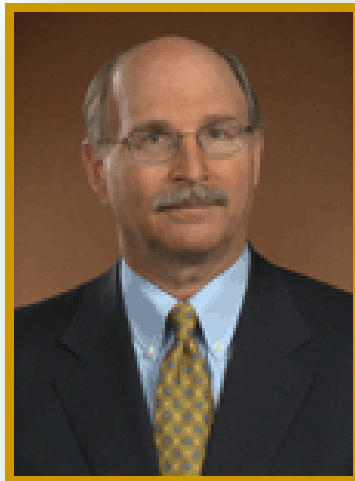


Welcome



Charles Denham, MD

Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care
February 3, 2022**

***CareUniversity* Webinar 179**

COVID Testing to Navigate Care

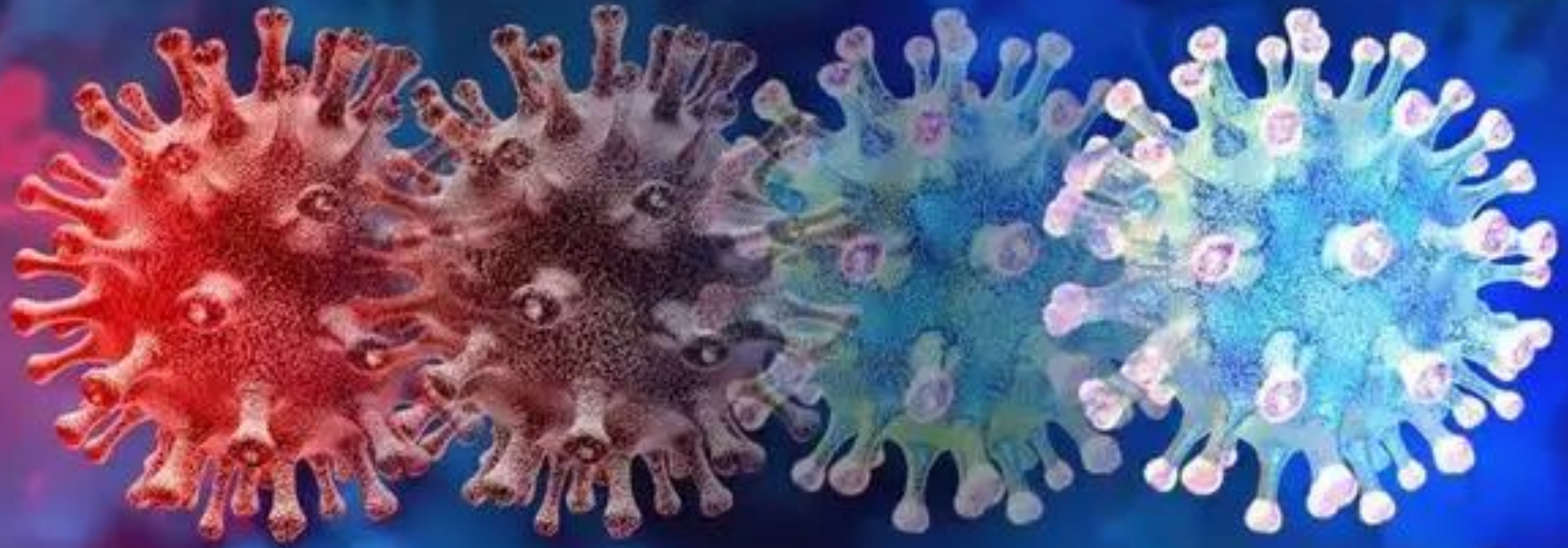


- ❑ VIRAL LOAD – why is it important?
- ❑ What is the RIGHT TEST at the RIGHT TIME?
- ❑ QUARANTINE: How does testing impact it?
- ❑ ISOLATION: How does testing impact it?
- ❑ Can testing make FAMILY GATHERINGS SAFER?
- ❑ How does TEST-TO-STAY work?
- ❑ How do I best TEST-TO-TRAVEL?



Turn the Science into Safety™

Variant Evolution



Alpha

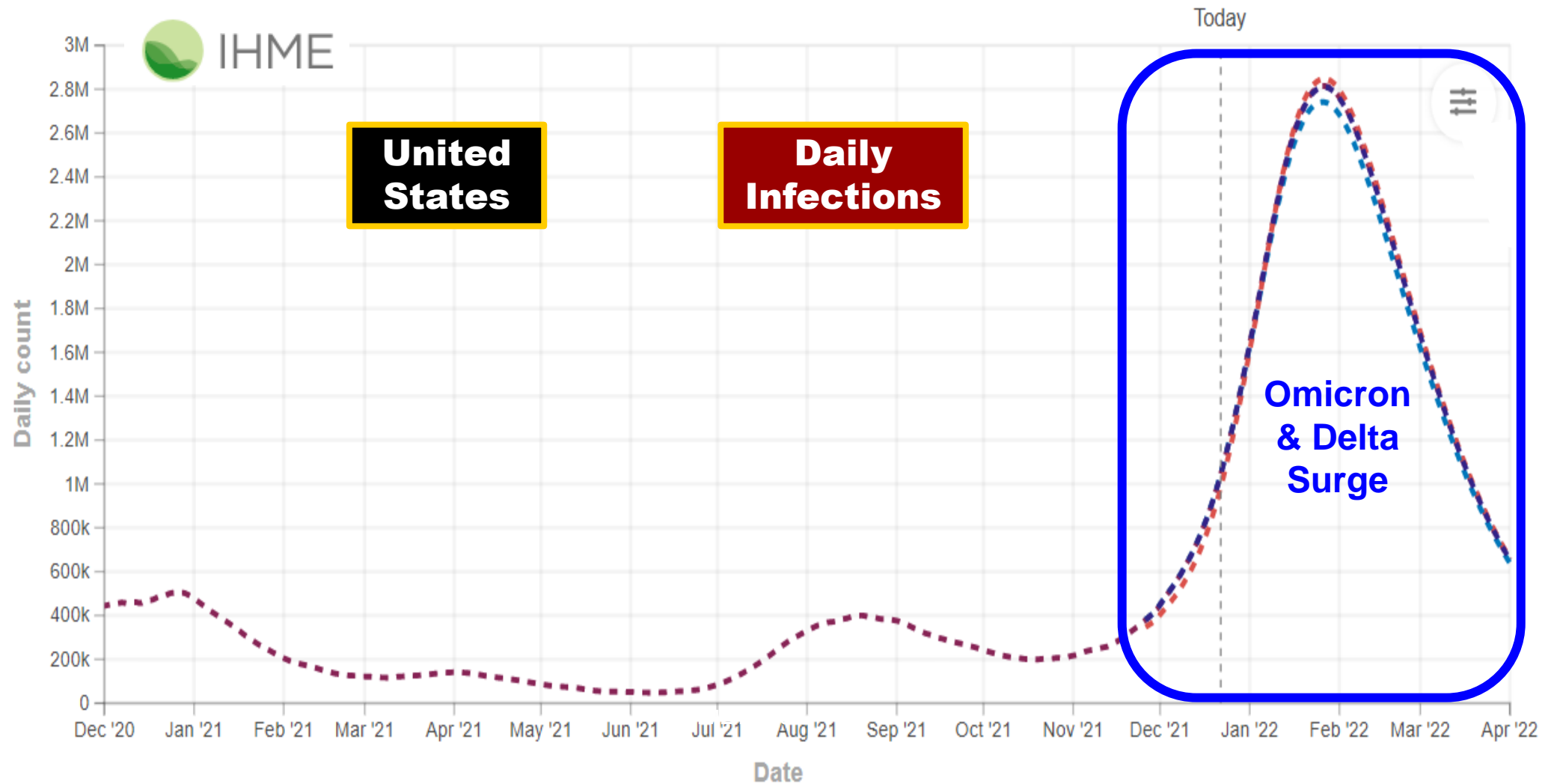
Beta

Delta

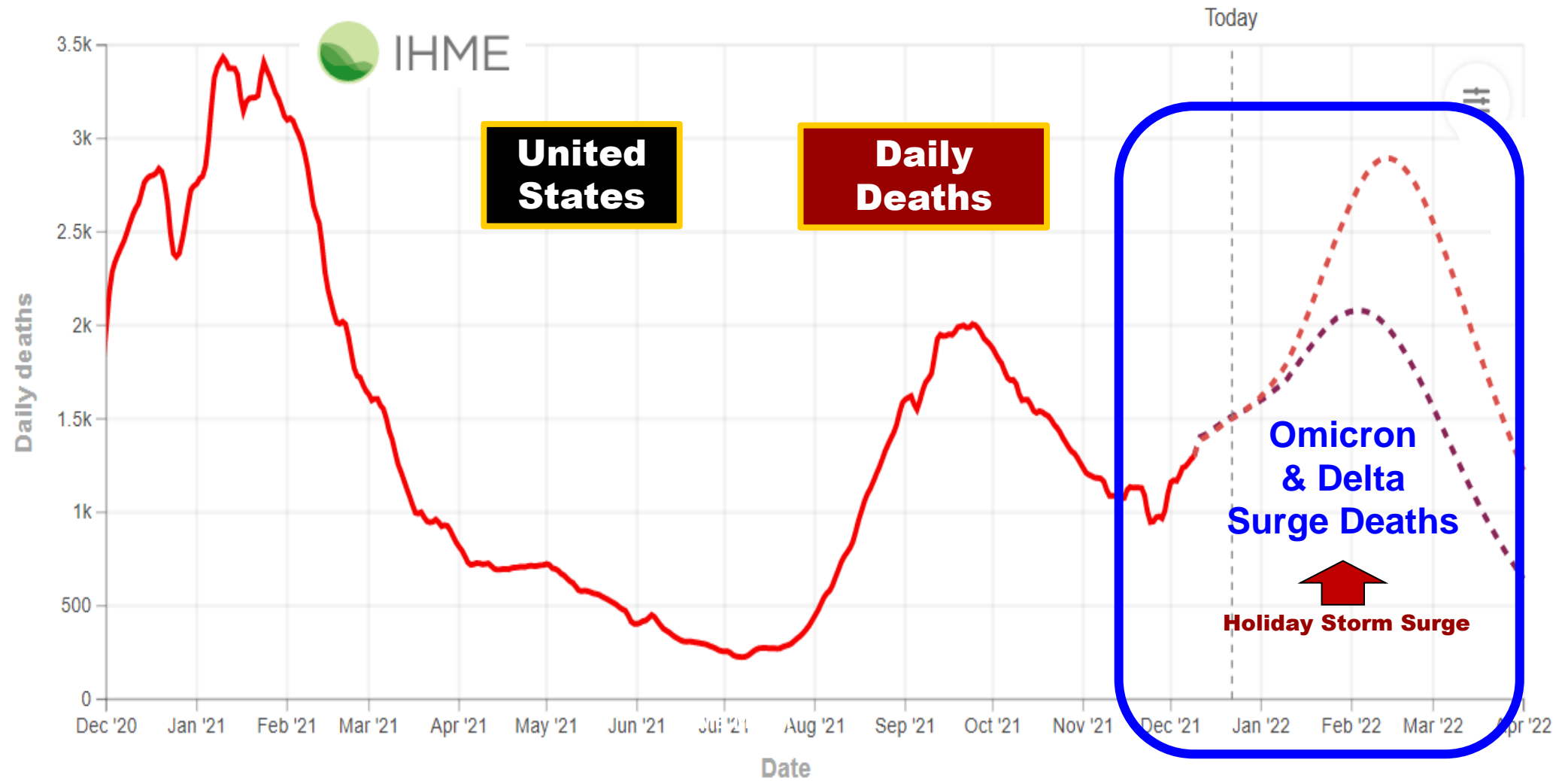
Omicron

Testing to Navigate Care





12-22-21 IHME Projection



12-22-21 IHME Projection



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.
- William Adcox has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Randy Styner has nothing to disclose.
- Heather Foster has nothing to disclose.
- Charlie Denham III 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.




Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*




AboutValues & TeamCoronavirus ResponseRecorded BroadcastsSpecialty ProgramsStudent OutreachResearch & Development

CAREUNIVERSITY



Coronavirus Care Community of Practice



Bystander Rescue Care CareUniversity Series


February 3, 2022

Testing to Navigate Care Family Survive & Thrive Guide


REGISTERJOIN EVENT

Session Overview

Testing is becoming very important to our "new normal". The CDC tells us the WHAT to DO. We will provide the HOW. Our more than 1,000 household responses and more than 130 subject matter experts have guided our learning community. Let's learn together and answer:



- What is VIRAL LOAD and what do I need to know?
- What is the RIGHT TEST at the RIGHT TIME?
- How do the TESTS DIFFER – PCR vs Antigen?
- QUARANTINE: HOW does testing impact it?
- ISOLATION: HOW does testing impact it?
- Can testing make FAMILY GATHERINGS SAFER?
- How does TEST-TO-STAY work?
- How do I best TEST-TO-TRAVEL?



We will provide a thorough update on how to keep your employees, families, and business safer through future surges.

Go to <https://www.medtacglobal.org/coronavirus-response/> for short videos covering the critical topics. Join as we focus on family Readiness, Response, Rescue, Recovery, and Resilience.

We offer these online webinars at no cost to our participants.

Webinar Video, and Downloads

The webinar video will be available within five (5) business days after the webinar.

Speaker Slide Set:

The slides will be posted here before the webinar begins.


Learning Objectives:

- **Awareness:** Participants will learn the latest about the impact of COVID variants such as Omicron and emerging threats as they return to work, school, play, and worship.
- **Accountability:** Participants will understand who can be accountable for prevention of the impact of COVID harm to workers, their families, patients, and caregivers.
- **Ability:** Participants will learn certain concepts, tools, and resources that can be used to optimize prevention of harm due to COVID.
- **Action:** Participants may understand what actions may be immediately to protect workers, their families, patients, and caregivers from the harm of COVID.

To request a Participation Document, please [click here](#).


The CAREUniversity Team of TMIT Global, approved by the California Board of Registered Nursing, Provider Number 15996, will be issuing 1.5 contact hours for this webinar. TMIT Global is only providing nursing credit at this time.

Session Speakers and Panelists




Charles Denham, MD

BIO




Gregory H. Botz, MD

BIO




William Adcox

BIO




Heather Foster, RN

BIO




Jennifer Dingman

BIO




David Beshk

BIO




Keith Flitner

BIO




Daniel Policicchio, Jr.

BIO




Randall Styner

BIO




David Morris, Ph.D., J.D.

BIO



Charlie Denham

BIO



John Little

BIO

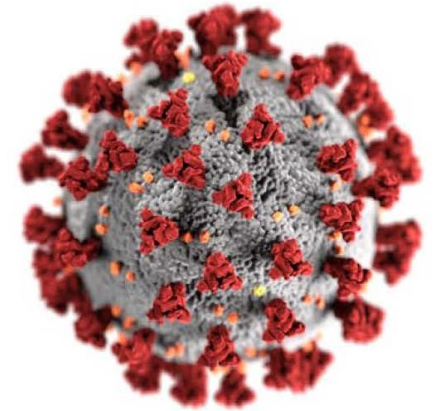
<https://www.medtacglobal.org/webinarfebruary2022/>

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**



Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



William Adcox



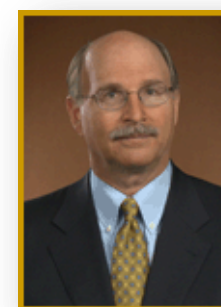
Charlie Denham III



Randy Styner



Heather Foster RN



Dr. C Denham

High Impact Care Hazards to Patients, Students, and Employees



AboutValues & TeamCoronavirus ResponseRecorded BroadcastsSpecialty ProgramsR&D Surveys & InnovationsCAREUNIVERSITY

Med Tac Bystander Rescue Care

Med Tac is short for "Medical Tactical" and is an advanced first aid platform to battle failure to rescue. The mission is to teach anyone the critical bystander care skills that can save lives during the most common life threatening emergencies. Our focus is to train all ages to provide the greatest help in the first 10 minutes before professional first responders arrive and then assist them when they do. The training includes how to work with professional first responders and how to help families as they proceed through hospital emergency care.

Video Library

Med Tac Story

Med Tac Leadership Team

Adopt a Cove Program

5 Rights of Emergency Care

College and Youth Program

Surf & Lifeguard Program

3 Minutes & Counting Trailer

Opioid Overdose Briefing



The Med Tac Story

The Battle Against Failure to Rescue

The Med Tac Program was developed by a team originally focused on active shooter events. When they found that there at least 8 leading causes of preventable death including severe bleeding and that there was no integrated program to teach the public what they can do to save lives and prevent "failure to rescue" before EMS arrives, Med Tac was born. In many cases bystander rescue care can triple survival if the public knows what to do. The program was funded through 2019 by philanthropy through TMIT Global, a 501(c)(3) medical research organization that leads a global patient safety community of practice found at www.SafetyLeaders.org. With the development of the Coronavirus crisis, our rapid response team has prioritized Infection Care as one of our major focus areas. As of January 1st, 2020 the team has published four articles and has developed pilot programs in five states. [Click here](#) to download a PDF of the four articles.



Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

Major Trauma

Infection Care

Transportation Accidents

Bullying

Bystander Care Training is a critical need in all communities. The preventable deaths we see in the news are the tip of the iceberg. Our program is a Good Samaritan support system to help everyone learn life-saving actions that will save lives.

High Impact Care Hazards are conditions that are frequent, severe, preventable, and measurable. We have identified the leading causes of death that strike children, youth, and those in their workforce years. We provide evidence-based bystander care training that can have the greatest impact.

Bystander Rescue Skills are the competencies that bystanders can learn that will save lives in the few precious minutes before the professional first responders arrive. Such behaviors can be learned by children, adults, and entire families. We have programs for children, adults, law enforcement, educators, lifeguards, and caregivers.

MedTac is the only integrated program addressing the top causes of death of otherwise healthy children, youth, and adults in the workforce. Med Tac partners with terrific on-site trainers from great organizations who are already in the community.

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Austin, Texas

<https://www.medtacglobal.org/>

Cardiac Arrest

Choking & Drowning

Opioid Overdose

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Major Trauma

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High Impact Care Hazards to Patients, Students, and Employees



Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

Major Trauma

Infections

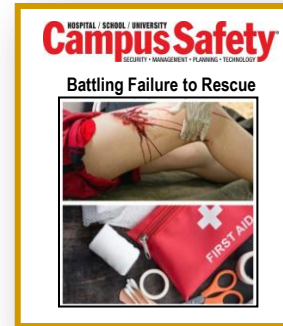
Transportation Accidents

Bullying

Active Shooter
Healthcare Article



Rapid Response
Teams Article



AED & Bleeding
Control Gear Article

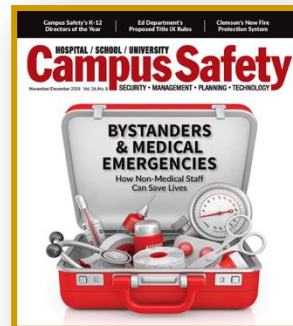


Family Safety
Plan Article



Support
today's
webinar

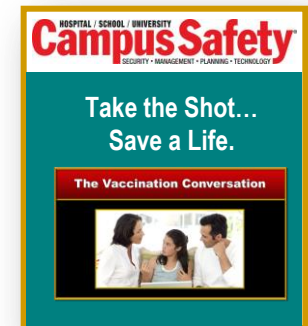
Med Tac
Story Article



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

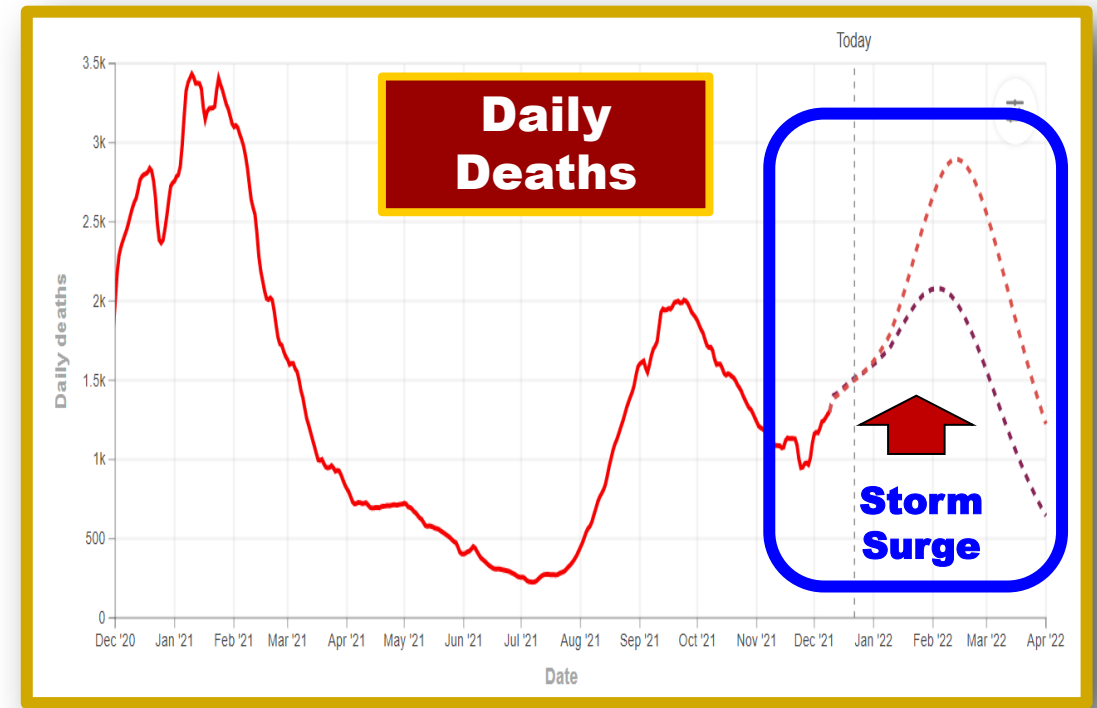
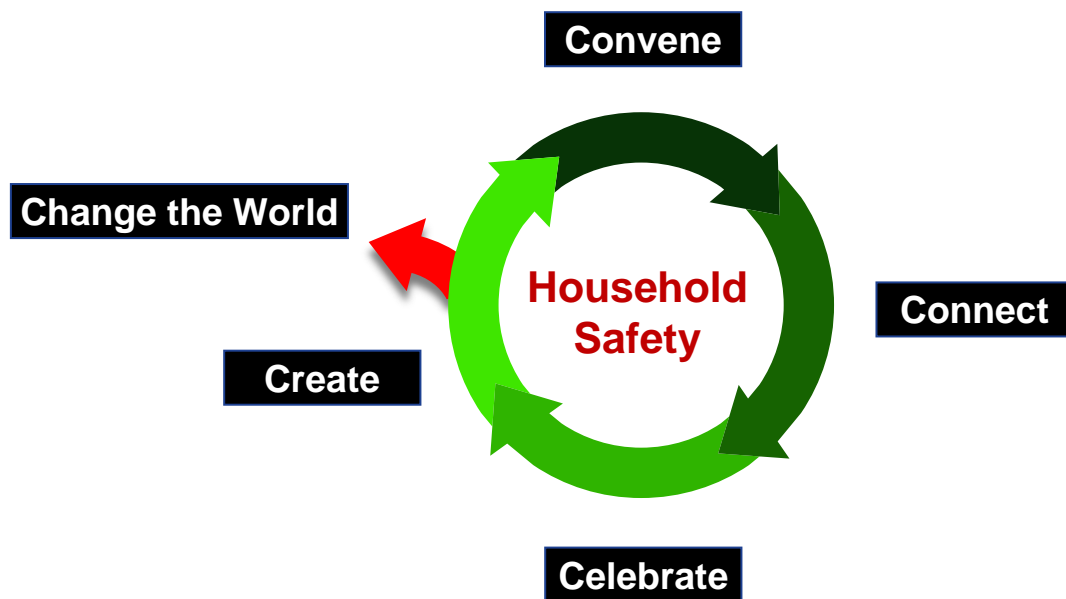
- **High Impact Care Hazards** are frequent, severe, preventable, and measurable.
- **Lifeline Behaviors** undertaken by anyone can save lives.

