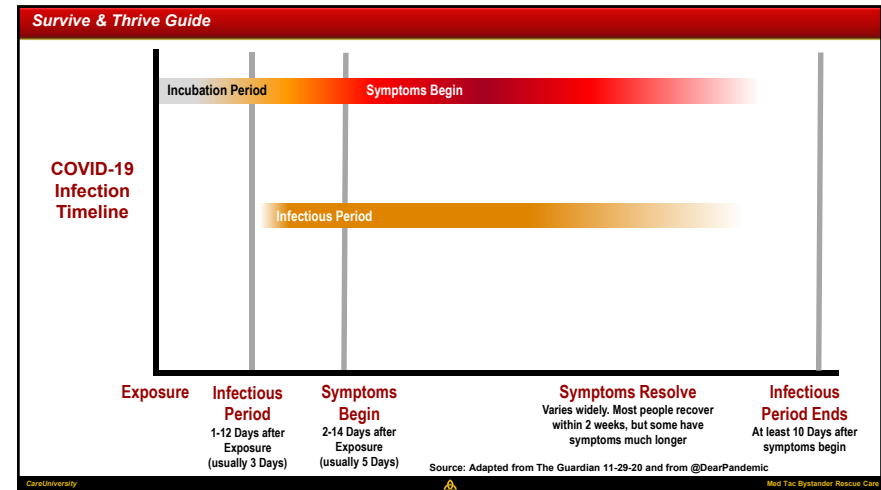
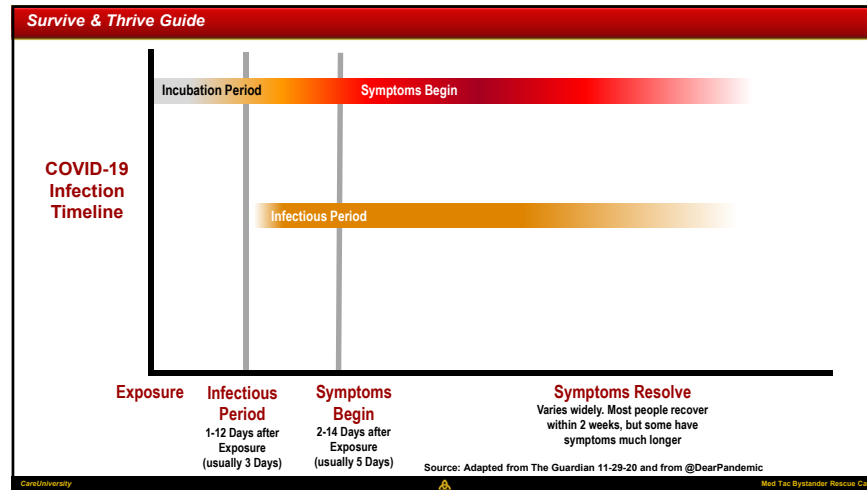
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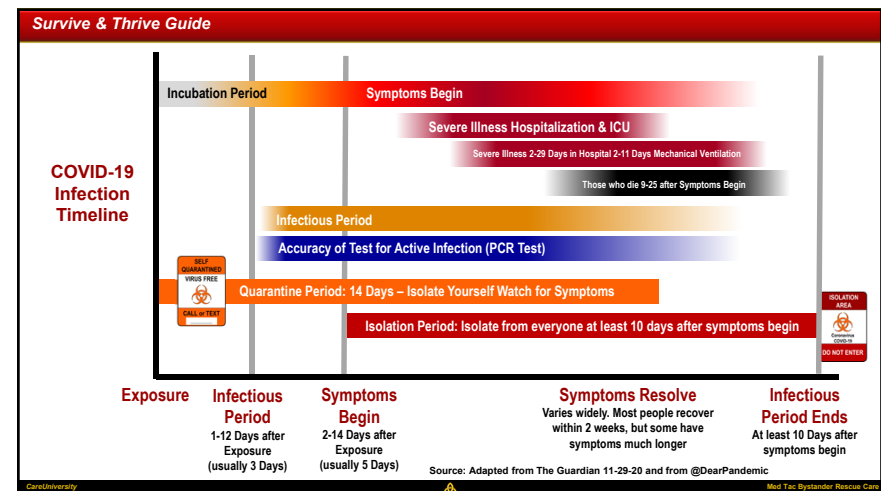
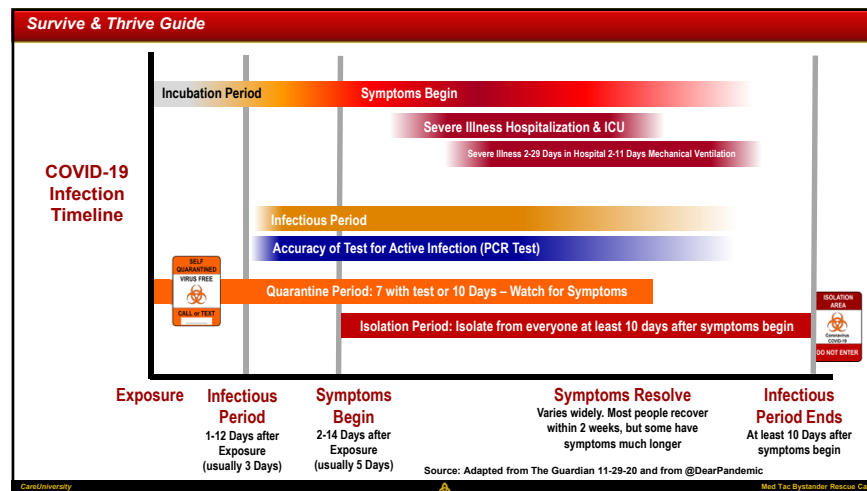
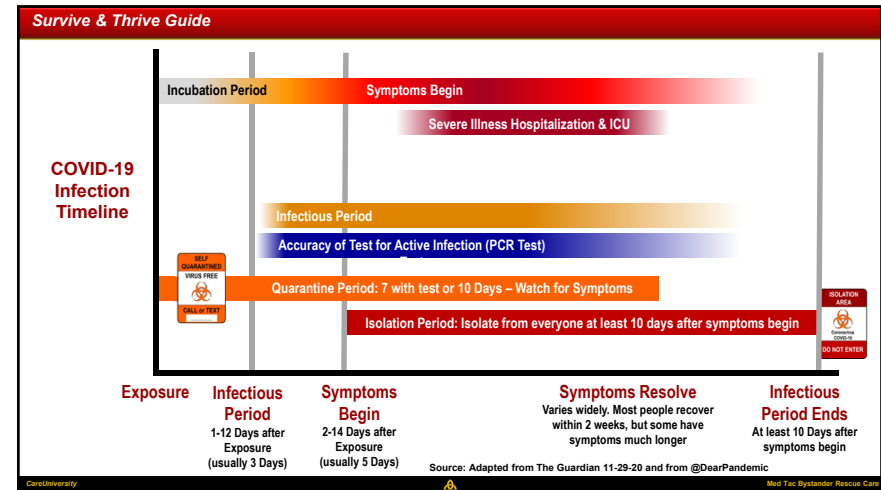
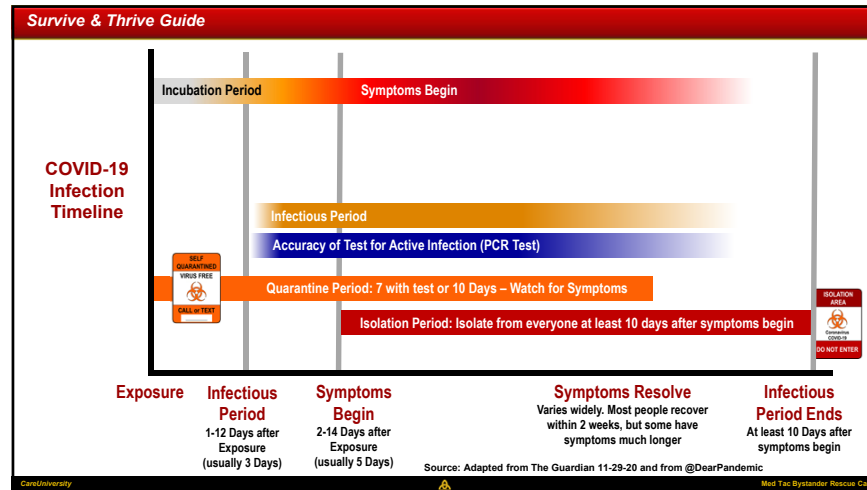
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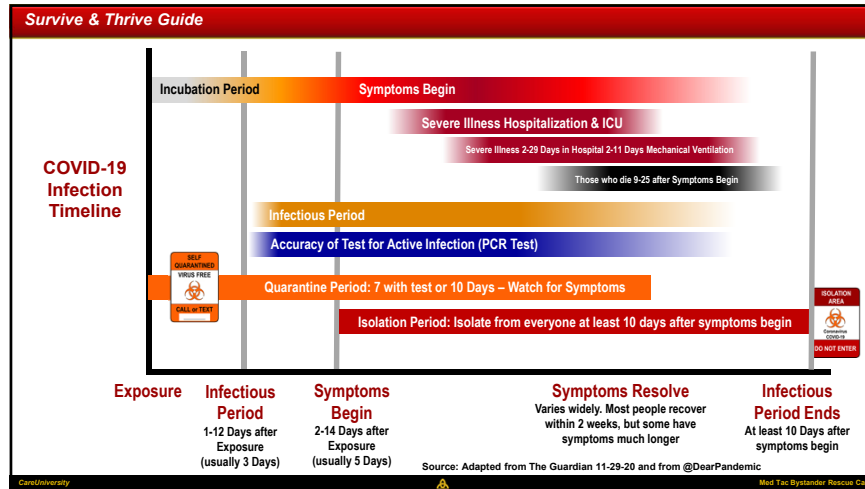
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Survive & Thrive Certification