Take the Shot...
Save a Life



Coronavirus Care Community of Practice

February Progress Report



www.medtacglobal.org/coronavirus-response/

1,000 Worker Study

The 5 R's of Safety



HEAD



HEART



HANDS



VOICE



Coronavirus Care Results 2021 Year End

- **Established National Community of Practice**
- **Launched Multi-center Family R&D Study – 1,000 Polled**
- **40 Ninety Minute Broadcasts and Online Programs**
- **20 *Survive & Thrive Family Training* Programs**
- **Produced a National Campus Safety Summit**
- **Published Multiple Articles Providing Guidance**
- **Established Student Led College & Alumni Programs**
- **Delivered Free Continuing Education for Caregivers**
- **Short Videos for Mobile Viewing**
- **Rapid Response to Family Gatherings**
- **National Vaccine Hesitancy Student Outreach**
- **Smart Phone Mobile Applications**

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



We have organized important information into Short Video Topics and longer Survive & Thrive Guide™ Courses below.



The following Survive and Thrive Guide™ Courses are organized in reverse chronological order to allow you to review the latest information first. They have been produced since March of 2020.



The table below provides resource articles that may be downloaded and links to video assets provided to help viewers understand the science behind the COVID Safe Practices.

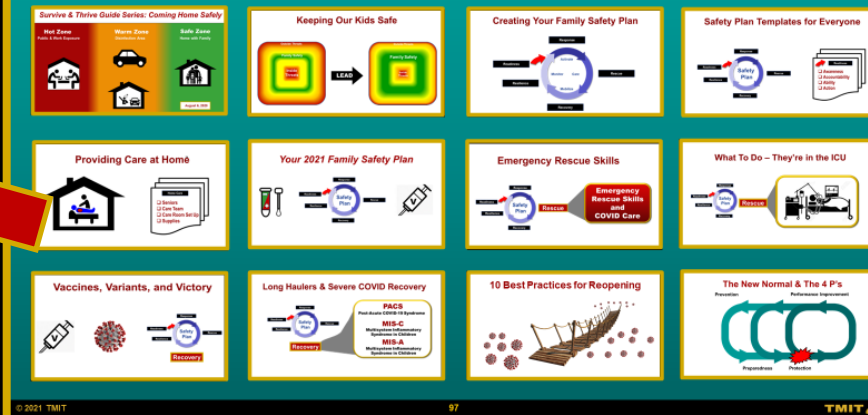


Short Video Topics



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

Survive & Thrive Guide™ Program Road Map



- SURVIVE & THRIVE 90 MINUTE COURSES:**
- Longer more detailed
 - Webinar Recordings
 - Technical Information

Related Resources

Resources:



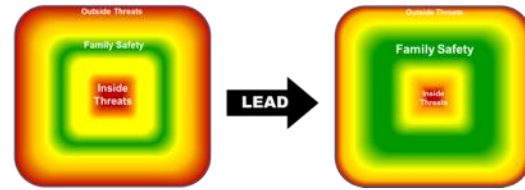
www.medtacglobal.org/coronavirus-response/

Survive & Thrive Guide™ Program Road Map

Survive & Thrive Guide Series: Coming Home Safely



Keeping Our Kids Safe



Creating Your Family Safety Plan



Safety Plan Templates for Everyone



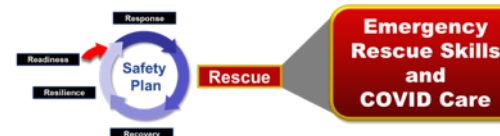
Providing Care at Home



Updating Your Family Safety Plan



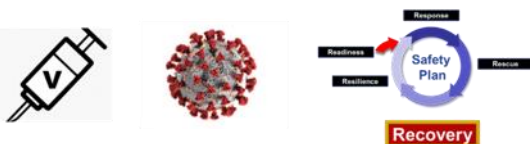
Emergency Rescue Skills



What To Do – They're in the ICU



Vaccines, Variants, and Victory



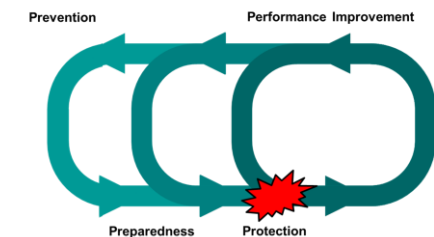
Long Haulers & Severe COVID Recovery



10 Best Practices for Reopening

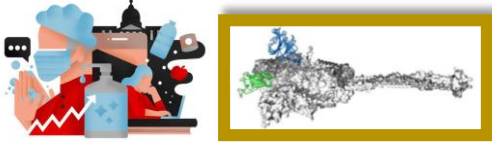


The New Normal & The 4 P's



Survive & Thrive Guide™ Program Road Map

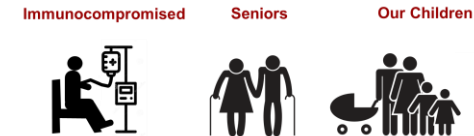
Dealing with Delta: The Critical FAQs



Essential Worker Toolbox



Special Care for Special Populations



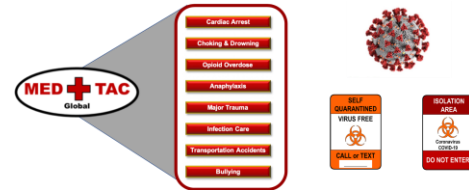
Safer Holidays & Safer Families



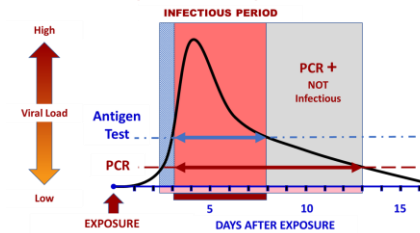
Omicron and Back to Work



Bystander Rescue Care & Omicron



Testing to Navigate Care



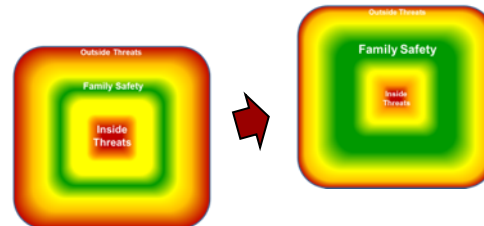
Public Safety in COVID World



Fraud in the COVID Ecosystem



COVID Safe Practices Update



1,000 Household COVID Study



Faith-based COVID Leadership



Faith...Fight...Finish



Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*

Youth & Young Adult Team



D Contreras EMT
Harvard



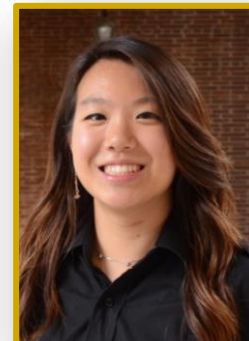
Ivy Tran EMT
Harvard



Nick Scheel
UCSB



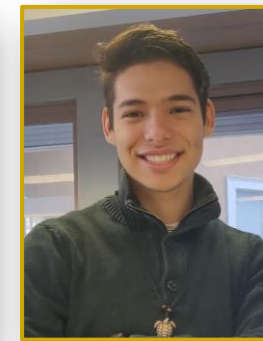
Sophia McDowell
California Inst. of Arts



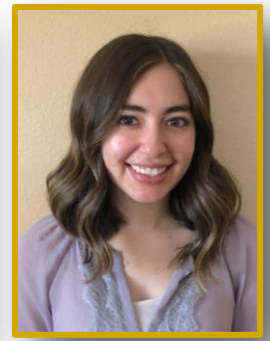
Audrey Lam EMT
USC



Jacqueline Botz
Chapman



Luis Licon
UCI Alum



Melanie Rubalcava
UCSD



Charlie Denham III
High School Lead



Charlie Beall
Stanford Alum



Marcus McDowell
U of Cincinnati



Jaime Yrastorza
UCSD Pre-med



Paul Bhatia EMT
UCI Pre-med



D Policichio
NYU Film



Manue Lopez
Berkeley Alum



Preston Head III
UCLA Alum

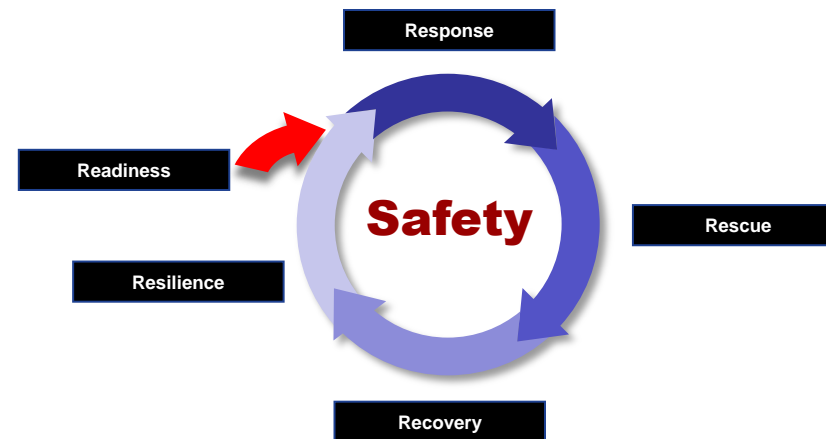


Family Rescue R&D



Stanford
University

Yale



The 5 R's of Safety



UNIVERSITY OF CALIFORNIA
SANTA BARBARA

UC San Diego



MED TAC About Values & Team Coronavirus Response Recorded Broadcasts Specialty Programs Student Outreach Research & Development CareUniversity

The Vaccination Conversation

The video below produced by our Student Outreach Team is provided to begin the discussion with those who are considering vaccination. It provides perspectives of youth and young adults who desire to help others.

The Vaccination Conversation



The short FAQ video messages have been developed by our Student Outreach Team through the support of our expert caregivers at major medical centers.

What about the Latinx Community?	Latinx Community is Important	More Serious and COVID Vaccines?	Serious of Vaccines
COVID Long Haul & Brain Fog Impact?	Avoid Long Haul & Brain Fog	What About Business Boost?	Vaccine Side Effects
What is a shot?	mRNA Vaccines Just a Blueprint	How do I feel after the 2nd shot?	Reactions are Minimal
I was infected. Do I need a shot?	mRNA Vaccines are Just Instructions	Keep Up COVID Safe Practices	After the Shot Be Careful
What are Vaccine Side Effects?	Vaccinate After Infection	Long COVID Impact on Athletes?	Long COVID Hurts Athletes
Safe Vaccination During Pregnancy	Vaccination is Needed Even After Infection	Long Haul can Harm Performance	Long Haul can Harm Performance
What are Vaccine Side Effects?	Safe Vaccination During Pregnancy	What About Undocumented Residents?	Undocumented Residents
Should the Young get Vaccinated First?	Safe Vaccination During Pregnancy	No Risk to the Undocumented	No Risk to the Undocumented
Do Vaccines Work on All Races?	The Young Need Vaccinations	Mild COVID Causes Long Haul	Mild COVID Causes Long Haul
What About Blood Clots?	Definitely a Case for the Young and Youth	Even with Mild Disease Long COVID	Even with Mild Disease Long COVID
What About Breakthrough Infections?	Vaccine Impact On All Races	Are Youth Super Spreaders?	The Youth Are Super Spreaders
Blood Clot Vaccine Risk	The Vaccines Work For Everyone	Vaccination can Prevent Spread	Vaccination can Prevent Spread
Breakthrough Infections	Blood Clot Vaccine Risk	Openly Engage as Athletes	Openly Engage as Athletes
Very Low Risk From Vaccines	COVID Based on Sports Impact?	Their Instrument Can be Harmed	Their Instrument Can be Harmed
Breakthrough Infections	COVID Based on Sports Impact?	Bystander Care is Critical	Bystander Care is Critical
Infections After Vaccination Occur	Is Summer Rescue Care Important?	The Youth & Young Can Save Lives	The Youth & Young Can Save Lives

The Vaccination Conversation



Video Tape: < 14 Minutes

<https://www.medtacglobal.org/student-outreach-program/ttsconverstation/>



Global Patient Safety Forum

Global Patient Safety Forum

The GPSF is a convening alliance with a mission to save lives, save money, and build value in the community it serves. The Forum was expressly founded to make available important content that the collaborators want to share more broadly. This website is not intended to compete with any other initiative and will meet its objectives if collaborators and those interested in the topics share the information with their communities. There are no financial requirements of users of the site. Certain communities are private in order to protect those we serve and those who serve. Those we serve are patients and their families. Those who serve are the caregivers, administrators, researchers, educators, and staff in the healthcare industry.

Global Innovators Network

We are a global network of leaders from academic, industry, NGOs, philanthropy, and faith-based organizations sharing best practices in leadership of innovation. Some of the members are innovators in healthcare and patient safety across multiple sectors with a focus on mentorship and development. There is no specific commercial purpose for this website. There is no financial relationship between the members. No direct financial support of any type is provided to the healthcare industry or communities of practice serving it. The information on this website is entirely free.

Featured
Leaders

Global Webinars
& Summits

Patient Safety
Community Of Practice

Med Tac Bystander
Care Program

Emerging Threats
Community Of Practice

CareUniversity &
Continuing Education



Thomas Zeltner, MD
Expert leader in Public Health
Former Special Envoy of the WHO
Former Secretary of State for Health
Swiss Federal Office of Public Health, Bern, Switzerland

[Read bio...](#)

[View video clip](#)

The Healthcare Threat Safety Spectrum



The private community of practice addresses a number of sensitive topics and subject matter that should not be made public for security reasons.

- **Brand Damage** from Outside, Inside, and or Mixed Outside-Inside Threats including cyberterrorism.
- **Workplace Violence** including physical, verbal, sexual, or emotional harassment, bullying or harm to caregivers, staff, students, or patients.
- **Active Shooter, Violent Intruder, and Deadly Force Incidents** including events causing physical harm to staff, caregivers, students, or patients.
- **Domestic Terrorism** such as organized attacks using chemical, biologic, radiologic, nuclear, and explosive weapons. Also weaponization of transportation & vehicles (CBRNET)
- **Violent Acts Against Leadership** where administrative, clinical, or governance leaders are specifically targeted by insiders or outsiders.
- **Intentional Harm of Patients** by caregivers who commit harmful acts against patients with or without enablers who do not report such harm.
- **Unintentional Patient Harm** through errors of omission from systems failures identified by mortality reviews such as diagnostic errors.
- **Failure to Rescue** in pre-hospital, hospital, and post-hospital continuity of care.
- **Hospital Optimization & Flow** with overcrowding & boarding/transfer issues.
- **Readiness for Epidemics** including preparedness for testing and volume surges.
- **Sexual Misconduct** including sexual harassment, abuse of power, and or harm to caregivers, staff, students, or patients.
- **Racial and or Sexual Discrimination** against those we serve including patients and their families and or those who serve in the organization.
- **Cybersecurity Patient Records Issues** including breach, theft, and contamination of medical records leading to patient and caregiver harm.
- **Cybersecurity Operation Issues** including breach, theft, and contamination of operational records, invasion of data systems, and ransom crimes.
- **Theft of Intellectual Property** by insiders, outsiders, or nation-states.
- **Sabotage** of service, information systems, clinical care, and property.
- **Employee Fraud** including misrepresentation of identity or qualifications, safety related issues such as vaccination and testing status, and attestations of truth.
- **Patient Fraud** including misrepresentation of identity, safety related issues such as vaccination and testing status, and attestations of truth.
- **Nation State Influence** through academic espionage, financial conflicts of interest, or other means.
- **Drug Diversion** by staff including caregivers and pharmacists who divert medications for themselves or others.
- **Conflict of Interest** of staff including physicians, researchers, and administrators including disclosed and undisclosed financial relationships.
- **Conflict of Interest of Governance** including undisclosed financial relationships and disclosed financial relationships.
- **Academic Fraud** including fabrication, falsification, plagiarism, or dishonest grant documentation including applications and reports.
- **Defamation or Unfair Press** by investigative reporting or false whistleblowers.
- **Burn-out** of caregivers, leadership, and staff.
- **Critical Drug and Supply Shortages** such as I.V. fluids, medications, and key supplies.
- **Regulatory Compliance Issues** including new risk for non-compliance.

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer Center~~



Emerging Threats Community of Practice

Stanford
University



UCSF
University of California
San Francisco



UF UNIVERSITY of
FLORIDA





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- **Employee Fraud** including misrepresentation of identity or qualifications, safety related issues such as vaccination and testing status, and attestations of truth.
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- **Nation State Influence** through academic espionage, financial conflicts of interest, or other means.
- **Drug Diversion** by staff including caregivers and pharmacists who divert medications for themselves or others.
- **Conflict of Interest** of staff including physicians, researchers, and administrators including disclosed and undisclosed financial relationships.
- **Conflict of Interest of Governance** including undisclosed financial relationships and disclosed financial relationships.
- **Academic Fraud** including fabrication, falsification, plagiarism, or misrepresentation including applications and reports.

Readiness for Epidemics including preparedness for testing and volume surges.

- **Cybersecurity Patient Records Issues** including breach, theft, and contamination of medical records leading to patient and caregiver harm.

- **Regulatory Compliance Issues** including new risk for non-compliance.



The private community of practice addresses a number of sensitive topics and subject matter that should not be made public for security reasons.

- **Brand Damage** from Outside, Inside, and or Mixed Outside Threats including cyberterrorism.
- **Workplace Violence** including physical, verbal, sexual, or harassment, bullying or harm to caregivers, staff, students.
- **Active Shooter, Violent Intruder, and Deadly Force Incidents** including events causing physical harm to staff, caregivers, patients.
- **Domestic Terrorism** such as organized attacks using chemical, biologic, radiologic, nuclear, and explosive weapons. Also weaponization of transportation & vehicles (CBRNET)
- **Violent Acts Against Leadership** where administrative, clinical governance leaders are specifically targeted by insiders or outsiders.
- **Intentional Harm of Patients** by caregivers who commit harm against patients with or without enablers who do not report.
- **Unintentional Patient Harm** through errors of omission from failures identified by mortality reviews such as diagnostic errors.
- **Failure to Rescue** in pre-hospital, hospital, and post-hospital of care.
- **Hospital Optimization & Flow** with overcrowding & boarding/transfer issues.

Employee Fraud including misrepresentation of identity or qualifications, safety related issues such as vaccination and testing status, and attestations of truth.

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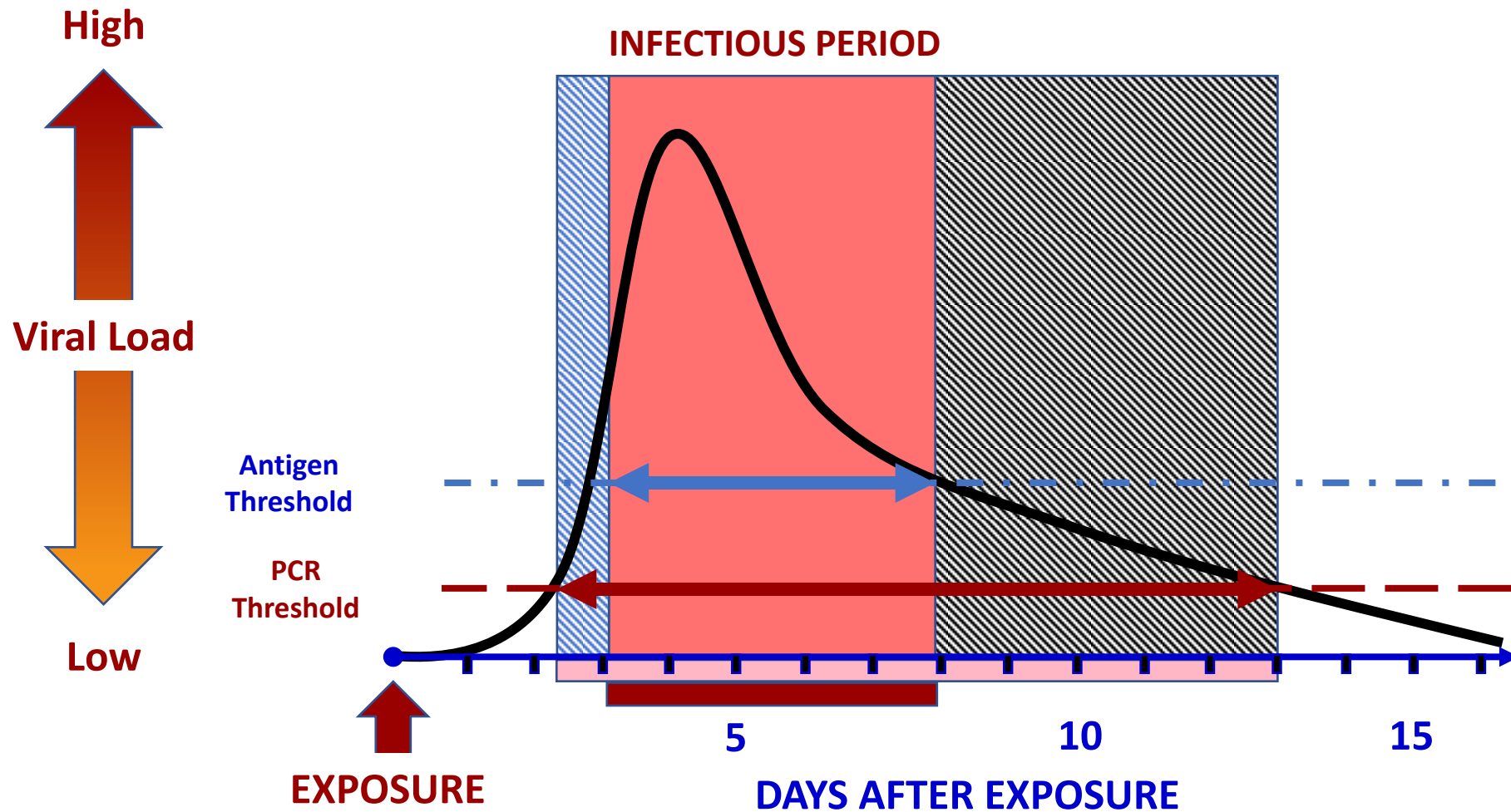
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- **Regulatory Compliance Issues** including new risk for non-compliance.