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

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Practices

Care of Your Loved Ones

- **Why Checklists?**
- Setting up Care Room
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- 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

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Practices

Care of Your Loved Ones

- Why Checklists?
- **Setting up Care Room**
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- 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

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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.

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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

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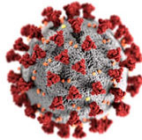
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Providing Care At Home: A Survive & Thrive Guide™



Heather Foster, RN
Practicing Nurse
Infection Preventionist
Patient Safety Expert



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Survive & Thrive Certification



Technologies
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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.

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Checklists

Home Care Room Program Coronavirus Response CardUniversity Series

Select a Care Room Checklist:

- ☐ Select a room sep that ideally should be used to wa
- ☐ If a fully dedicate where supplies an the family and oth
- ☐ If another room or station set that up
- ☐ Make sure the Car
- ☐ If you have no sep plastic sheets, or v curtains or tents t
- ☐ Optimize ventilati window that may b
- ☐ If Heating and Air separate ventilati
- ☐ Make decisions re Room. It is optima patient.

Care Room Set Up Checklist:

- ☐ Set Up Cleaning
- ☐ Equip Both Clea
- ☐ Post Signs to Re
- ☐ Consider Signs
- ☐ Prepare a Daily
- ☐ Remove Hard to
- ☐ Set Up Personal
- ☐ Set up a Contain
- ☐ Set up Waste Ca
- ☐ Set up a Non-co
- ☐ Put Waste Cans, Materials in Care
- ☐ Place Safe Conta
- ☐ Injection Meds U
- ☐ Keep Patient's P
- ☐ Place Water Pits
- ☐ Personal Hygien
- ☐ Keep dedicated Oximeters in Car
- ☐ Keep Reusable S

Supplies Checklist:

- ☐ Eye Protection
- ☐ A Face Shield
- ☐ Reusable Gloves
- ☐ Rubber Gloves
- ☐ Disposable Hair Cove
- ☐ N95 Mask or Medical
- ☐ Aprons - single-use i reusable gowns.
- ☐ Plastic Aprons
- ☐ Alcohol-based Hand
- ☐ Plain Soap
- ☐ Clean Single-use Pap
- ☐ Safe Puncture Proof
- ☐ Detergent for Cleanin
- ☐ Thermometer & Med
- ☐ Mobile Phone

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

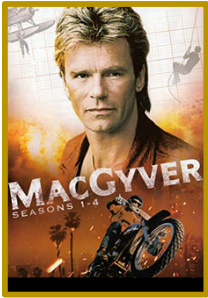


Cleaning the Home:

- ☐ Door knobs

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Put your New Scientific Know-how to the Test!

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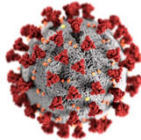
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Heather Foster, RN

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

October 1, 2020 CareUniversity Webinar #147

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Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide™ Webinar Road Map

CareUniversity Med Tac Bystander Rescue Care

Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide Series: Coming Home Safely

Creating Your Family Safety Plan

Keeping Our Kids Safe

Safety Plan Templates for Everyone

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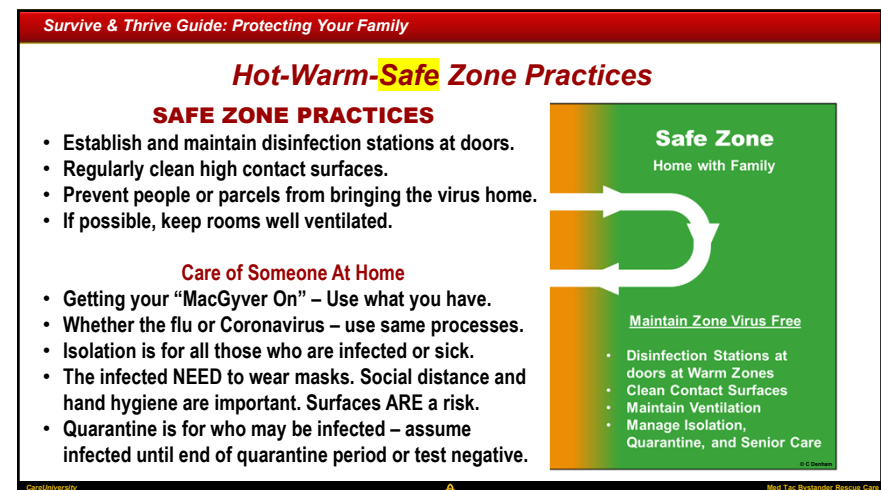
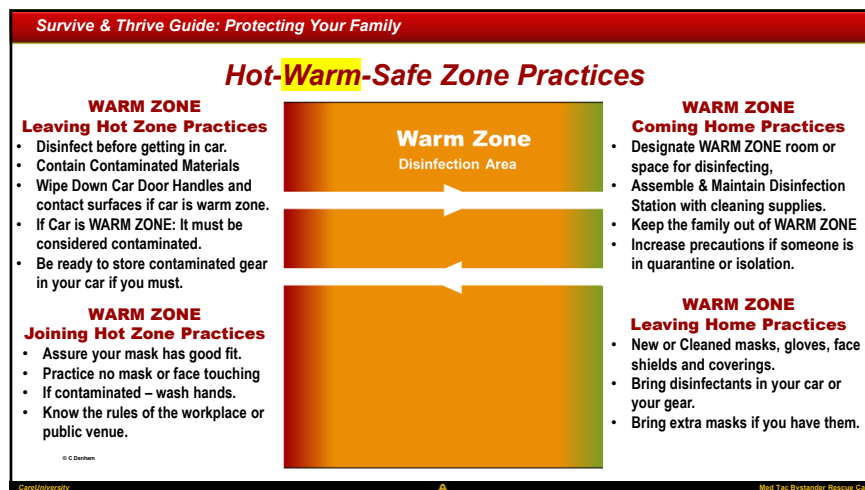
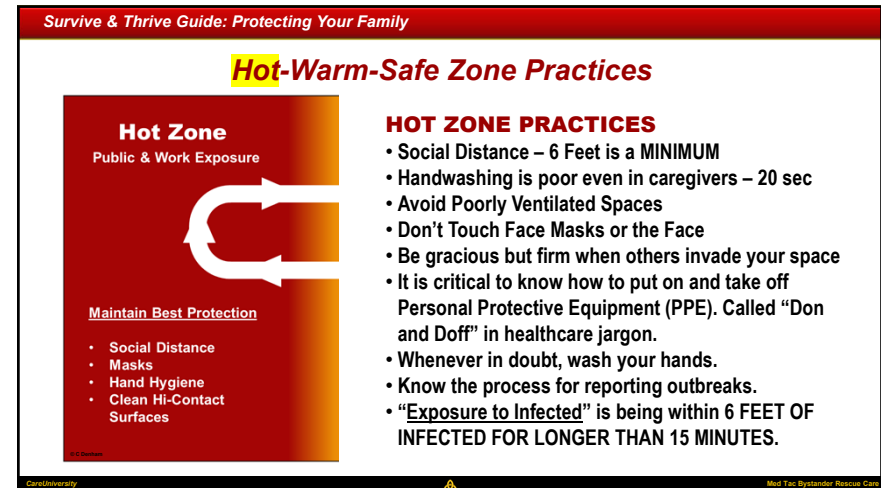
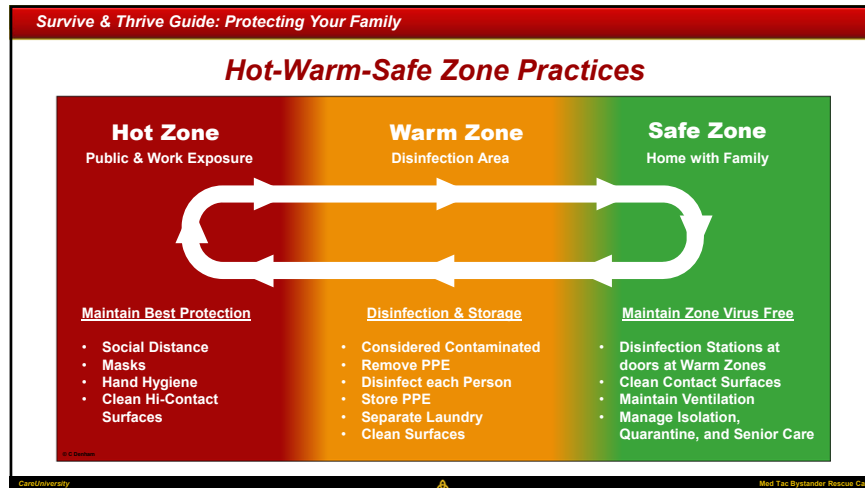
Survive & Thrive Guide: Protecting Your Family