Testing to Navigate Care

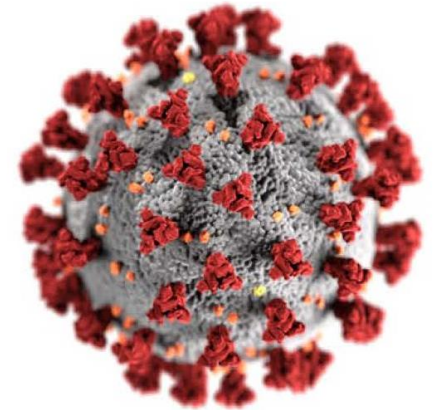


An Introduction to COVID Testing



Gregory H. Botz, MD, FCCM

**Professor of Anesthesiology and Critical Care
UT MD Anderson Cancer Center, Houston, TX
Adjunct Clinical Professor, Department of
Anesthesiology
Stanford University School of Medicine,
Stanford, CA**



COVID Testing to Navigate Care



- ❑ VIRAL LOAD – why is it important?
- ❑ What is the RIGHT TEST at the RIGHT TIME?
- ❑ QUARANTINE: How does testing impact it?
- ❑ ISOLATION: How does testing impact it?
- ❑ Can testing make FAMILY GATHERINGS SAFER?
- ❑ How does TEST-TO-STAY work?
- ❑ How do I best TEST-TO-TRAVEL?



Turn the Science into Safety™

COVID Testing to Navigate Care



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The Right Test at the Right Time



COVID Testing to Navigate Care



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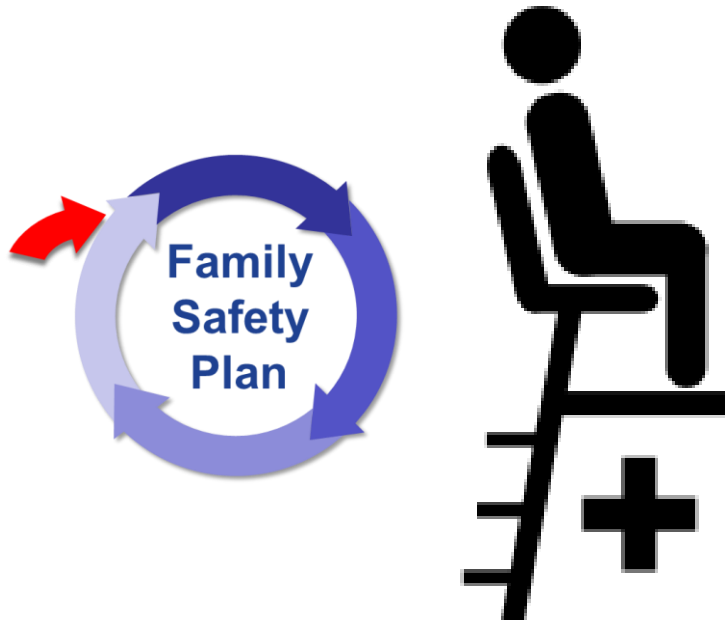


Turn the Science into Safety™

What's New for 2022

90% Prevention and 10% Rescue

**Community Immunity
& Aerosol Transmission**



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble

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

Before Event:

- ☐ Know Vaccination Status of Guests
- ☐ Know Threat Status of Guests
- ☐ 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
- ☐ Protect At-risk Guests – Apply the Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up - Optional
- ☐ 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



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Turn the Science into Safety™

COVID Testing to Navigate Care



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Turn the Science into Safety™

COVID Testing Fraud & Scams

- Test Site Scams
- False Results
- Identity Theft

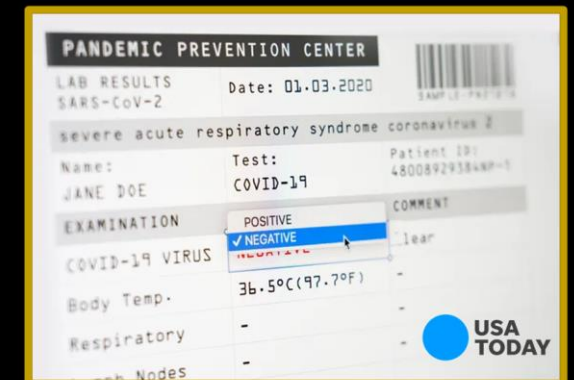
Fraudulent Test Sites



Defrauding Seniors



Travelers Buy Negative Test Results



COVID Testing to Navigate Care

✓ VIRAL LOAD – why is it important?

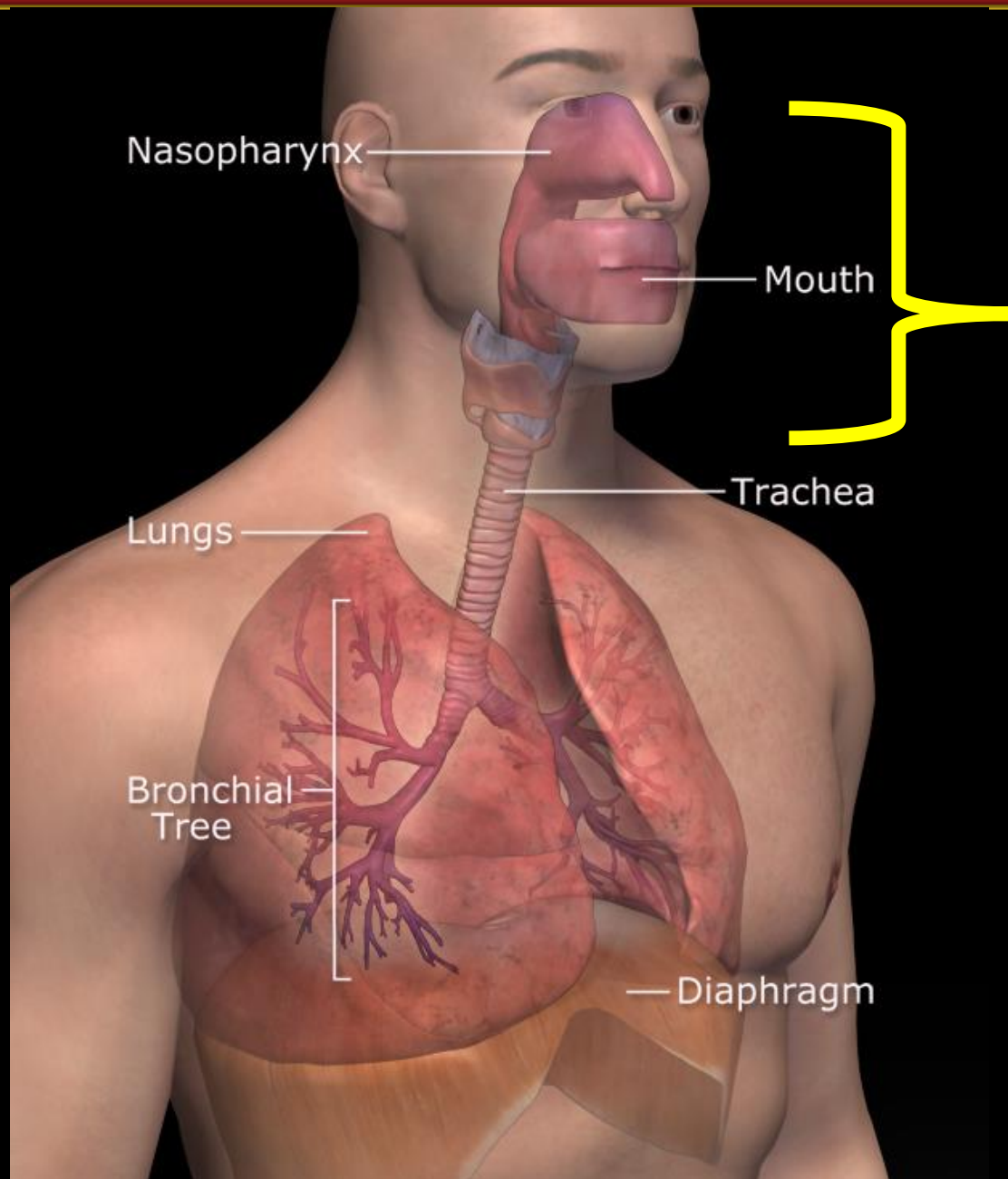
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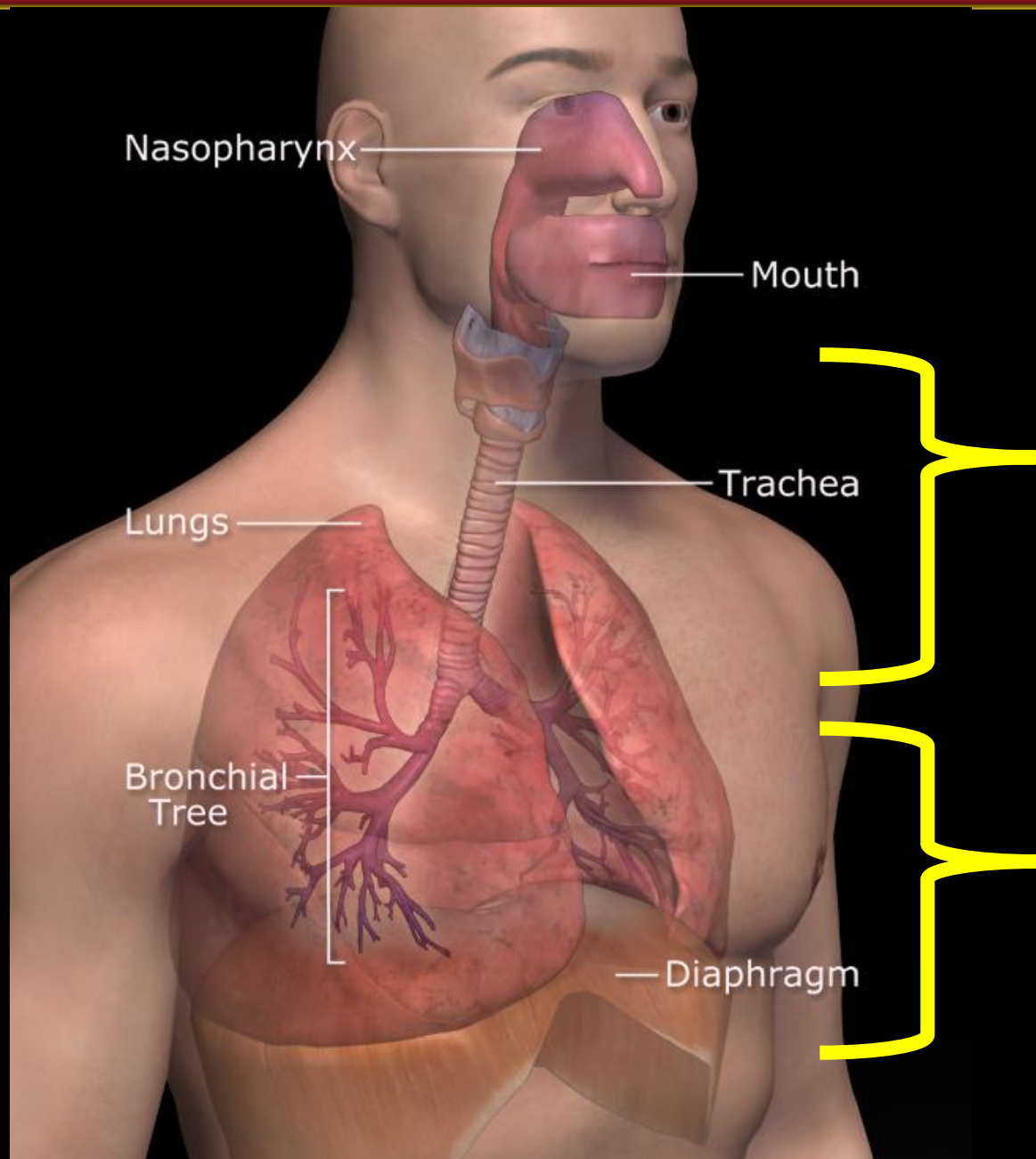
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Viral Load



Delta
1,000 Times
Viral Load
In BOTH
Vaccinated and
Unvaccinated

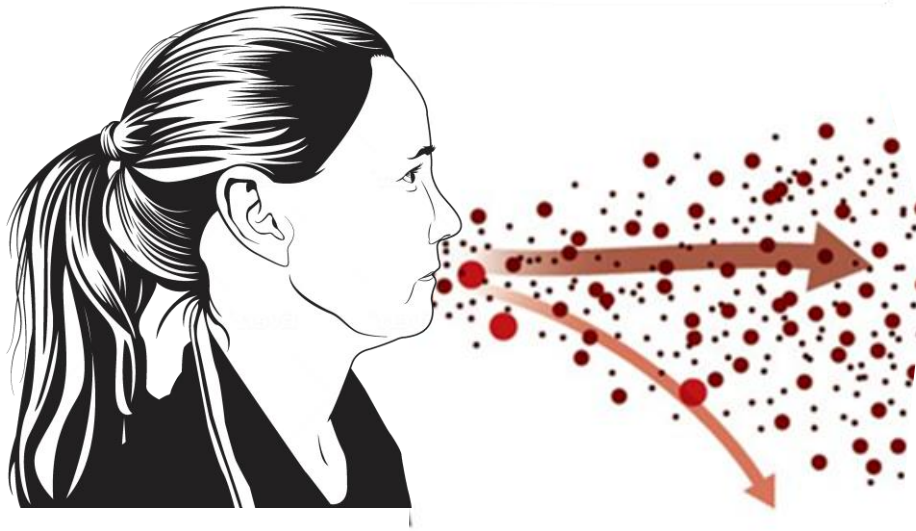


**Omicron Grows
70 Times Faster
in Airways**

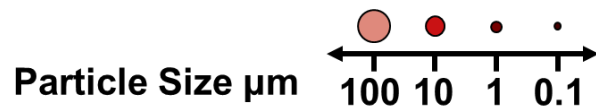
**Omicron Grows
10 Times Slower
in Lung Tissue**

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.

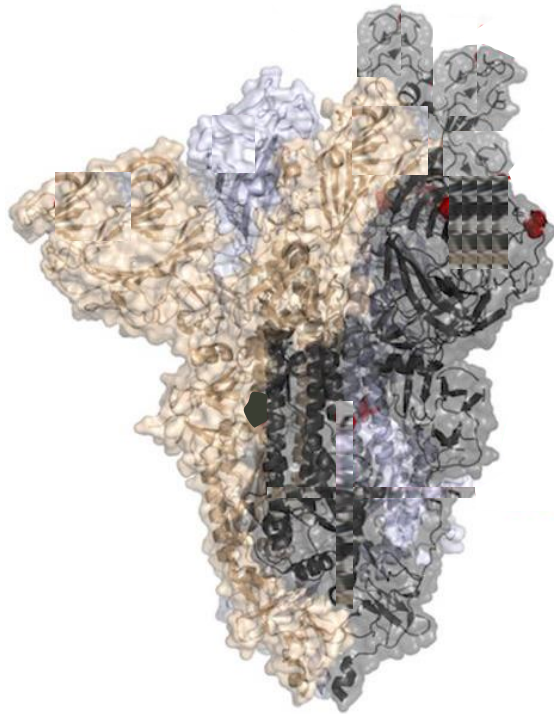


DROPLETS will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.

Incubation Period

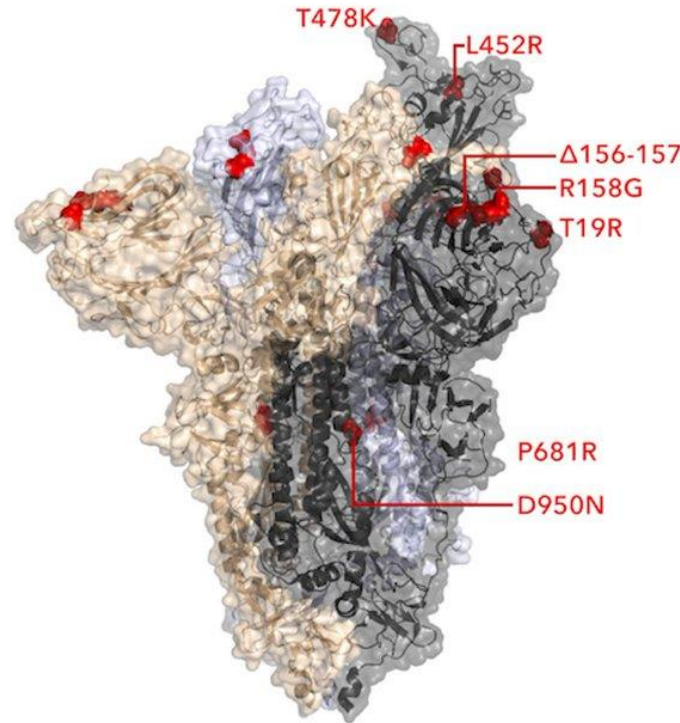
Alpha vs Delta vs Omicron

Alpha



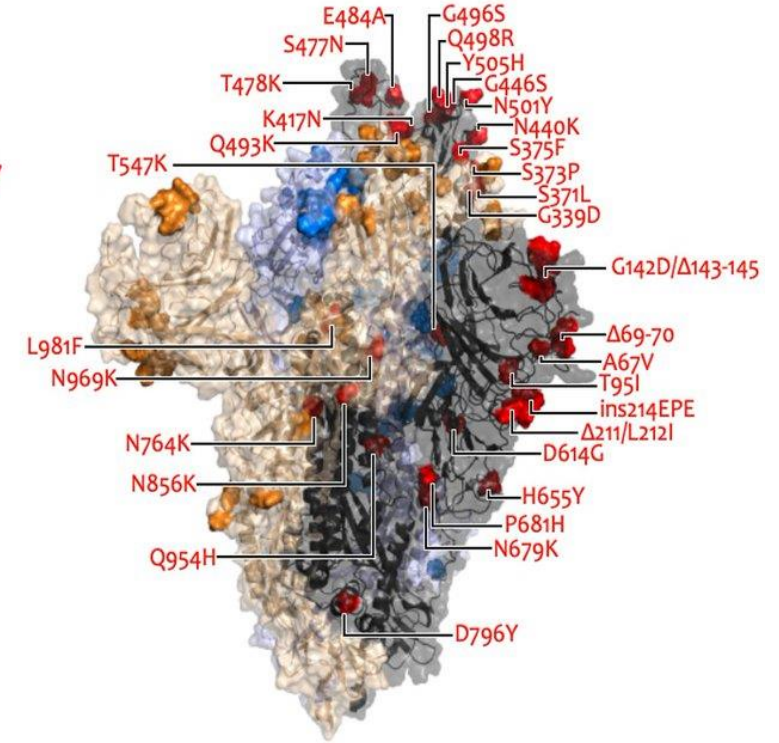
5 Days

Delta



4 Days

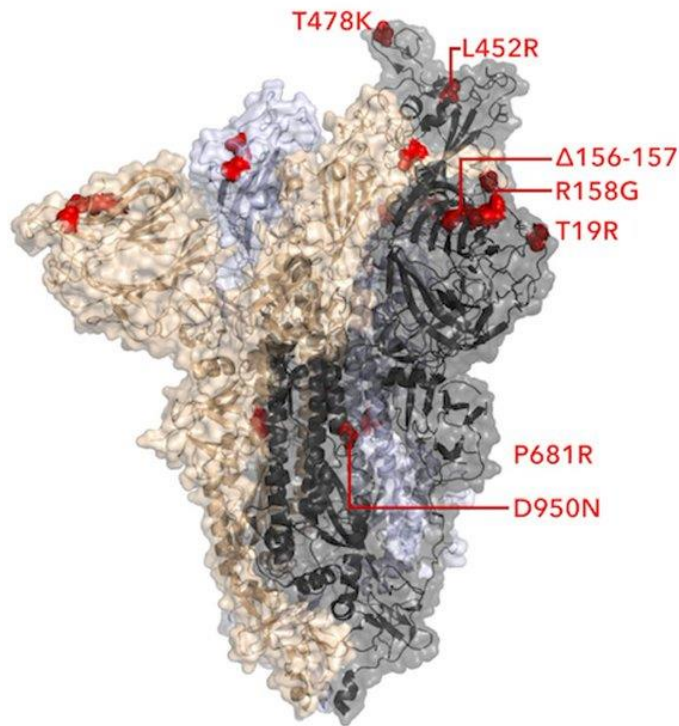
Omicron



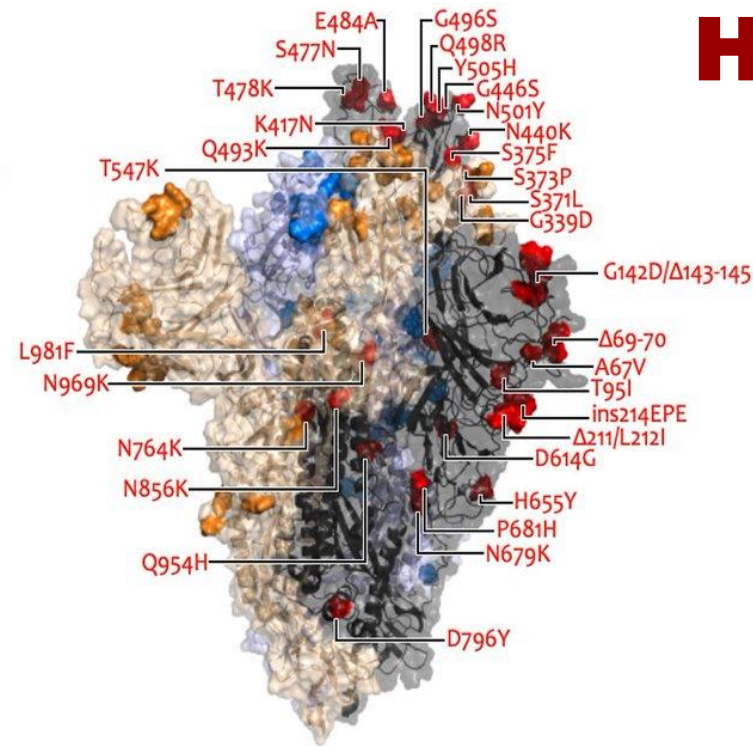
3 Days

Delta versus Omicron

Delta



Omicron



High Transmissibility
Immune Escape
Lower Severity

What to do if you can't get a PCR test — and 2 other doctor-approved Covid test hacks you should know

Published Sun, Jan 23 2022•9:30 AM EST

While the PCR is the gold standard for testing, if you can't get one, **two rapid antigen tests spaced 48 hours apart are an acceptable alternative**, says Matthew Binnicker, Ph.D., Medical Director of the Clinical Virology Laboratory at the Mayo Clinic in Rochester, Minnesota.