Coming Home Safely

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Coronavirus - Protecting You & Your Family:

Coming Home Safely, August 6, 2020



Coronavirus - Protecting You & Your Family:

Coming Home Safely, August 6, 2020

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

Family Survive & Thrive Guide: Keeping Our Kids Safe™

August 03, 2020 CareUniversity Webinar #145

Survive & Thrive Guide: Protecting Your Family

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: Steps 1-4

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

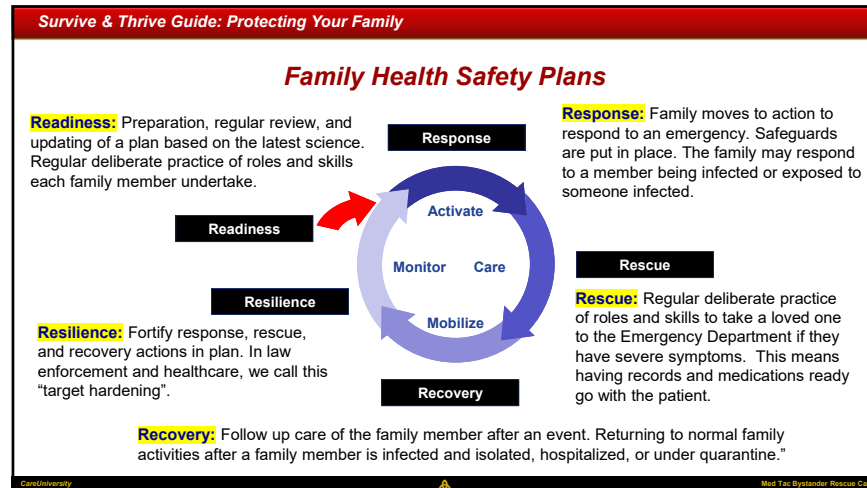
- A leader or leaders of the family act as the CFO – Chief Family Officer who drives the plan: Readiness, Response, Rescue, Recovery, and Resilience.

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

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Family Safety Plan

Readiness → Response → Rescue → Recovery → Resilience

Family Member Scenarios	Readiness	Response	Rescue	Recovery	Resilience
No Exposure No Test or Negative Test	Be ready for waves or new epidemics. Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Care of loved on with severe symptoms. Know the triggers for emergency care. Have med records ready for family.	Assistance safely to the "new normal". Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Making the family "hardened" as a target. 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 worsening signs/symptoms	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.	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 AND 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 AND 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 AND ID best hospital care providers.

Family Safety Plan

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Customize Your Family Checklists to the Real-life Scenarios that CAN HAPPEN to You!

Family Safety Plan

Readiness → Response → Rescue → Recovery → Resilience

Family Member Scenarios	Readiness	Response	Rescue	Recovery	Resilience
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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					

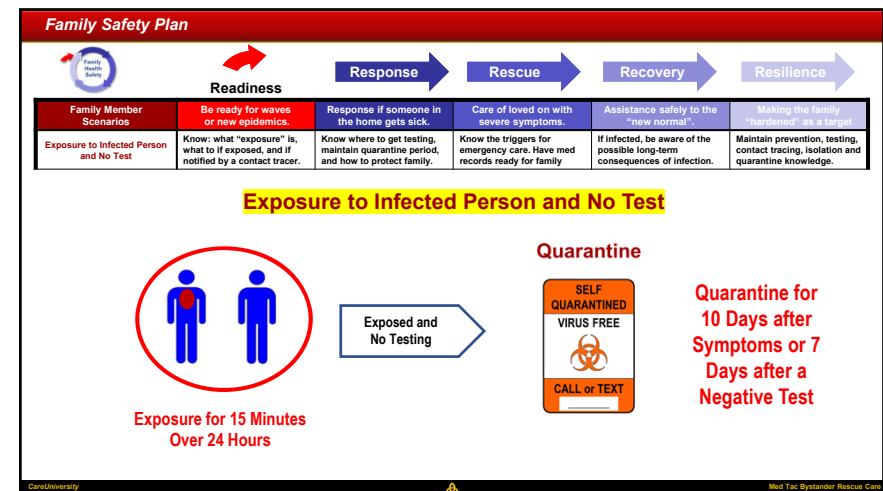
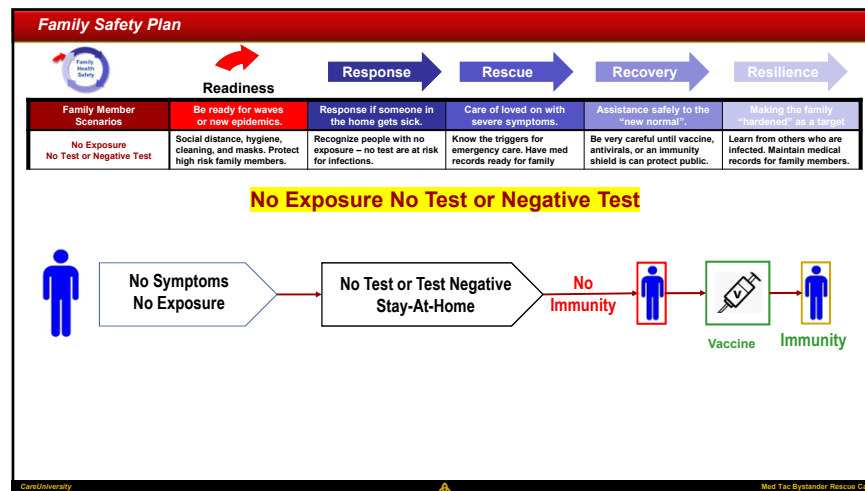
Every family or living unit needs to have a plan for each of these scenarios. They will drive the elements of your plan.

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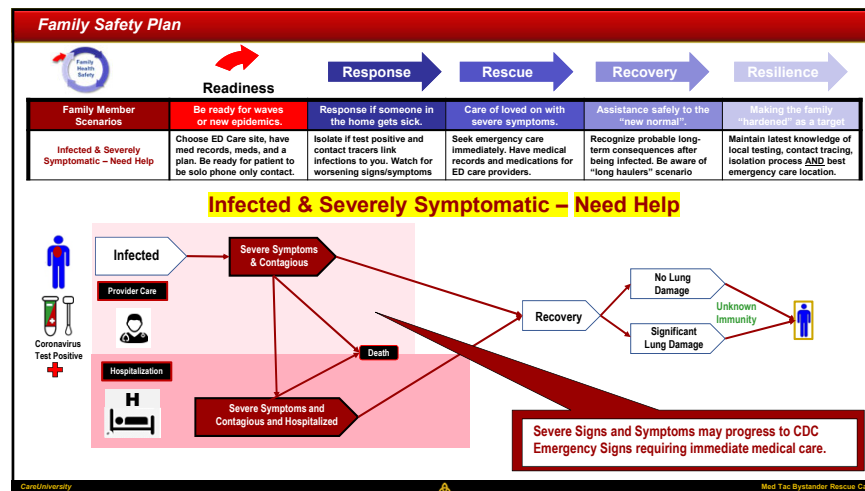
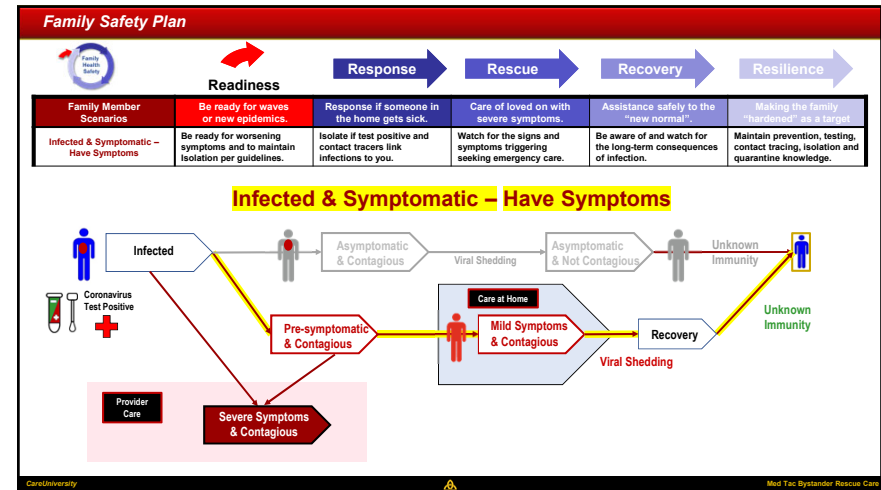
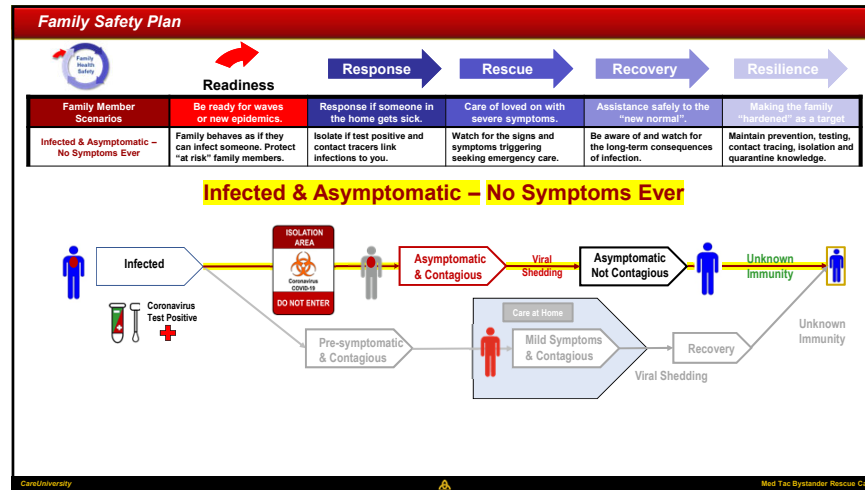
Family Safety Plan			
Readiness → Response → Rescue			
Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.
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Every plan should include what to do for every scenario through readiness, response, rescue, recovery, and resilience.			
	Choose ED Care site, have	Isolate if test positive and	Seek emergency care

Family Safety Plan			
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.
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Every plan should include what to do for every scenario through readiness, response, rescue, recovery, and resilience.			
Isolate if test positive and contact tracers link infections to you.	Seek emergency care immediately. Have medical	Recognize probable long-term consequences after	Maintain latest knowledge of local testing, contact tracing



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Speakers & Reactors

 Jennifer Dingman	 Chief William Adcox	 Dr. Gregory Botz	 Heather Foster RN
 Keith Filtner	 Charlie Denham III	 Paul Bhatia EMT	 Dr. Charles Denham

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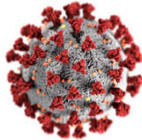
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Providing Care At Home: A Survive & Thrive Guide™



Charles R. Denham III

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








Family Lifeguard


Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue





Avoid “Double Bubble Trouble”







Family Lifeguard

Keep Living Unit Bubbles Separate Block Family Transmission Chains



Family Lifeguard

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



Coronavirus - Protecting You & Your Family:

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Family Lifeguard

Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue

The diagram illustrates the concept of being a family lifeguard. On the left, a family safety plan is represented by a circular arrow and a key icon. On the right, two overlapping circles represent 'Living Unit Bubbles'. The intersection of these bubbles is labeled 'RISK' and contains icons of people, indicating the potential for transmission between households.

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Family Lifeguard

"Double Bubble Trouble" Create Transmission Chains

This diagram shows two overlapping circles, each labeled 'Living Unit Bubble'. The overlapping area is labeled 'RISK' and contains icons of people, illustrating how transmission chains can be created when two households interact.