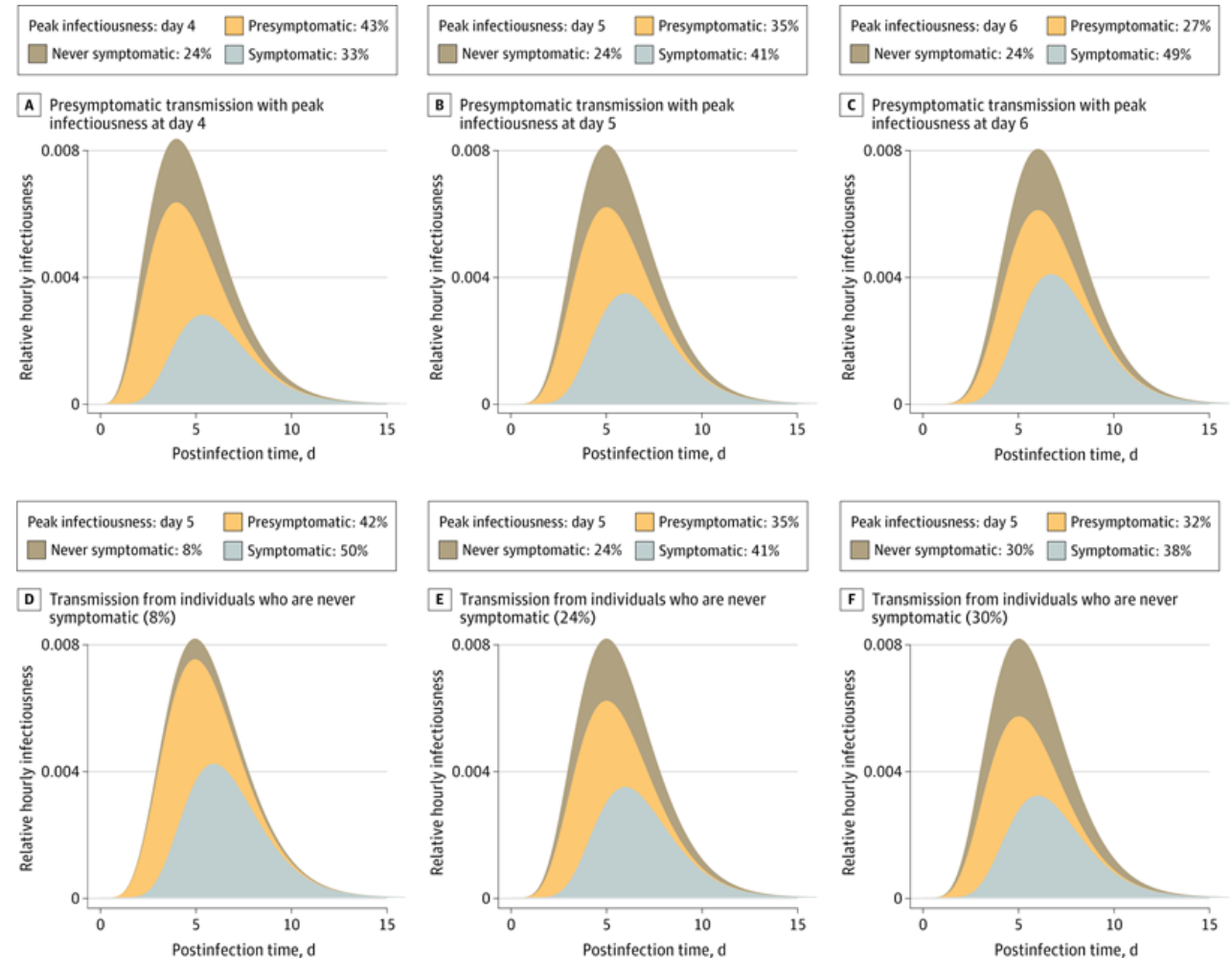
If you have Covid symptoms like fever, cough, sore throat, runny nose or congestion, but test negative, he recommends that you take a second at-home test in 24 to 48 hours.

“If both tests are negative and symptoms persist or get worse, seek out PCR testing for both Covid-19 and influenza,” he says. **If you don't have symptoms, but want to test after you've been exposed, do it on your third and fifth days post-exposure**, Binnicker adds.



Asymptomatic Spread

50% of Spread



Asymptomatic Spread

Asymptomatic COVID-19

1 in 3 people who get COVID-19 won't experience any symptoms and, without knowing, can spread the virus to others.



How to Collect a Nasal Mid-Turbinate Specimen for COVID-19 Testing



Use **only** an authorized specimen collection kit. Get a kit from your healthcare provider or a testing center. Kits are available at a pharmacy or other retail outlet. Follow the instructions included with the specimen collection kit. Use **only** materials provided in the kit to collect and store or mail the specimen unless the kit says to do otherwise. Use these instructions with kits that specify a nasal mid-turbinate swab collection.

Setup

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.



2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.



Specimen Collection

3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.



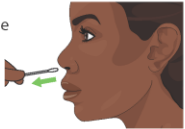
4. Insert the entire soft end of the swab straight back into your nostril **less than one inch** (about 2cm) or until you feel resistance.



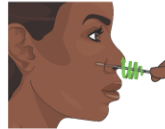
5. Slowly rotate the swab, gently rubbing it along the insides of your nasal passage several times.



6. Gently remove the swab.



7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.



Submit the Specimen and Clean Up

8. Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.



9. Wash hands or re-apply hand sanitizer.



10. Place the tube with the swab in the biohazard bag provided and seal the bag.



11. Give the bag with the swab to testing personnel or follow the instructions for returning the specimen for testing.



12. Throw away the remaining specimen collection kit items.



13. Wash hands or re-apply hand sanitizer.



USING YOUR SELF-TEST | COVID-19 |

- 1 Follow instructions very carefully.



Use the QR code below for more information about self-testing and how-to videos.

2



- 3 If your results are positive Isolate yourself from others. As much as possible, stay in a specific room and away from other people and pets in your home.
Tell your close contacts that they may have been exposed to COVID-19.



4



Call your health care provider with any questions, including if you have worsening COVID-19 symptoms.



www.cdc.gov/covidtesting

© 2020 CDC

COVID Testing to Navigate Care

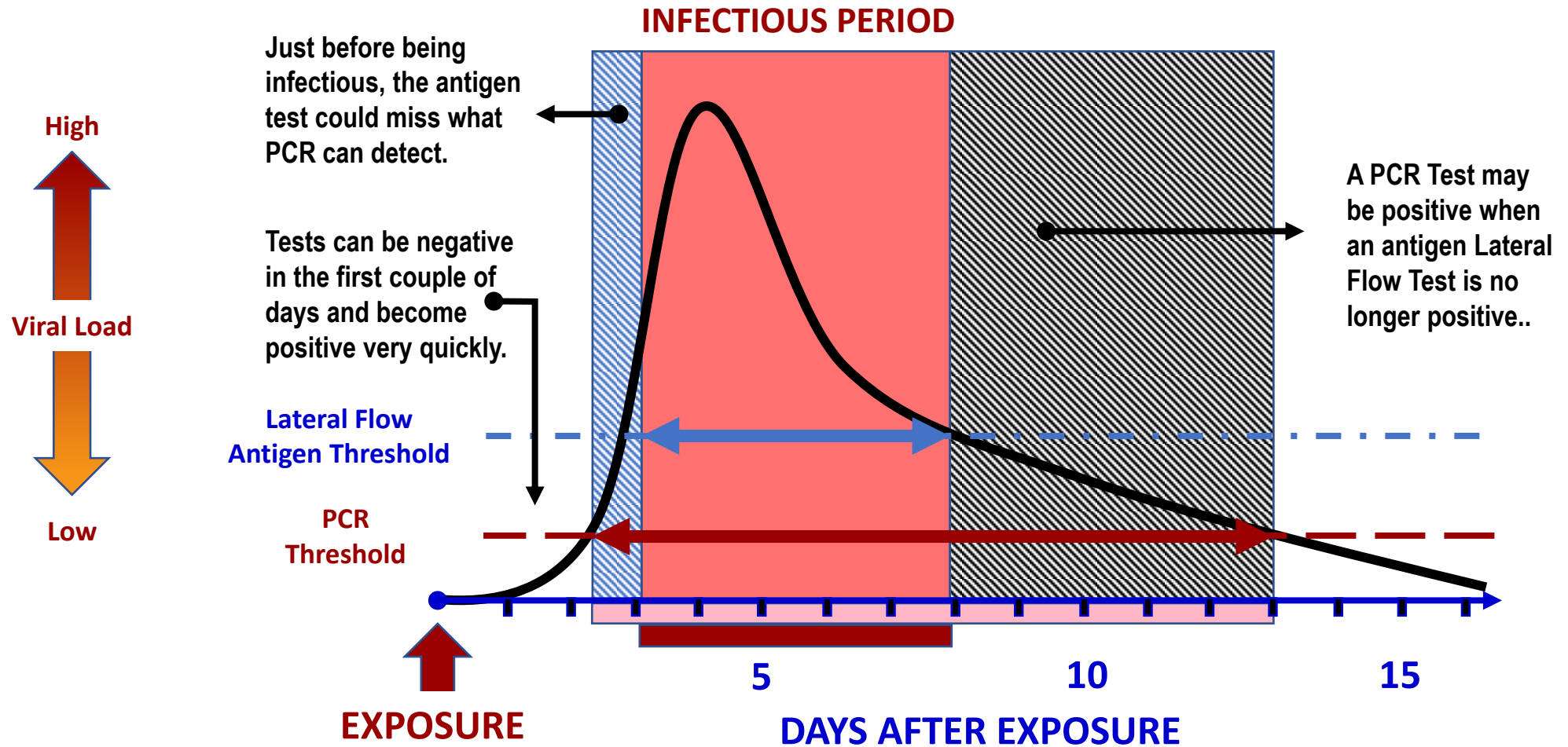


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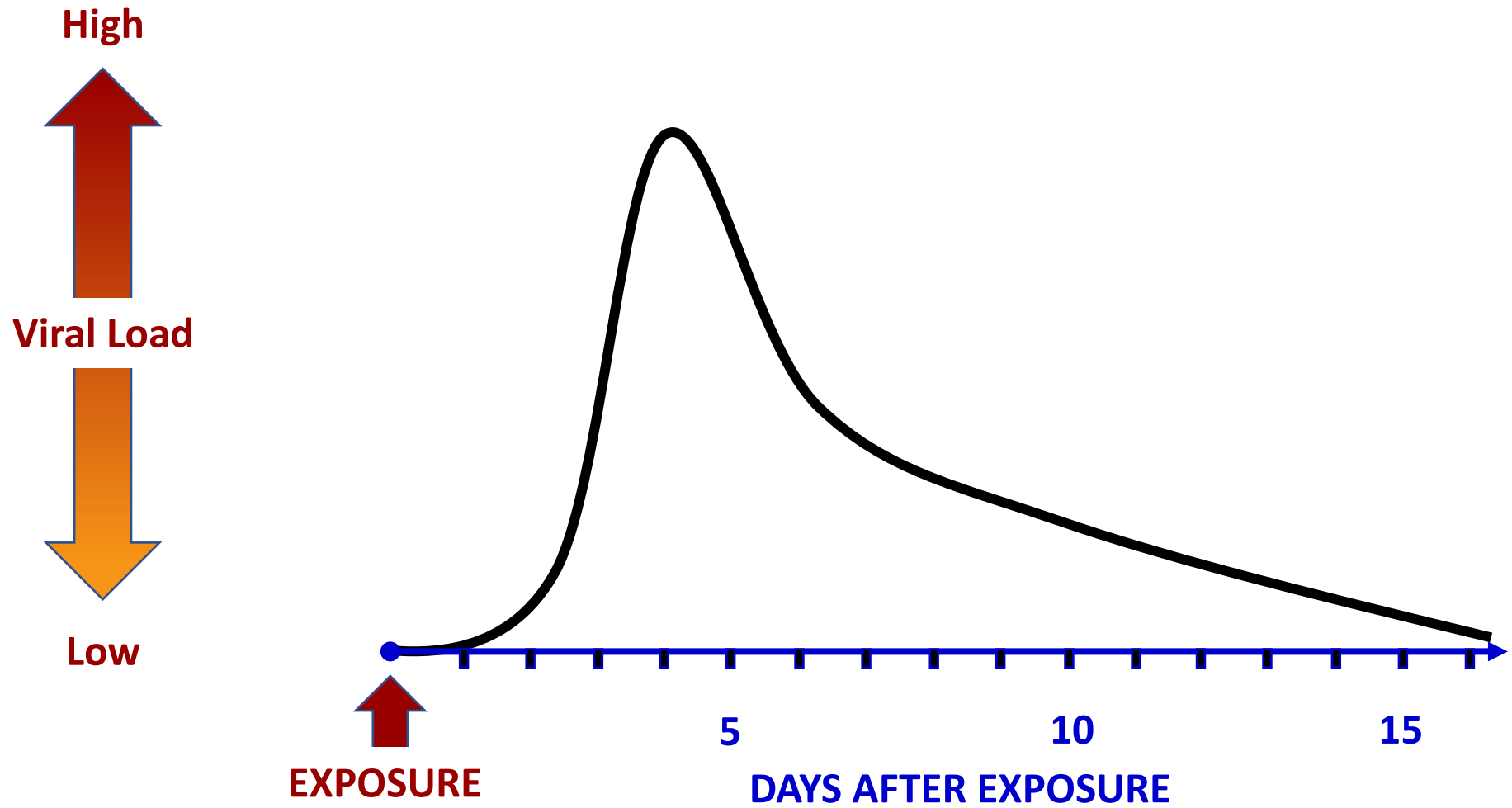


Turn the Science into Safety™

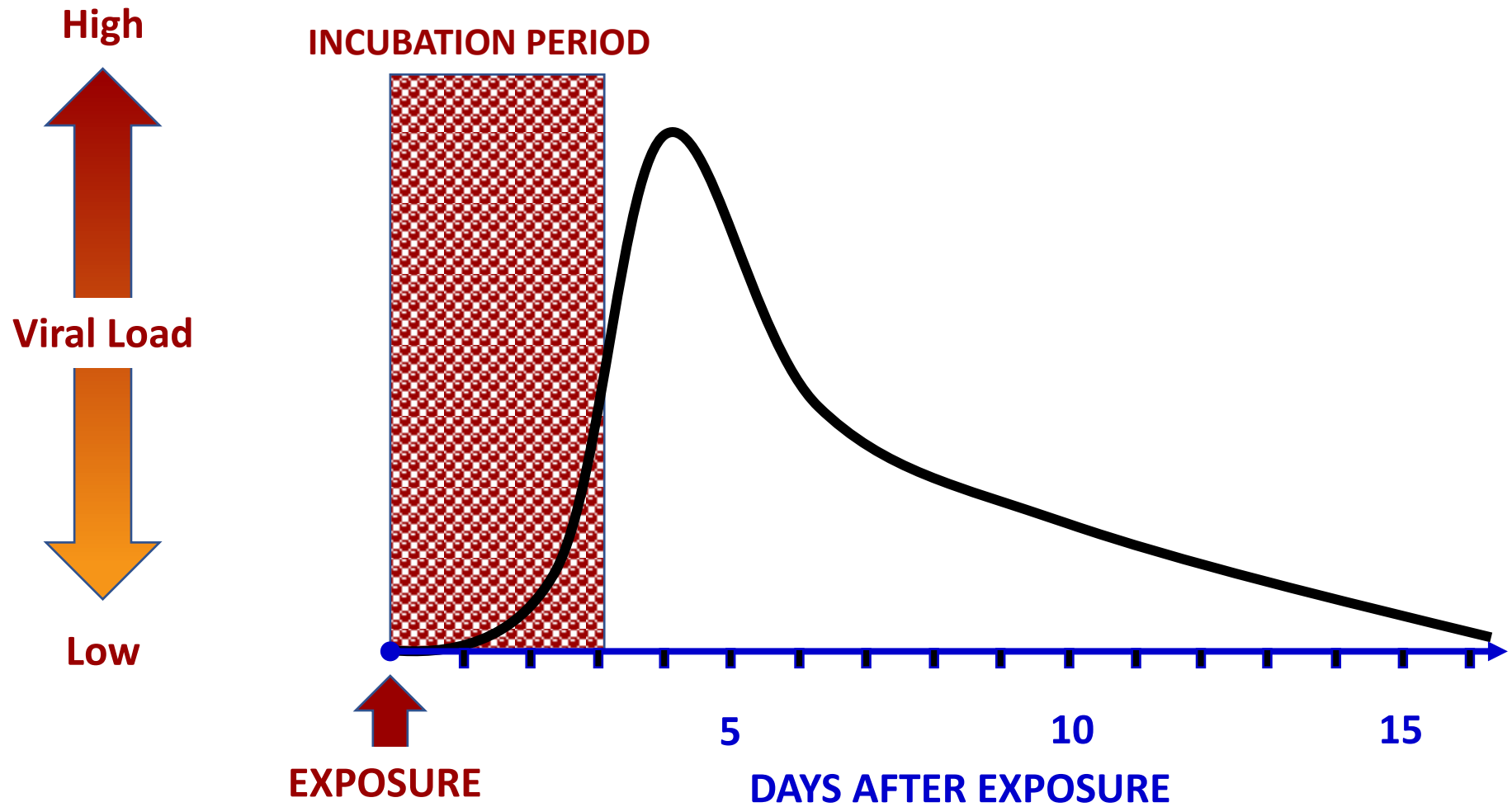
The WHO, WHAT, WHEN, and HOW to TEST



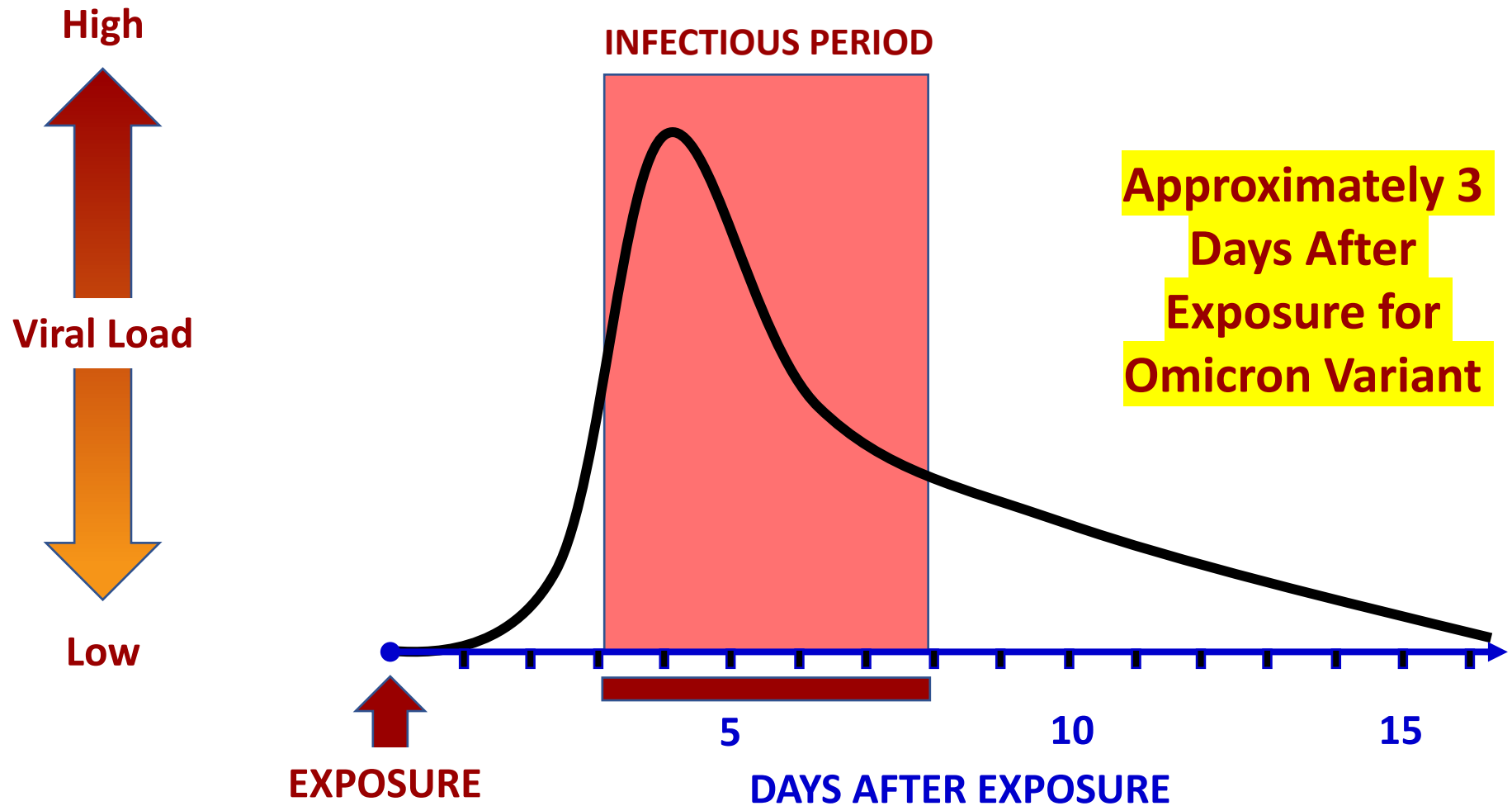
Viral Load



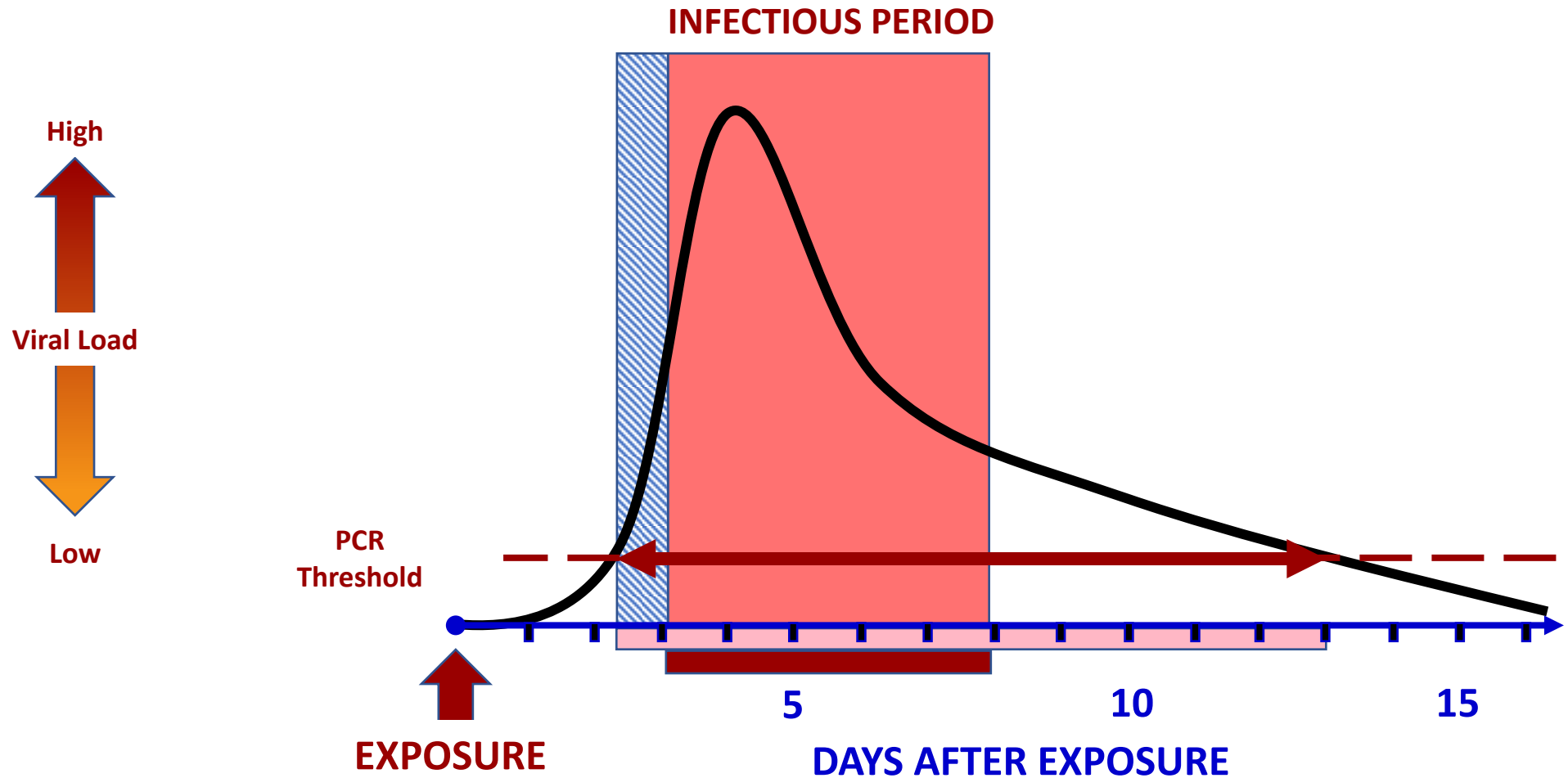
Incubation Period



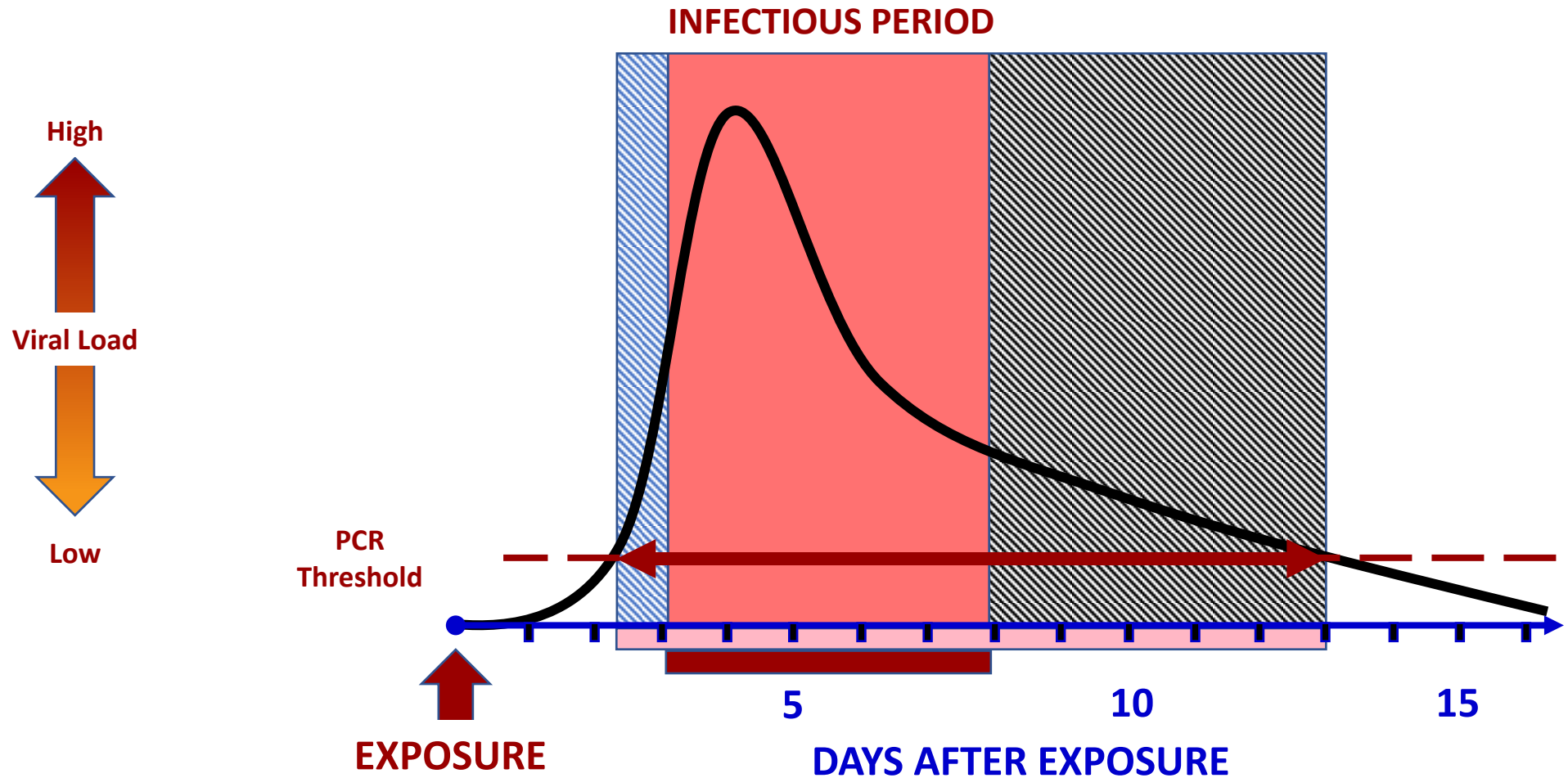
Infectious Period



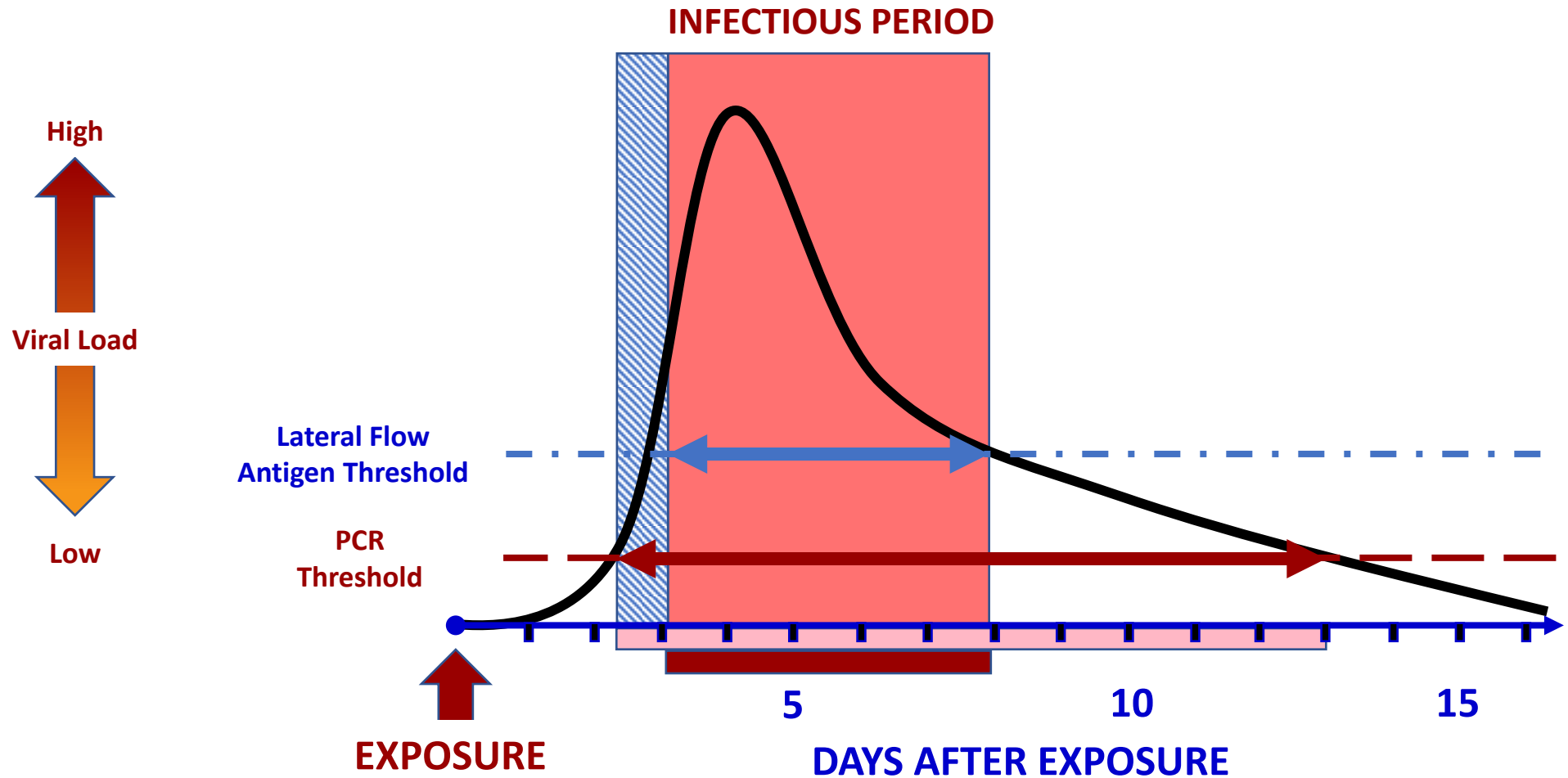
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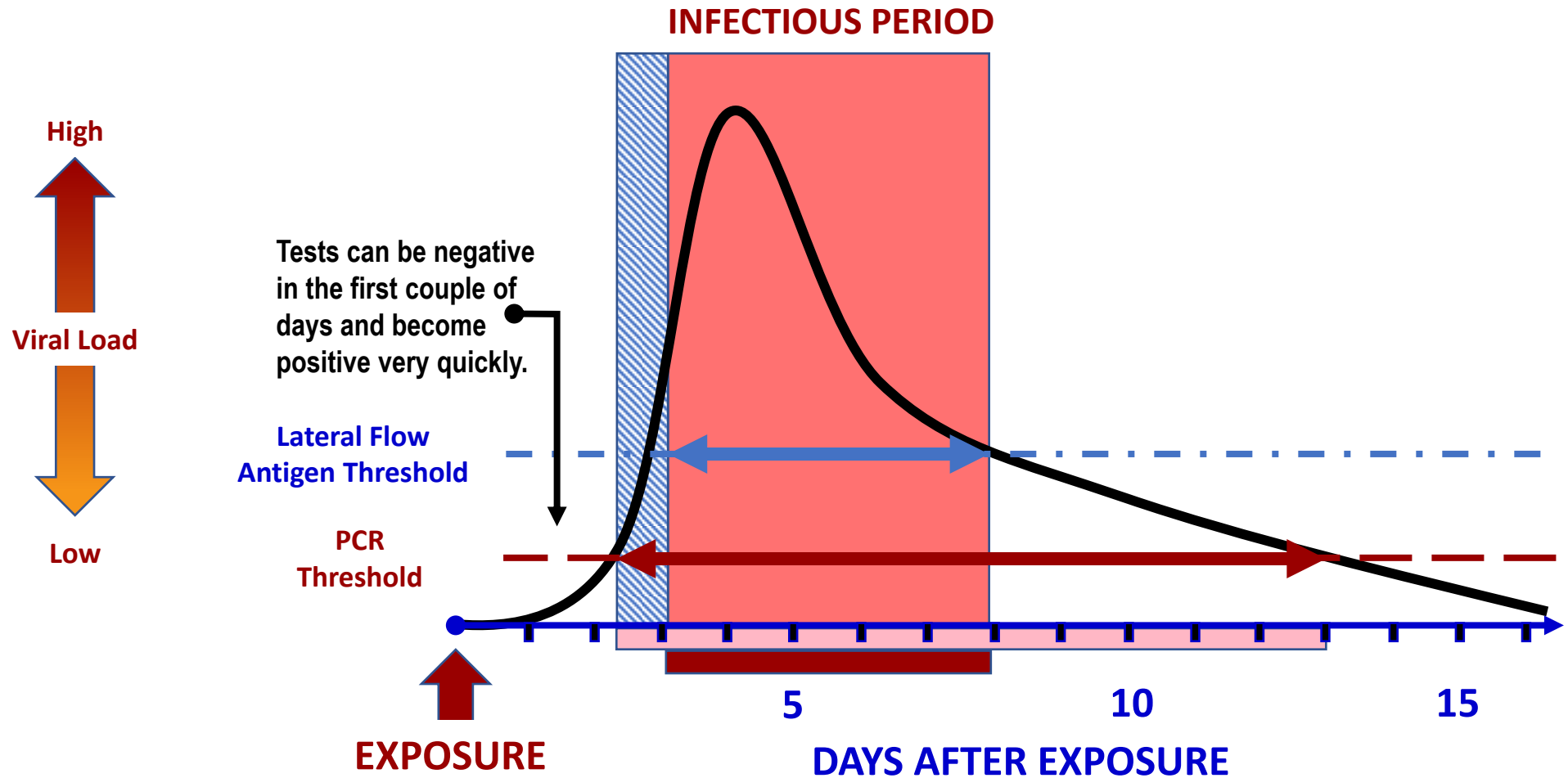
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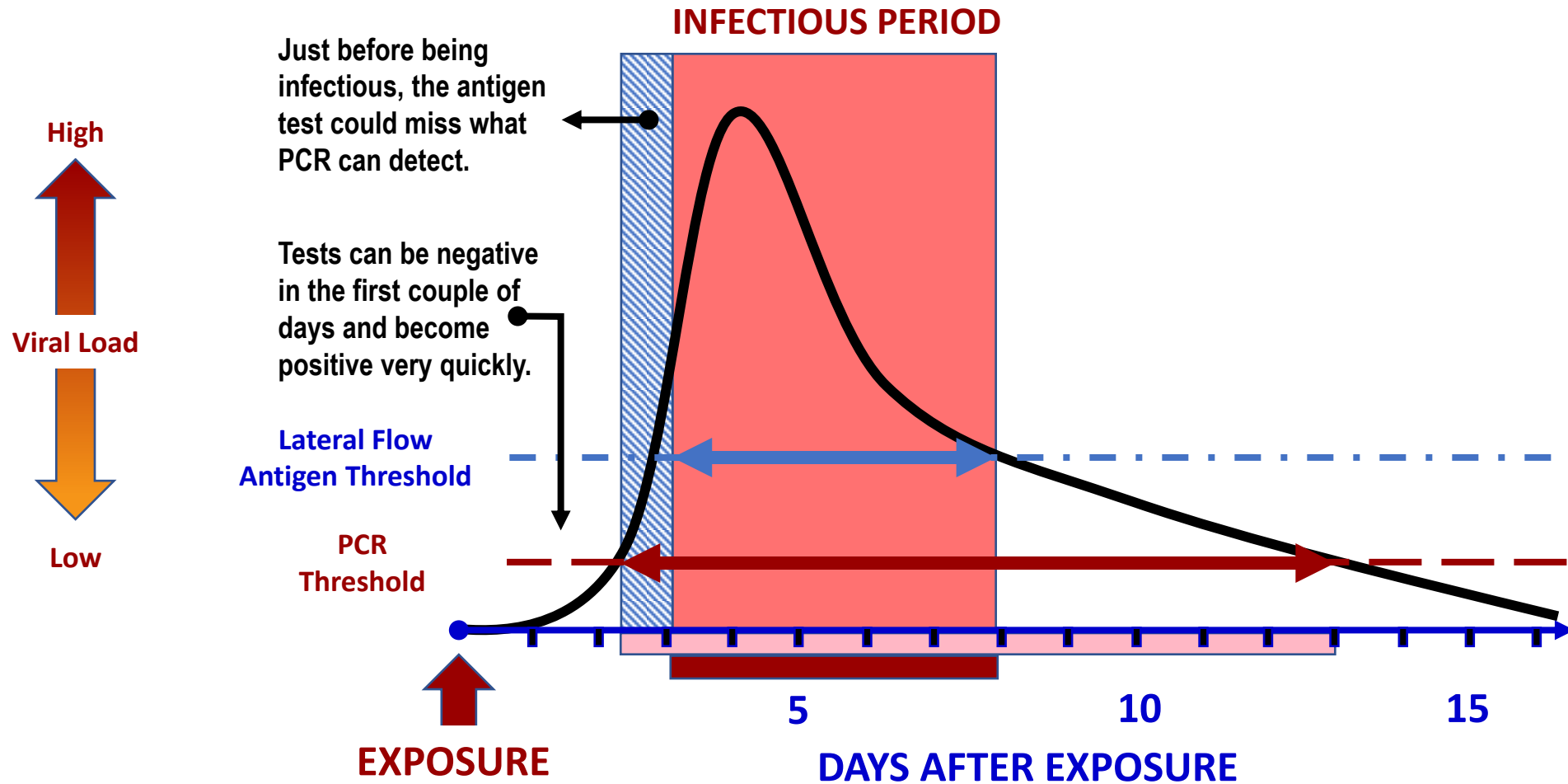
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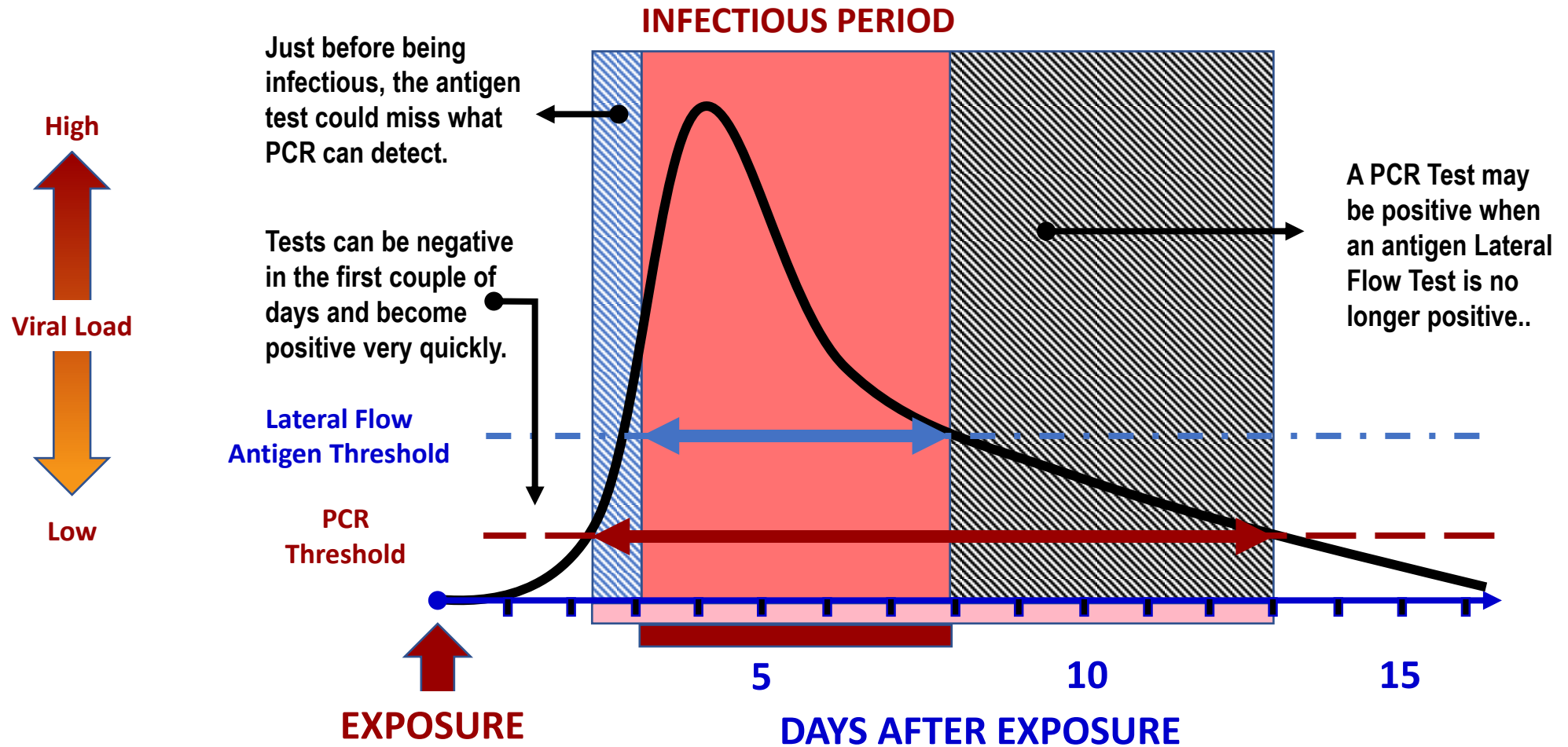
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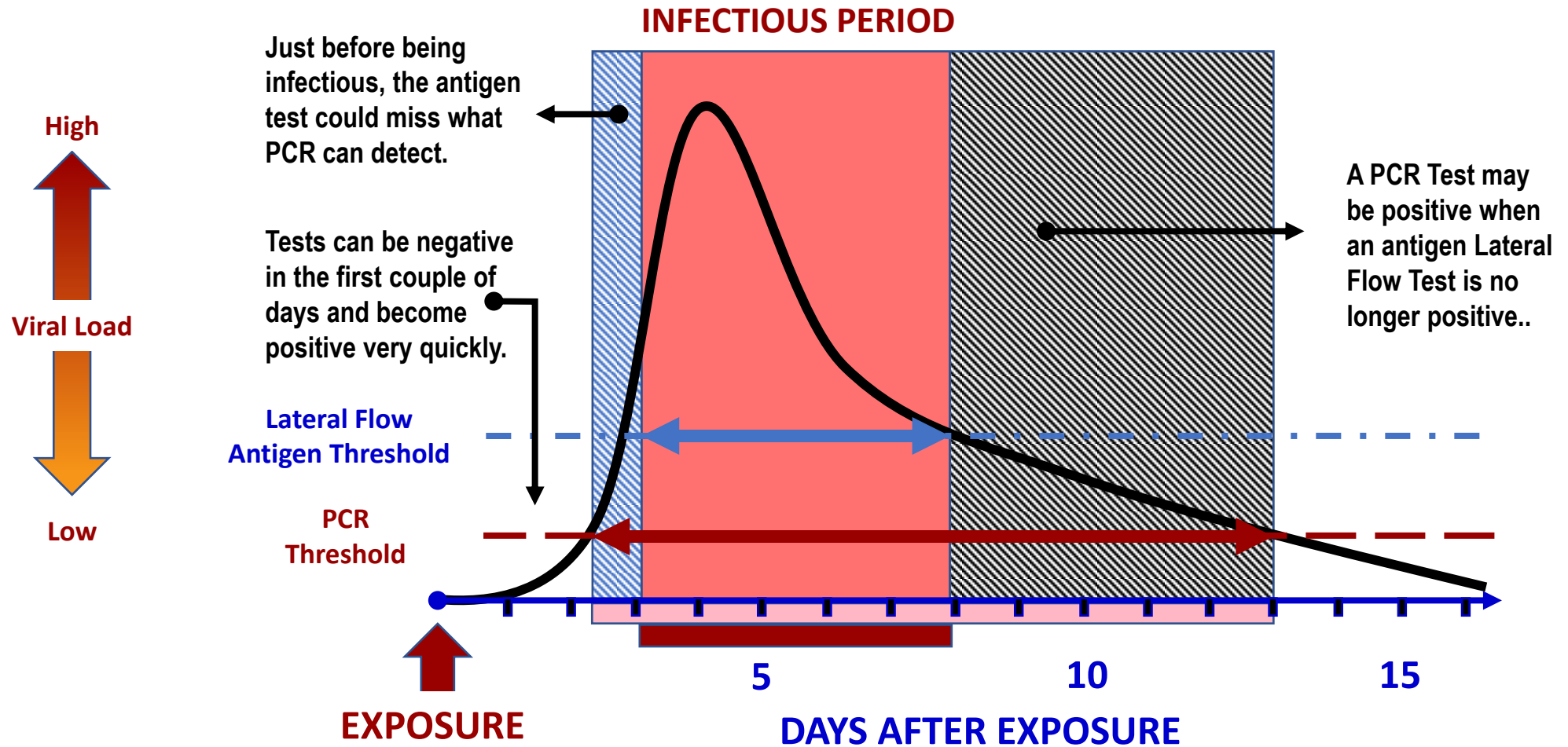
The WHO, WHAT, WHEN, and HOW to TEST