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Family Lifeguard

"Double Bubble Trouble" Create Transmission Chains

The diagram shows two overlapping circles, each labeled 'Living Unit Bubble'. The overlapping area is labeled 'RISK' and contains icons of people, illustrating the potential for transmission between households.

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 Utensils
- Droplet Contact

General Risks

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

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Family Lifeguard

Med Tac Care Huddle Checklist

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

CARE Huddle
Critical Actions in Response to Emergencies
Critical Actions Checklist

Who:

- ☐ Calls 911 with street address
- ☐ Meets First Responders
- ☐ Will Perform CPR
- ☐ Gets the Automatic External Defibrillator (AED)
- ☐ Gets the Epi Pen[®]
- ☐ Has First Aid Kit
- ☐ Brings the Stop The Bleed Kit
- ☐ Gets the Narcan[®]
- ☐ Finds a Caregiver
- ☐ Finds Parents of child harmed

CARE UNIVERSITY

CARE Huddle

C – Critical
A – Actions in
R – Response to
E – Emergencies

The CARE Huddle checklist is a preparedness tool. It helps you assign life saving actions to participants at events. It helps you execute critical actions to common emergencies. Make sure everyone with an assignment knows what to do and has a copy of the CARE Huddle.

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Family Lifeguard

An Opportunity for Our Youth to Lead



Holiday Huddle Checklist

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Family Lifeguard

Med Tac Care Huddle Checklist



Holiday Huddle Checklist

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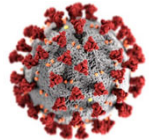
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Providing Care At Home

Family Survive & Thrive Guide™




Keith Flitner
Aerospace Engineer
Scout Leader
Eagle Scout



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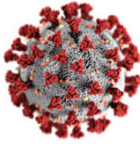

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Jaime Yrastorza
 Graduate UCSD
 Pre-Med Student
 Co-author Med Tac Publications
 Med Tac College Team





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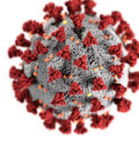

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Providing Care At Home Family Survive & Thrive Guide™



Paul Bhatia, EMT
 UCI Pre-Med Student
 EMT
 President UCI EMT Association
 Med Tac Instructor




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Survive & Thrive Guide: Family Safety Plans



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 Boltz,
 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


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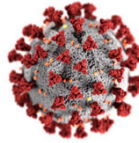

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Providing Care At Home: A Survive & Thrive Guide™



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




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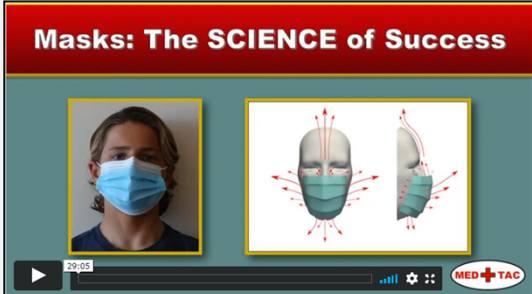
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Survive & Thrive Guide

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

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TMIT Global

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.


Particle Size μm 100 10 1 0.1

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

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TMIT Global: Effectiveness of Masks

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

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Survive & Thrive Guide: Masks The SCIENCE of Success

Mask Choices: The Pros and Cons



N95 Mask **Surgical Mask** **Cloth Mask**

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Coronavirus - Protecting You & Your Family:

Coming Home Safely, August 6, 2020

Survive & Thrive Guide: Masks The SCIENCE of Success

MED + TAC **Survive & Thrive Guide™** **Bystander Rescue Care**
Masks: The SCIENCE of Success **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 600 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

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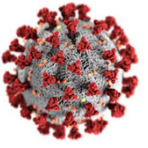
MED + TAC **Coronavirus Care** **Bystander Rescue Care**
Community of Practice **CareUniversity Series**

Providing Care At Home Family Survive & Thrive Guide™

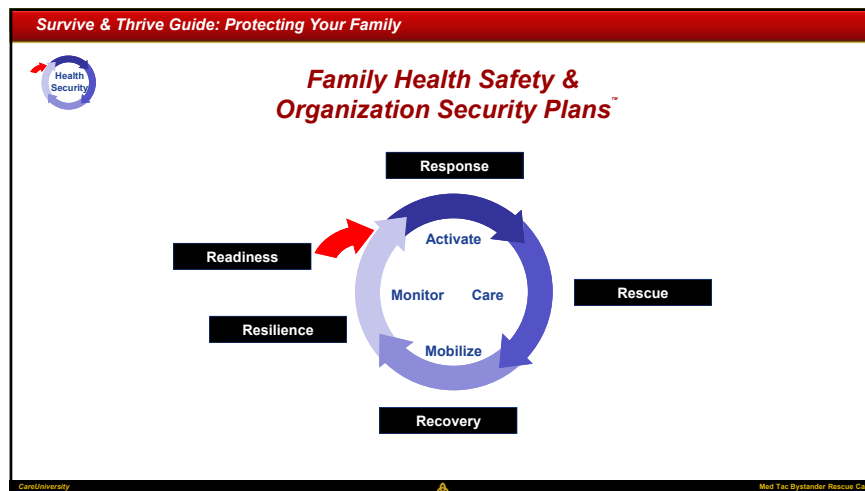


Jennifer Dingman

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



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National Survey Questions

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



YES



NO

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

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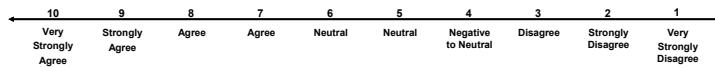
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READINESS

Readiness

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



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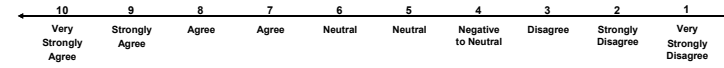
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RESPONSE

Readiness Response

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



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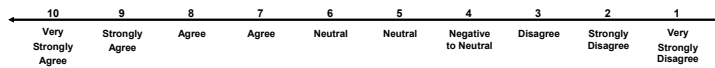
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RESCUE

Readiness Response Rescue

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



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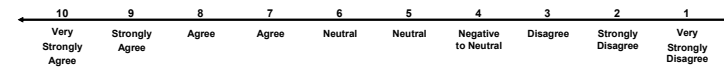
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RECOVERY