The WHO, WHAT, WHEN, and HOW to TEST



The WHO, WHAT, WHEN, and HOW to TEST



Most Important Tests: PCR & Rapid Antigen

RT-PCR



Rapid Antigen



Pros and Cons of Tests

PCR



- Gold Standard for Diagnosis
- Detects Virus Before Infectious
- Detects Virus Debris after Infectious
- Tie Breaker if Antigen Tests Unclear

Rapid Antigen

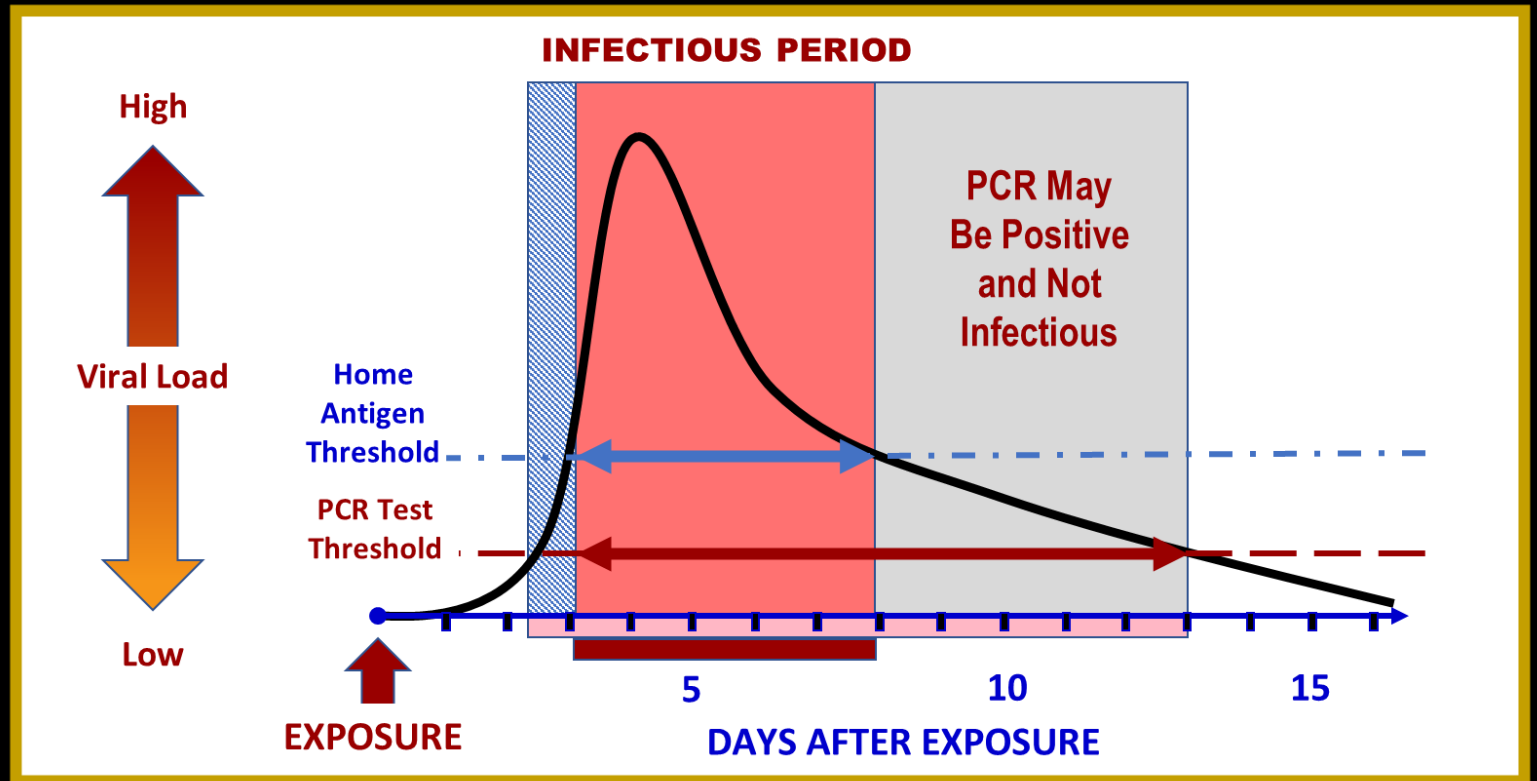


- Inexpensive
- Can be done At Home
- Positive when Infectious
- Risk of False Negative Result

Timing of Tests is Critical

- PCR
- Rapid Antigen
- Home NAAT
- Antibody

Timing is Critical



Types of COVID Tests

- **PCR**
- Rapid Antigen
- Home NAAT
- Antibody

Timing is Critical



Types of COVID Tests

- PCR
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Timing is Critical



Types of COVID Tests

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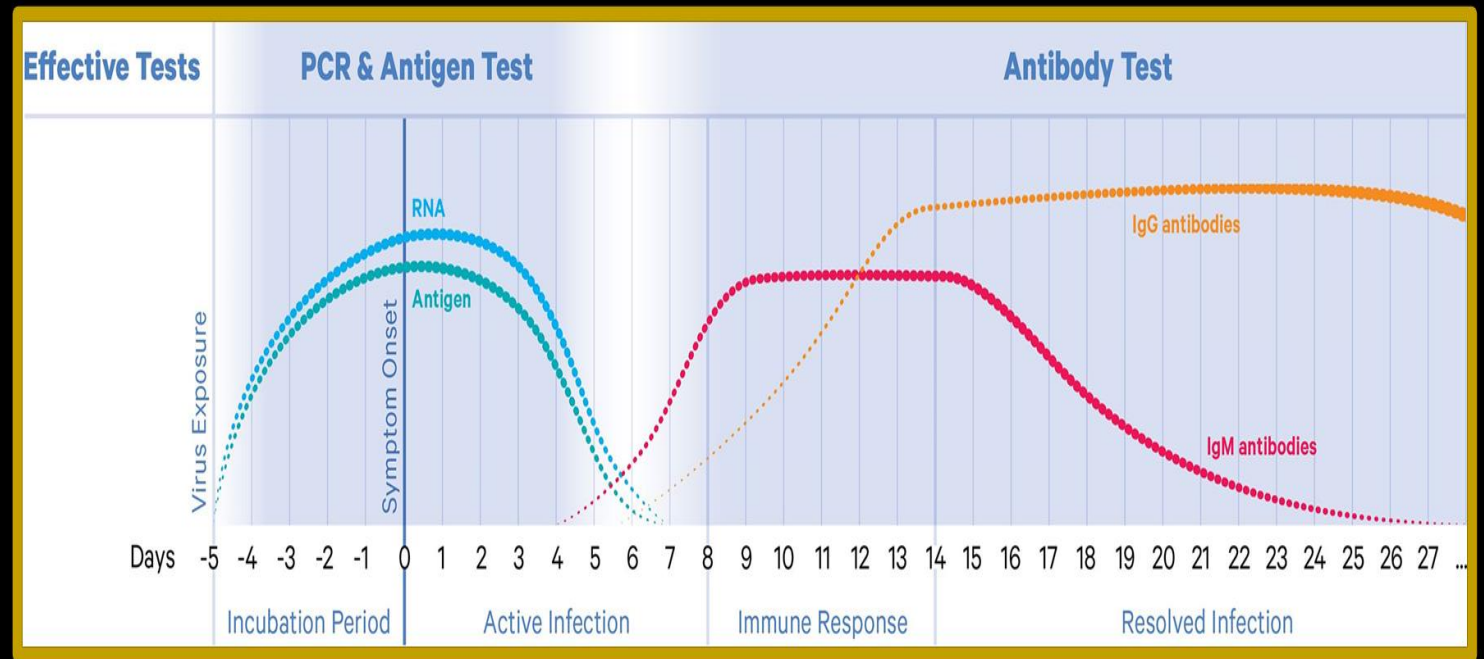
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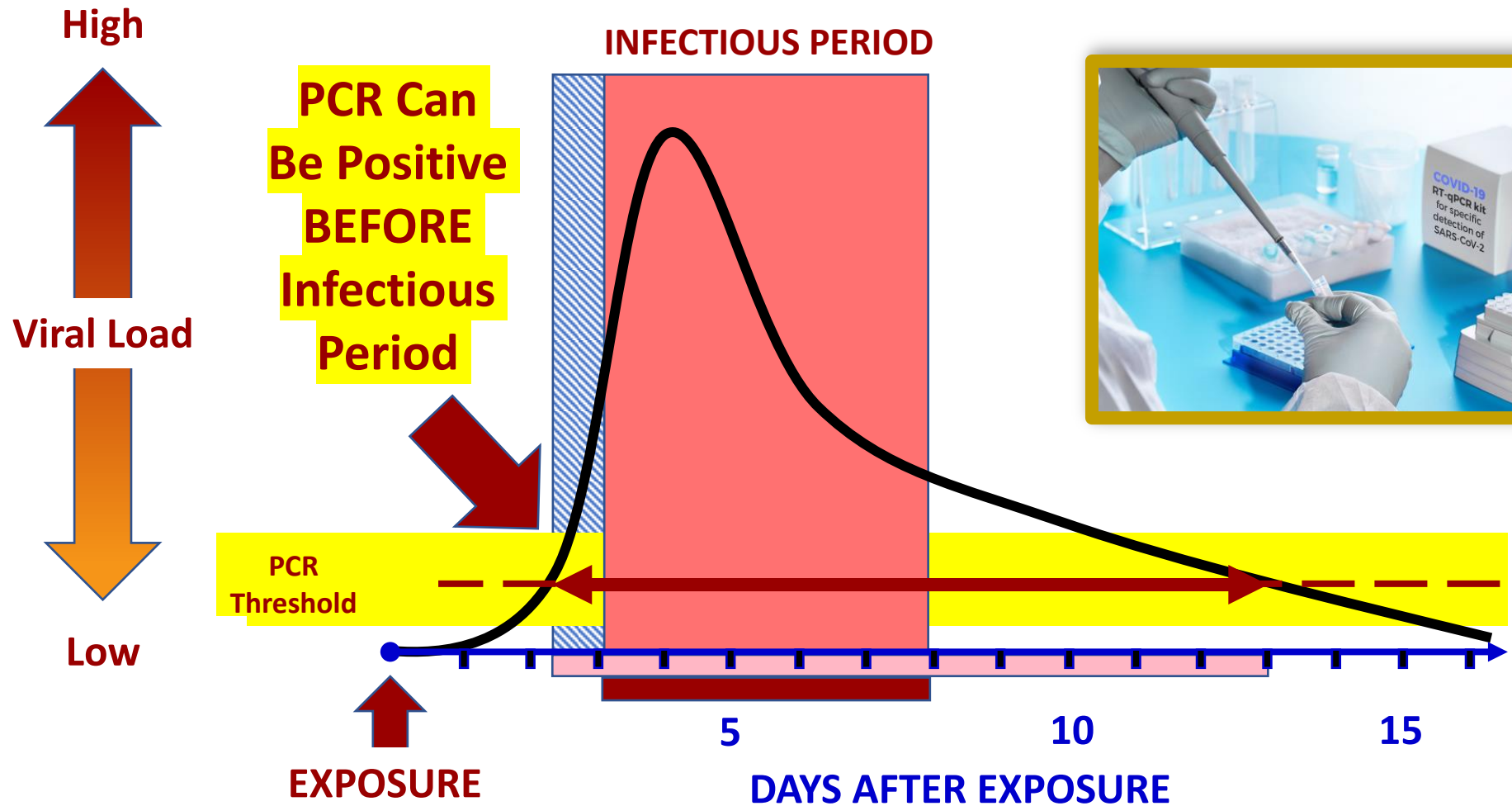
Types of COVID Tests

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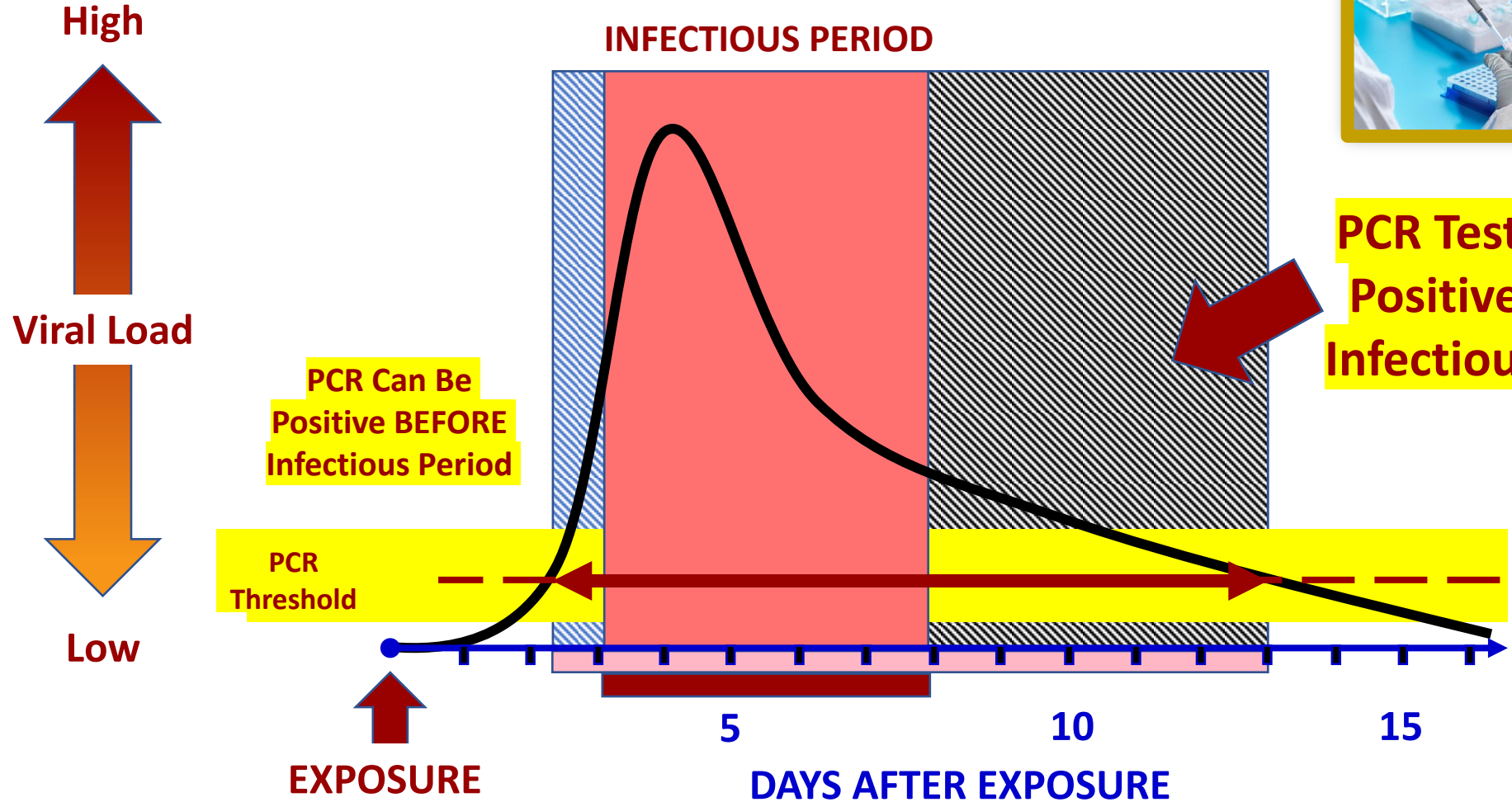
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PCR Test

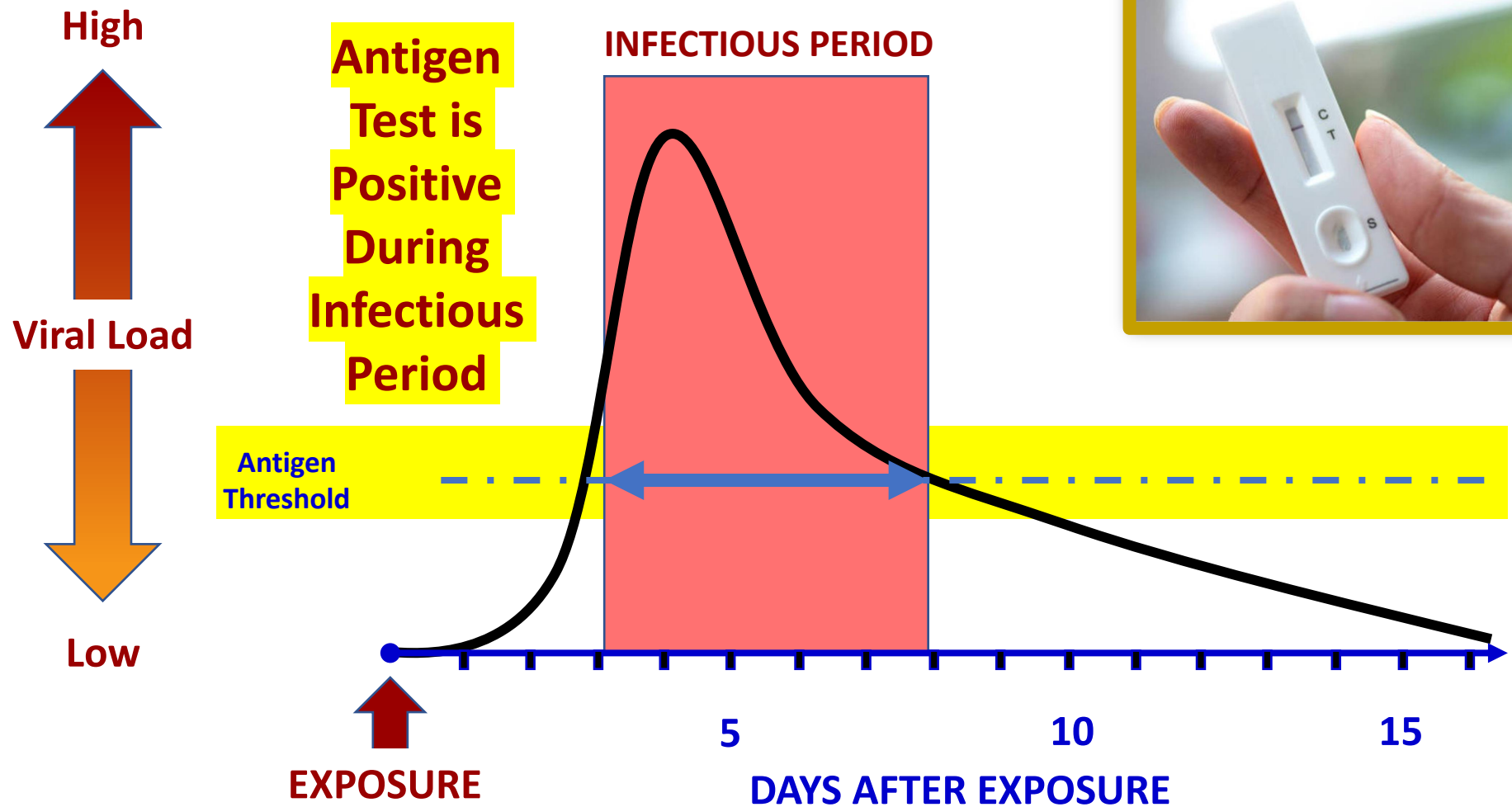


PCR Test



PCR Test Can Be Positive AFTER Infectious Period

Antigen Test





Antibody Tests

An [antibody test](#) (also known as a serology test) can detect antibodies to SARS-CoV-2 in your blood. **Antibodies** are proteins that your immune system makes to help fight infection and protect you from getting sick in the future.

Antibody tests should not be used to diagnose a current infection, but may indicate if you had a past infection. Antibody tests help scientists learn about how human immune systems defend against the virus, as well as learn about population-level protection.

Antibody testing is [not currently recommended](#) to determine:

- If you have a current infection.
- If you have immunity to SARS-CoV-2 following COVID-19 vaccination.
- Whether you need to get vaccinated if you are not fully vaccinated.
- Whether you need to quarantine after a known or suspected exposure to COVID-19.

You should always discuss your test results with your healthcare provider.



COVID-19

We have the tools to
Fight Omicron



Vaccines & Booster



Masks



Testing



Your Health

Vaccines

Cases & Data

Work & School

Healthcare Workers

Health Depts

Science

More

🏠 Your Health

About COVID-19 +

Variants of the Virus +

Symptoms +

Testing -

Testing Overview

Test for Current Infection +

Test for Past Infection

Self-Testing

Contact Tracing +



Prevent Getting Sick +

If You Are Sick +

Self-Testing

Updated Dec. 29, 2021 Languages ▾ Print

CDC has updated [isolation and quarantine](#) recommendations for the public, and is revising the CDC website to reflect these changes. These recommendations do not apply to [healthcare personnel](#) and do not supersede state, local, tribal, or territorial laws, rules, and regulations.

 **Free At-Home COVID-19 Tests:** [Order 4 free tests now so you have them when you need them.](#) 

Summary of Recent Changes

Updates as of December 6, 2021

- Added information on when and why to use a self-test. Self-testing is one of several risk-reduction strategies to reduce the chances of COVID-19 transmission. They may be used regardless of vaccination or symptom status.



Key Points

- COVID-19 self-tests (also referred to as home tests or over-the-counter (OTC) tests) are one of many risk-reduction measures, along with [vaccination](#), [masking](#), and physical distancing, that [protect you and others](#) by reducing the chances of spreading SARS-CoV-2, the virus that causes COVID-19.
- Self-tests can be taken at home or anywhere, are easy to use, and produce rapid results.
- You can use self-tests, regardless of vaccination status, or whether or not you have symptoms.
- Follow all of the manufacturer's instructions for performing the test.

- A negative self-test result means that the test did not detect the virus and you may not have an infection, **but it does not rule out infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected.**



Ending isolation for people who had COVID-19 and had symptoms

If you had COVID-19 and had [symptoms](#), isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

- You can end your isolation after 5 full days if you have no symptoms and no fever for 24 hours.
- You should wear a [well-fitting mask](#) around others at home and in public until day 10.
- You should avoid close contact with others until day 10.
- If you have severe symptoms, you should continue to isolate for at least 10 days.
- If you have severe symptoms, you should wear a [well-fitting mask](#) around others at home and in public until day 10.
- Do not go to work, school, or public places until day 10.
- Do not travel around the community until day 10.

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.

¹As noted in the CDC guidance, presumptive testing of patients with COVID-19 should be done twice over the course of the illness.

Note that these recommendations on ending isolation **do not** apply to people with moderate or severe COVID-19 or with weakened immune systems (immunocompromised). See section below for recommendations for when to end isolation for these groups.

Ending isolation for people who tested positive for COVID-19 but had no symptoms

If you test positive for COVID-19 and never develop [symptoms](#), isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

Ending Isolation for people who tested positive for COVID-19 but **HAD NO SYMPTOMS**

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.



Ending isolation for people who had COVID-19 and had symptoms

If you had COVID-19 and your first day of symptoms was on or after January 20, 2022, you should follow these steps to end isolation:

- You can end isolation if you have been fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

If an individual has access to a test and wants to test, the best approach is to use an antigen test¹ towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

¹As noted in the CDC guidance, presumptive testing is not recommended for patients with mild to moderate illness who are twice over the 5-day isolation period.

Note that the CDC guidance for these groups.

Ending isolation for people who tested positive for COVID-19 but had no symptoms

Ending Isolation for people who have HAD COVID-19 and HAD SYMPTOMS

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period.

Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.



Ending isolation for people who had COVID-19 and had symptoms

If you had your first day

Ending Isolation for people who have HAD COVID-19 and HAD SYMPTOMS

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period

If an individual has a 5-day isolation period, medication recovery, or public use

¹As noted, presumptive or patient twice over

Note that these recommendations on ending isolation do not apply to people with moderate or severe COVID-19 or with weakened immune systems (immunocompromised). See section below for recommendations for when to end isolation for these groups.

Ending isolation for people who tested positive for COVID-19 but had no symptoms

If you tested positive for viral test

- If you
- You
- If you
- Do not
- Do not

If an individual has a 5-day isolation period, negative, Follow ad

¹As noted, presumptive or patient twice over

Ending Isolation for people who tested positive for COVID-19 but HAD NO SYMPTOMS

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period.

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CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population

For Immediate Release: Monday, December 27, 2021

The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs **early in the course of illness, generally in the 1–2 days prior to onset of symptoms and the 2–3 days after.**

symptoms and the 2-3 days after.



CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population

For Immediate Release: Monday, December 27, 2021

People with COVID-19 should **isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask** when around others to minimize the risk of infecting people they encounter.



News & Perspective

Infectious Disease Topics

Antimicrobial Stewardship

Ongoing Programs

TRENDING TOPICS

COVID-19

Antimicrobial Stewardship

Flu Vaccines Roadmap

Chronic Wasting Disease



Episode 85: Smart Testing in the Omicron Surge

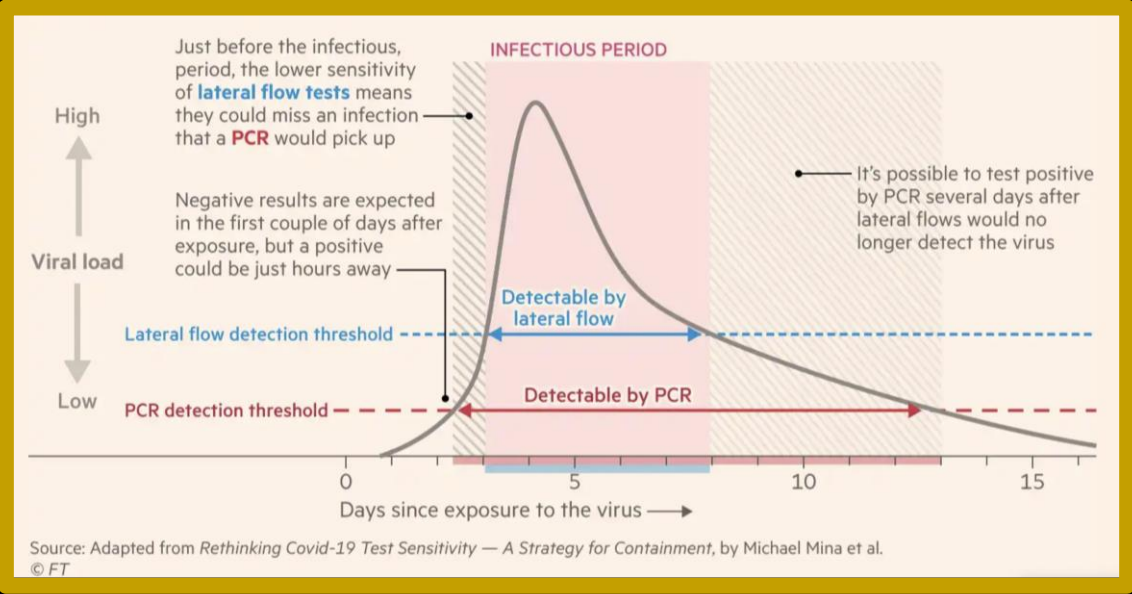


**“Early data suggest that antigen tests do detect the Omicron variant but may have reduced sensitivity,”
FDA 12—29-22**

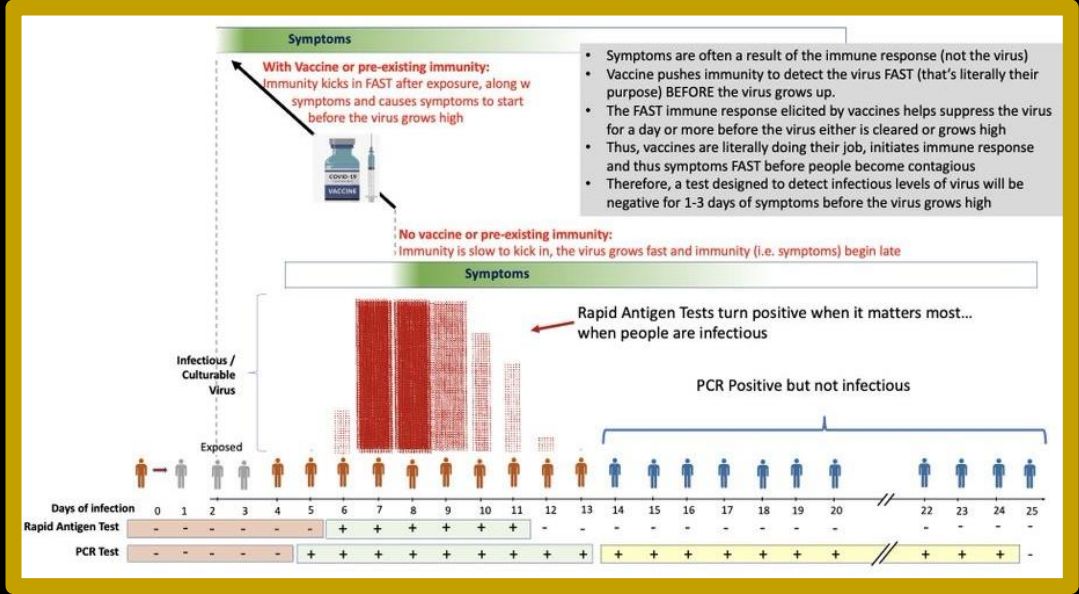
The False Negative Test:

- 2/3rds of True Positive with no symptoms had False Negative Test.
- PCR & Rapid Antigen Test agree 50% of time.
- Antigen Tests “less sensitive” to Omicron according to FDA.

The WHO, WHAT, WHEN, and HOW to TEST



Source: Adapted from *Rethinking Covid-19 Test Sensitivity — A Strategy for Containment*, by Michael Mina et al.
© FT



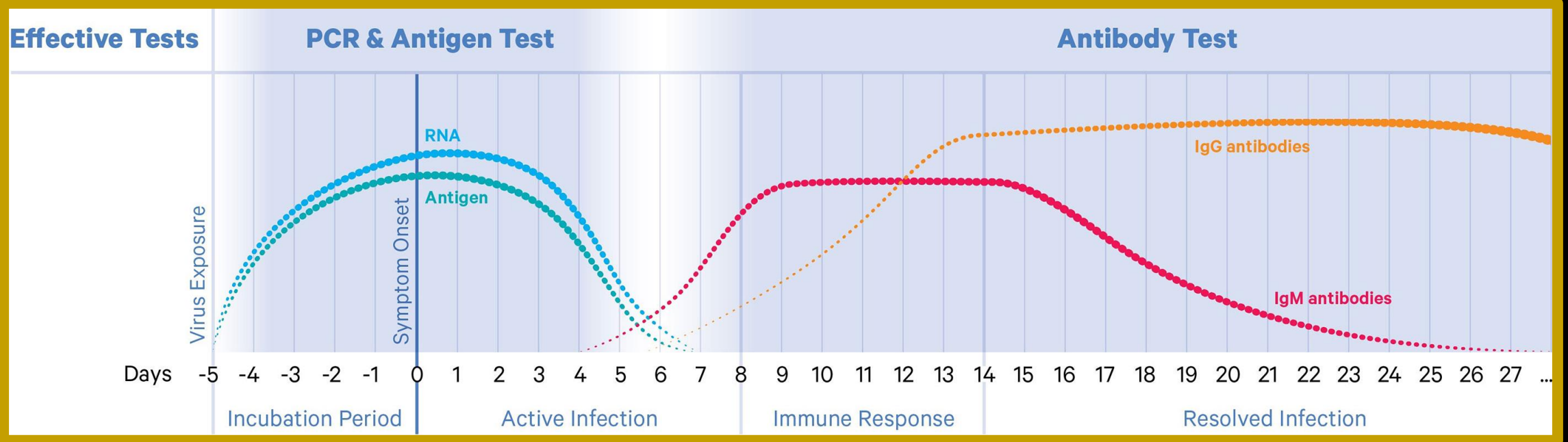
The WHO, WHAT, WHEN, and HOW to TEST



The WHO, WHAT, WHEN, and HOW to TEST



The WHO, WHAT, WHEN, and HOW to TEST



COVID Testing to Navigate Care



- ✓ VIRAL LOAD – why is it important?
- ✓ What is the RIGHT TEST at the RIGHT TIME?
- ✓ **QUARANTINE: How does testing impact it?**
- ISOLATION: How does testing impact it?
- Can testing make FAMILY GATHERINGS SAFER?
- How does TEST-TO-STAY work?
- How do I best TEST-TO-TRAVEL?



Turn the Science into Safety™

COVID Testing to Navigate Care

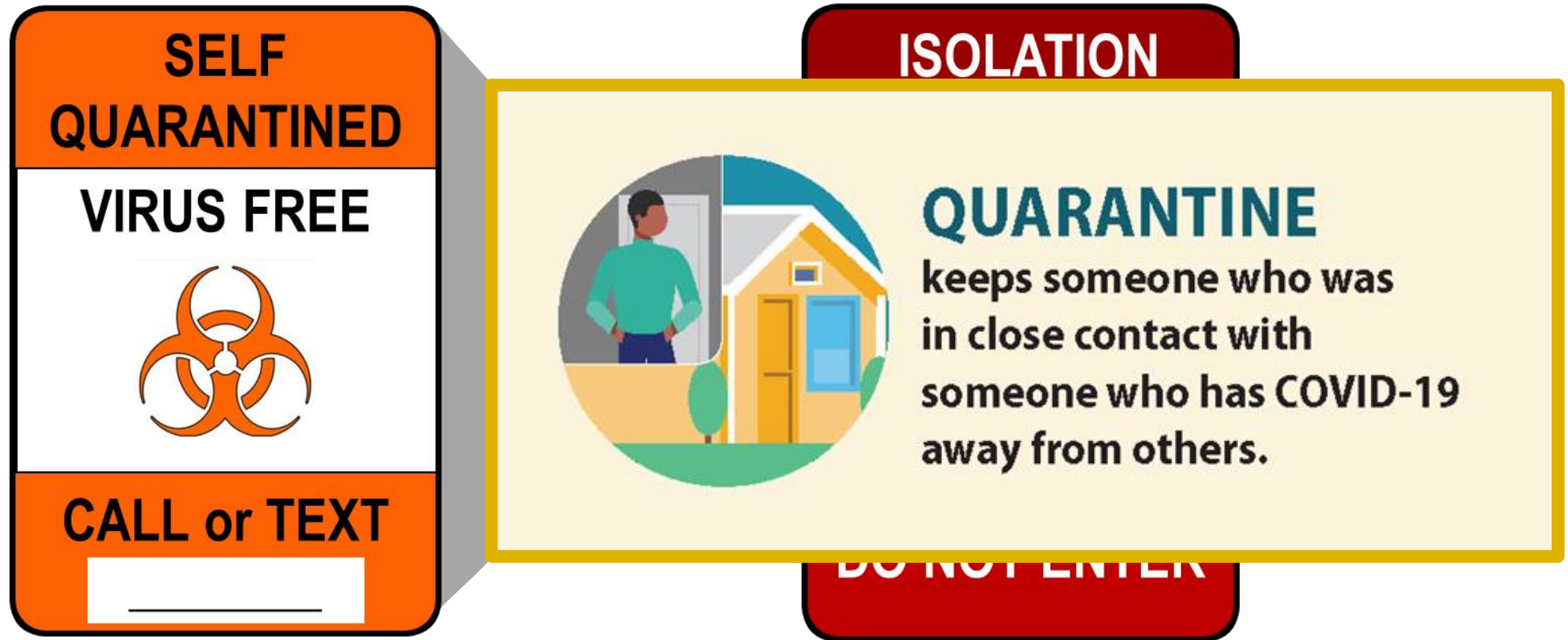


- ✓ VIRAL LOAD – why is it important?
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Turn the Science into Safety™

Quarantine versus Isolation





QUARANTINE

Keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated and had the booster.

Quarantine versus Isolation

SELF



ISOLATION

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

**ISOLATION
AREA**



**Coronavirus
COVID-19**

DO NOT ENTER



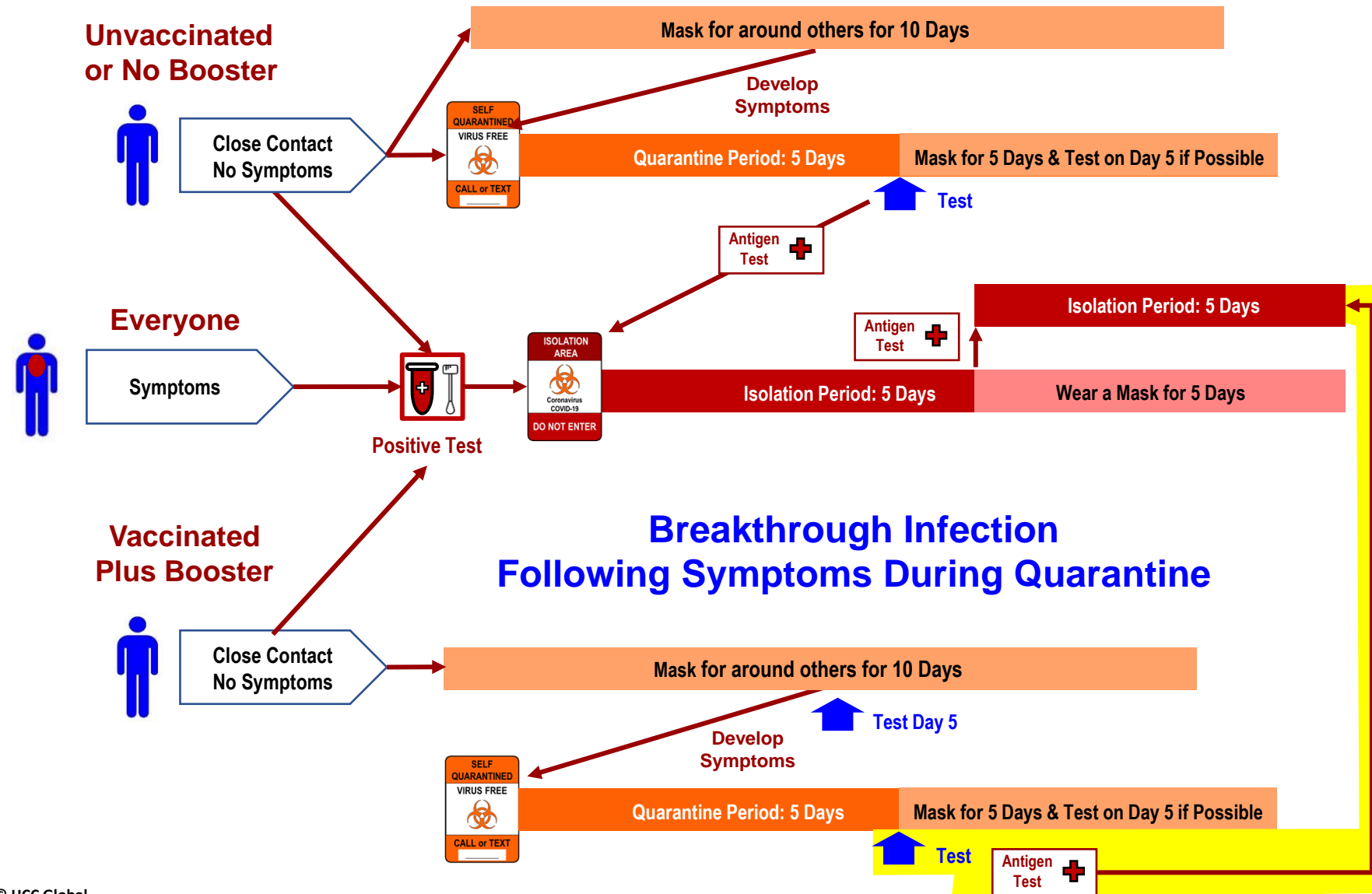
ISOLATION

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific “sick room” or area and use a separate bathroom (if available).