Readiness Response Recovery

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



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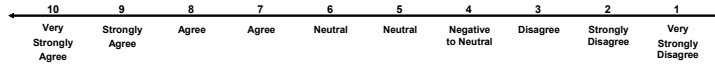
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RESILIENCE



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

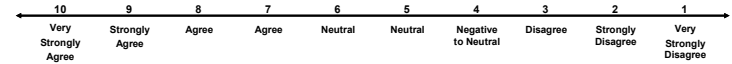


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I would like a deeper dive on CARING FOR SOMEONE AT HOME

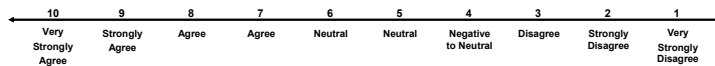


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Keeping my FAMILY and ROOMATES SAFE on a BUDGET will be valuable.



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Keeping Your Family Safe on a Budget A Survive & Thrive Guide™



January 7, 2021 CareUniversity


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Pueblo, CO



Survive & Thrive Guide

Additional Resources and Slides from Videos

CareUniversity Med Tac Bystander Rescue Care

Survive & Thrive Guide: Keeping Your Family Safe



11-20-20



How Many Americans Are About to Die?


A new analysis shows that the country is on track to pass spring's grimmest record.

- New treatments and best practices have reduced hospital mortality; however **deadliness has not been reduced since July.**
- **The virus still kills at least 1.5% of all Americans** diagnosed with test positive COVID-19. (down 10-fold)
- **We are heading to exceed the worst death toll** of 2,116 on April 21st.
- The **Death Lag** after reported infections is **22 Days.**
- Survival improvement has leveled off.
- **The Lagged Case-fatality Rate is 1.8% and holding.**

Source: <https://www.theatlantic.com/science/archive/2020/11/coronavirus-death-rate-third-surge/617150/>

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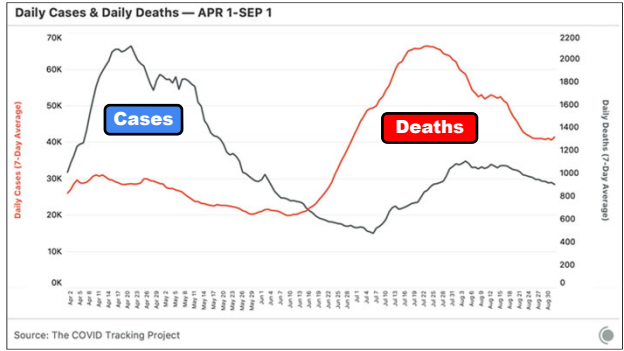
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11-20-20

The Lag Between confirmed CASES and DEATHS is 22 Days

Daily Cases & Daily Deaths — APR 1-SEP 1



Source: The COVID Tracking Project

Source: <https://www.theatlantic.com/science/archive/2020/11/coronavirus-death-rate-third-surge/617150/>

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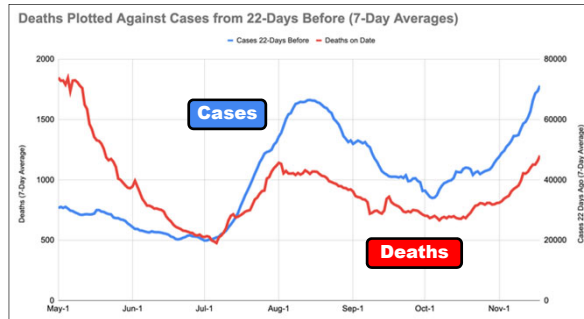
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**For Every
100,000 Cases
1,800 Deaths
Will Follow**

Estimates by Trevor Bedford, a genomic epidemiologist at the Fred Hutchinson Cancer Research Center, using data from the COVID Tracking Project at *The Atlantic*. Independently analyzed by the Ryan Tibshirani at the Delphi Group at Carnegie Mellon which works closely with the CDC on disease modeling.

Deaths Plotted Against Cases from 22 Days Before



Source: <https://www.theatlantic.com/science/archive/2020/11/coronavirus-death-rate-third-surge/617150/>

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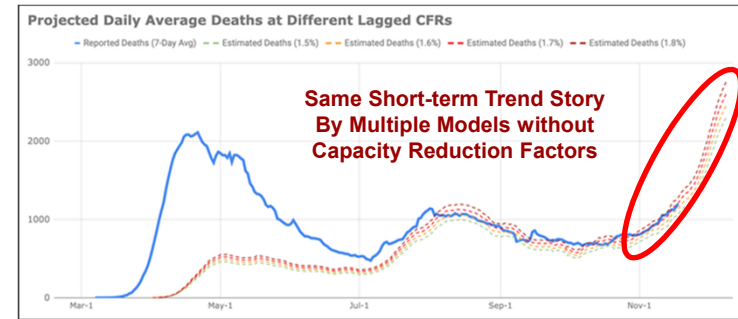
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Projected Daily Average Deaths at Different Lagged Case Fatality Rates



**Same Short-term Trend Story
By Multiple Models without
Capacity Reduction Factors**

Source: <https://www.theatlantic.com/science/archive/2020/11/coronavirus-death-rate-third-surge/617150/>

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Source: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6944e1.htm>

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- **53% of those living with COVID-19 positive person were infected.**
- **75% of infections in family members occurred at 5 days.**
- **Adults only slightly more likely to spread the virus.**

Source: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6944e1.htm>

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- Both the index patients and their household members were trained remotely to complete symptom diaries.
- They obtained self-collected specimens, which were either nasal swabs only or nasal swabs and saliva samples, for 14 days.
- A total of 191 enrolled household contacts of 101 index patients reported having no symptoms on the day of their index patient's illness onset.
- In the follow-up period, 102 of the 191 contacts had SARS-CoV-2 positive tests, for a "secondary infection rate" of 53 percent.

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Update 12-02-20

Options to reduce quarantine

CDC and other scientists have explored changing the current recommendation to quarantine for 14 days after last exposure. Reducing the length of quarantine may make it easier for people to quarantine by reducing economic hardship if they cannot work during this time. In addition, a shorter quarantine period can lessen stress on the public health system, especially when new infections are rapidly rising.

Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

- On day 10 without testing
- On day 7 after receiving a negative test result

After stopping quarantine, people should

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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Update 12-02-20

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Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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Update 12-02-20

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- On day 10 without testing
- On day 7 after receiving a negative test result

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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Teens, College Students, and Young Adults

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.](#)

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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>

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TMIT Global: Effectiveness of Masks

The Family Plan: Learning as a Family

Family Health Safety & Organization Security Plans™





Who is the CFO?

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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




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Thoughts for Families with Young Children:

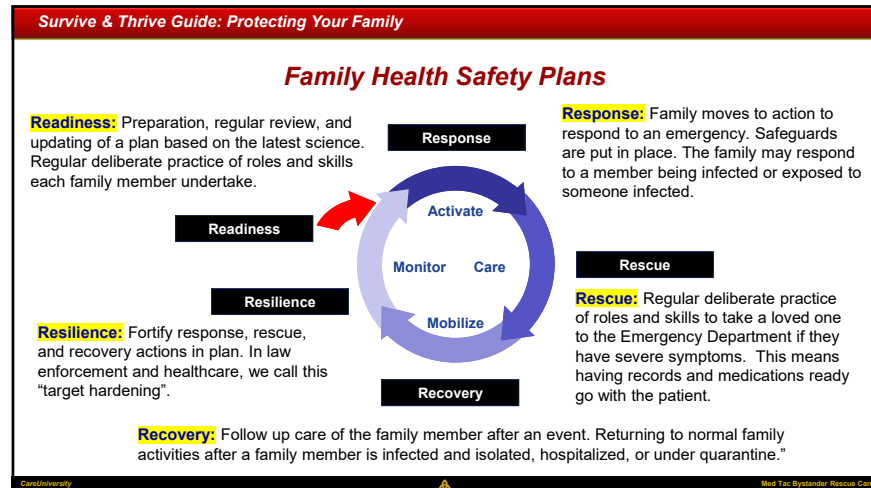
- ☐ Review other Readiness Checklists. Use FEMA Emergency Preparedness Checklist (we use when we teach Med Tac Bystander Rescue Program).
- ☐ Make sure you have Personal Protective Equipment for everyone.
- ☐ Make sure you have a copy of everyone's Medical Records including lists of allergies and meds.

- ☐ 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

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Coming Home Safely, August 6, 2020



Family Safety Plan

Family Member Scenarios	Readiness
No Exposure No Test or Negative Test	Be ready for waves or new epidemics. Social distance, hygiene, cleaning, and masks. Protect high risk family members.
Exposure to Infected Person and No Test	Know: what "exposure" is, what to do 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.

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.

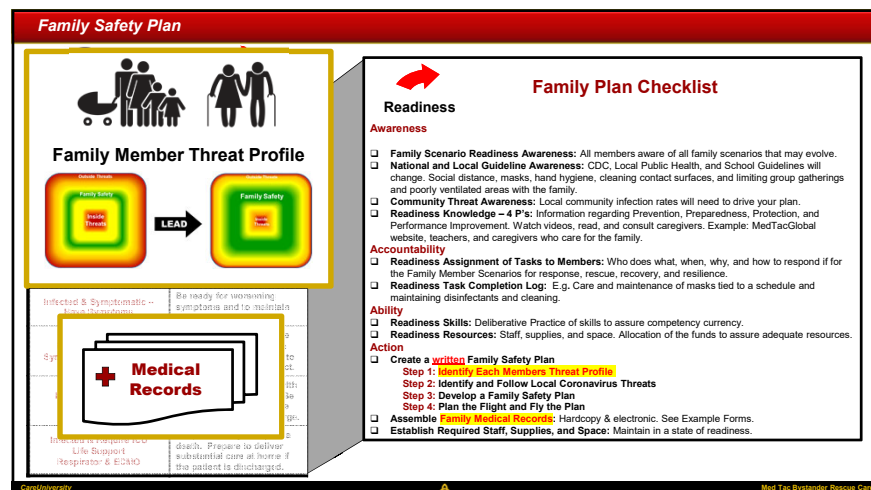
Ability

- 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.

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Family Safety Plan

Family Member Scenarios	Response
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.

Family Plan Checklist

Readiness

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).

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Family Safety Plan

Response

Family Member Scenarios	Response if someone in the home gets sick
No Exposure No Test or Negative Test	Observe closely until no symptoms – no test are at risk for infection
Response to Infected Person	Know where to get testing
Isolation ISOLATION AREA Coronavirus COVID-19 DO NOT ENTER	Quarantine SELF QUARANTINED VIRUS FREE CALL OR TEXT
Symptomatic – Need Help	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 infections and care for infected family members. Consideration given to appropriate contact

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 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).

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Family Safety Plan

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.

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.

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Family Safety Plan

Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No Exposure No Test or Negative Test	Be very careful until vaccine, antiviral, 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

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 relapsing 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.

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Family Safety Plan

Recovery

Family Member Scenarios	Assistance safely to the "new normal".
No Exposure No Test or Negative Test	Be very careful until vaccine, antiviral, 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

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 relapsing prevention behaviors. There may be specific prevention behaviors for specific patients.

Accountability

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Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020

Family Safety Plan



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

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"Long Haulers"
Harvard Medical School

Infected & Asymptomatic – No Symptoms Ever

CDC Centers for Disease Control and Prevention
CDC 24/7 Spelling Lives, Protecting People

Multisystem Inflammatory Syndrome (MIS-C)


Respirator & ECMO

being infected. Be aware of "long haulers" scenario

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Family Safety Plan



Resilience

Family Plan Checklist

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.

Family Member Scenarios	Meeting 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.

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Family Safety Plan



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


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Action

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Isolation and quarantine knowledge

Testing, contact tracing, and isolation

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

best hospital care providers.

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Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series

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



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Coronavirus - Protecting You & Your Family:


Coming Home Safely, August 6, 2020

Survive & Thrive Guide: Protecting Your Family

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.

Particle Size μm



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