CDC Guideline Summary



COVID Testing to Navigate Care



- ✓ VIRAL LOAD – why is it important?
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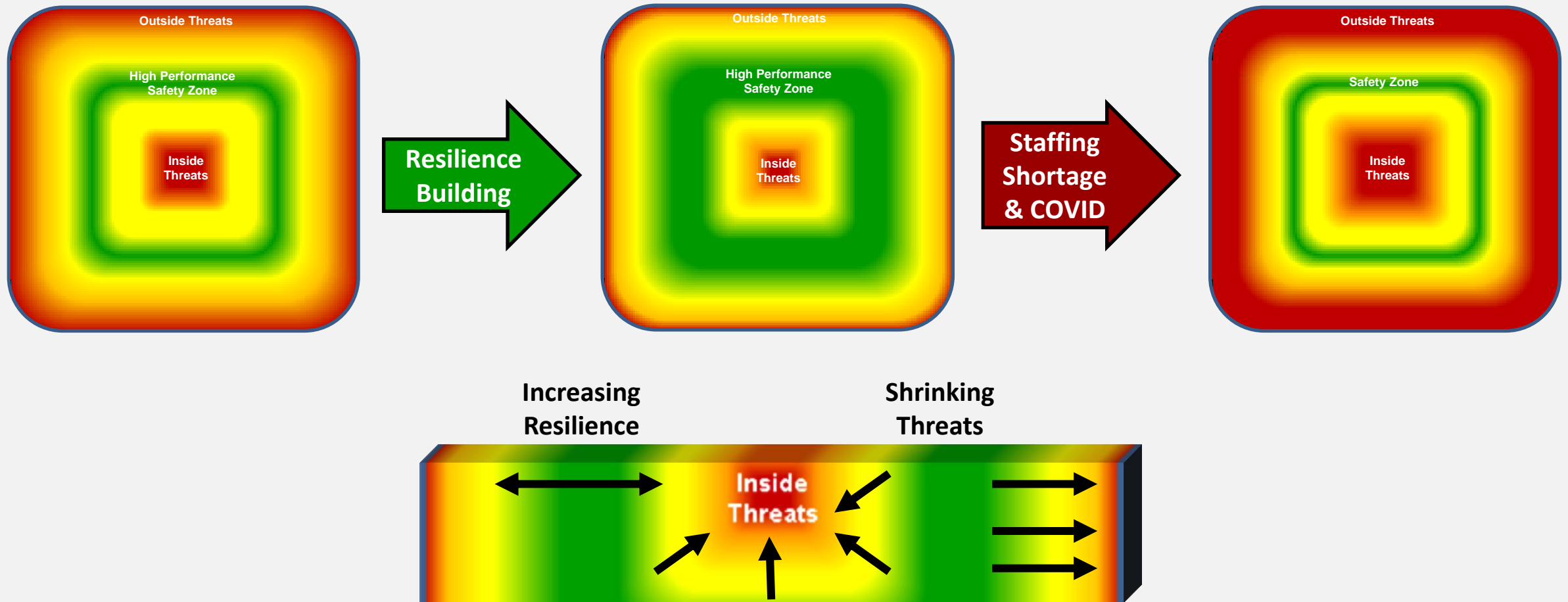
Turn the Science into Safety™

Safer Gatherings

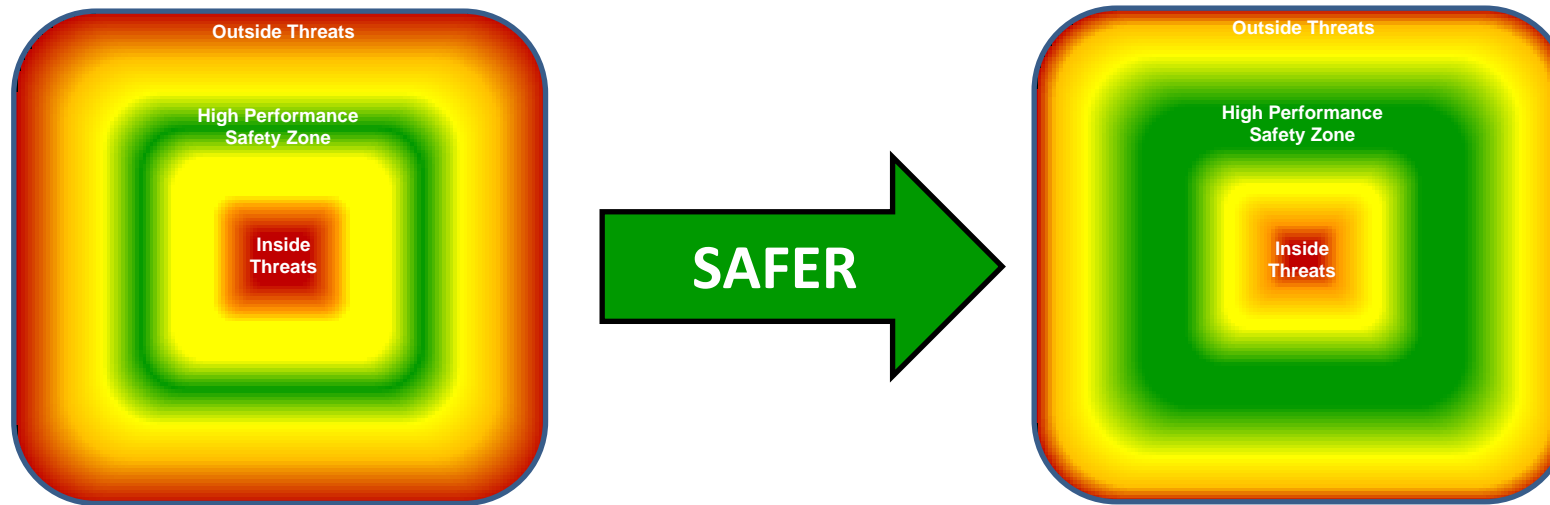


- Focus on SAFER not Safe
- Understand Threats, Vulnerabilities, and Risk
- The Goal: Reduce Vulnerabilities to Threats

Inside & Outside Threats and Resilience Building

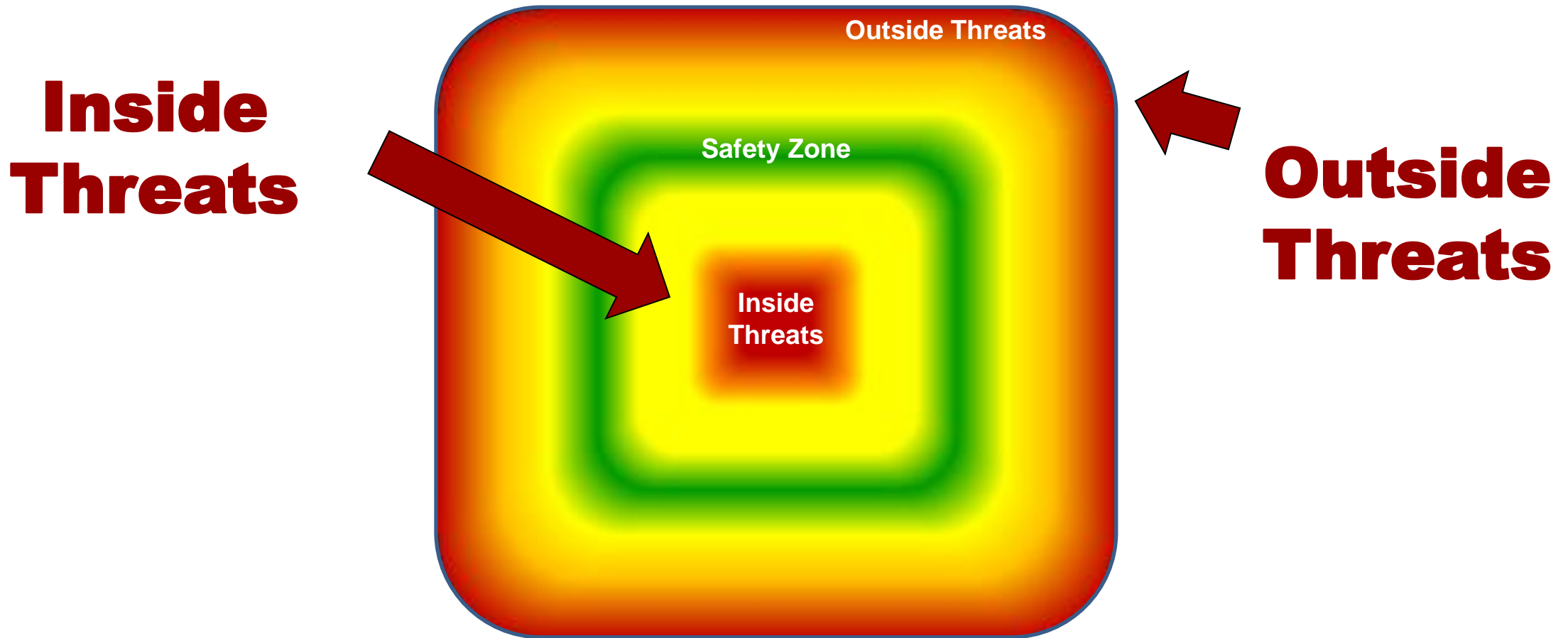


Threats x Vulnerabilities = Risk



**Reduce Vulnerabilities to Threats
Reduces Risk**

Inside Threats & Outside Threats

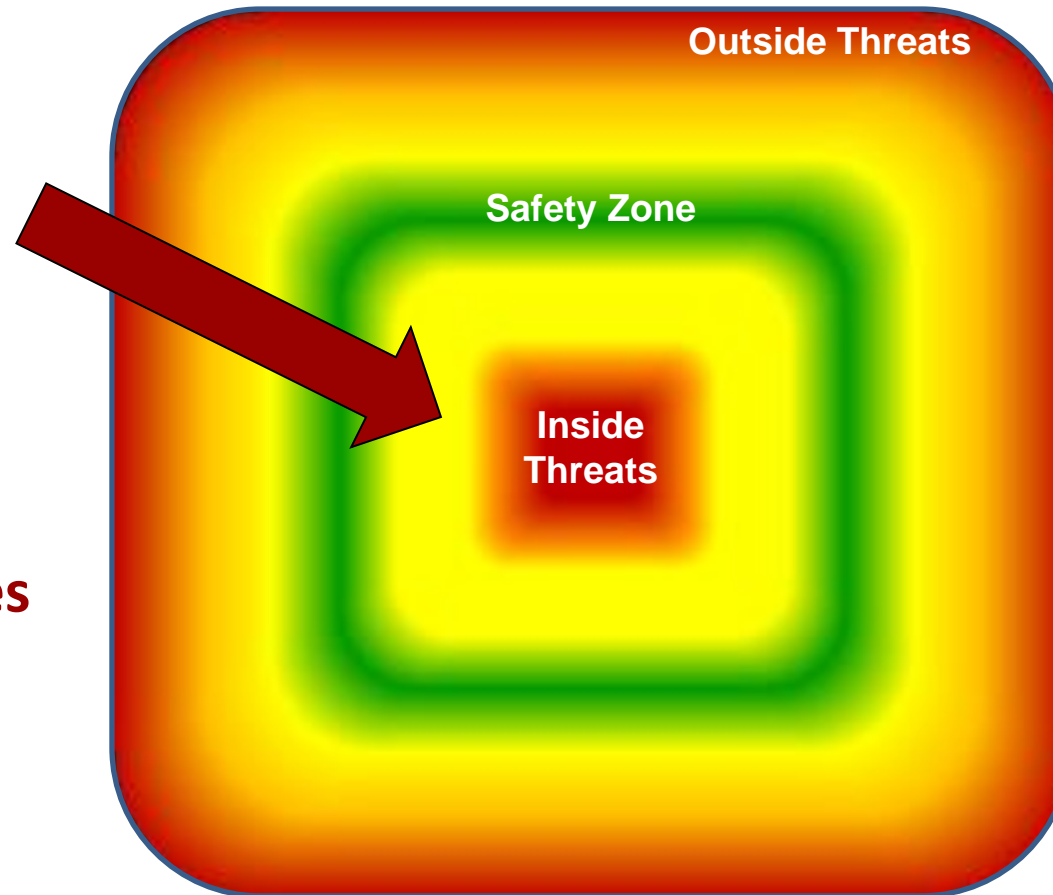


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Inside Threats & Outside Threats

Inside Threats

- Vaccination Status
- Underlying Medical Conditions
- Unique Vulnerabilities

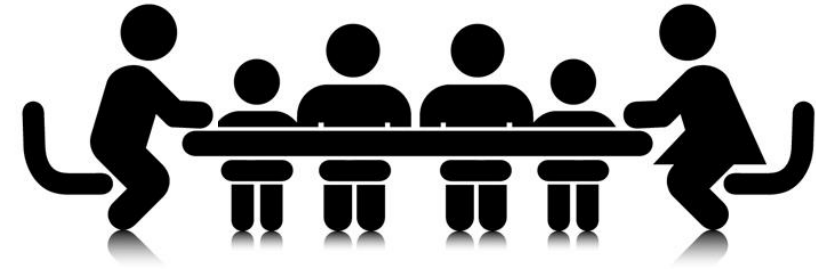


Outside Threats

- Community Immunity
- Community Infection Rate at Gathering Site
- Threats Onsite

© Denham

Safer Gatherings



- Consider Rapid Antigen Testing
- Design Seating to Reduce Risk
- Separate unvaccinated or travelers from At – Risk people
- Pick best ventilated venues
- Maintain COVID Safe Practices
- Distance, Masks, Hand Washing, and Disinfection Surfaces.

“Don’t Dare Share Air!”

False Negative Test Result



- Riskiest Issue is the “False Negative”
- Test depends on amount if virus present
- A Negative Result is NOT a Guarantee

Family Lifeguard Update for 2022



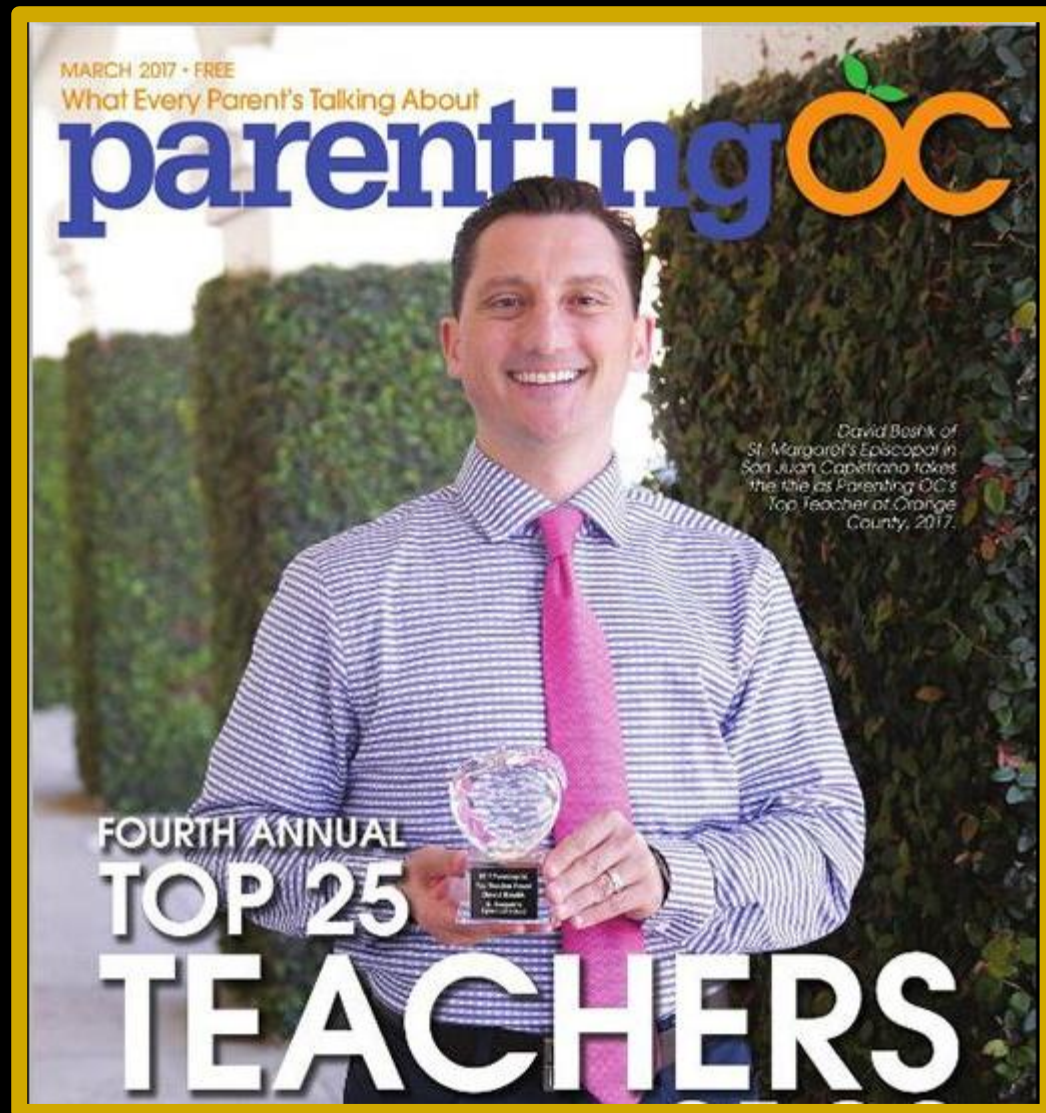
David Beshk

**Award Winning Educator
Med Tac Master Instructor
Eagle Scout Advisor
Merit Badge Counselor**



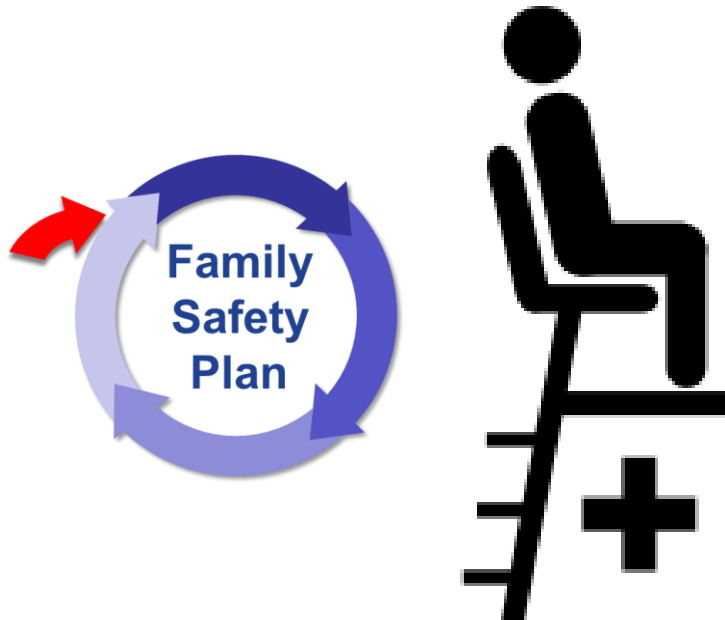
Charles R. Denham III

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



Be Your Family Lifeguard

90% Prevention and 10% Rescue



Family Huddle Checklist

The Goal - Prevent Bubble Trouble

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

Before Event:

- ☐ Consider Rapid Antigen Testing
- ☐ Identify how to Optimize Ventilation
- ☐ Determine how to protect At-Risk Members
- ☐ 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:

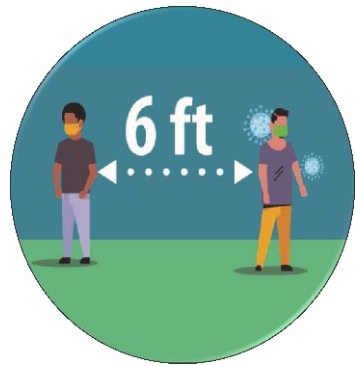
- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

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



Safe Practices



**Social
Distancing**



**Use of
Masks**



**Hand
Washing**



**Disinfecting
Surfaces**

SOURCE: Centers for Disease Control

Holidays, Spring Break, Ski Week, and Vacations



Family Huddle Checklist

The Goal - Prevent Bubble Trouble

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COVID Testing to Navigate Care



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Turn the Science into Safety™

Test to Stay at Work



- Employer Guidelines
- Employer Recommendations
- Employer Rules
- Evaluate Testing Options
- Employee Attestations of Home Test
- Proctored Home Rapid Antigen Tests
- Proctored Home PCR Sampling
- Onsite Rapid Antigen Testing
- Onsite NAAT Testing
- Onsite Sampling for PCR Lab Test

Save the Family...and You Save the Worker

Test to Stay at Work



- Employer Guidelines
- Employer Recommendations
- Employer Rules

Employer Guidelines

- **Recommendations:** Suggestions of safe behaviors.
- **Rules:** Required behaviors of employment.

Test to Stay at Work



- Employer Guidelines
- Employer Recommendations
- Employer Rules

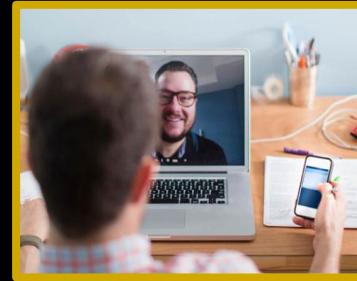
Employers Must Address

- Unvaccinated
- Not “up to date” on Boosters
- Medical Exemptions
- Religious Exemptions

Test to Stay at Work



- Employer Guidelines
- Employer Recommendations
- Employer Rules
- Evaluate Testing Options



Employers Guidelines: Recommendations & Rules

- **Self Attested Tests**
- **Tele-Proctor Tests**
- **On-site Rapid Tests**
- **On-site Sampling
Laboratory PCR Tests**

Self Attested Rapid Antigen Test



Employers Guidelines: Recommendations & Rules

- Self Attested Tests
- Tele-Proctor Tests
- On-site Rapid Tests
- On-site Sampling
Laboratory PCR Tests

Remote Telemedicine Proctoring



Employers Guidelines: Recommendations & Rules

- Self Attested Tests
- Tele-Proctor Tests
- On-site Rapid Tests
- On-site Sampling
Laboratory PCR Tests

Onsite Testing with Observer



Employers Guidelines: Recommendations & Rules

- Self Attested Tests
- Tele-Proctor Tests
- On-site Rapid Tests
- On-site Sampling
Laboratory PCR Tests

Onsite Sample for PCR Lab Test



1,000 Worker Study

The 5 R's of Safety



HEAD



HEART



HANDS



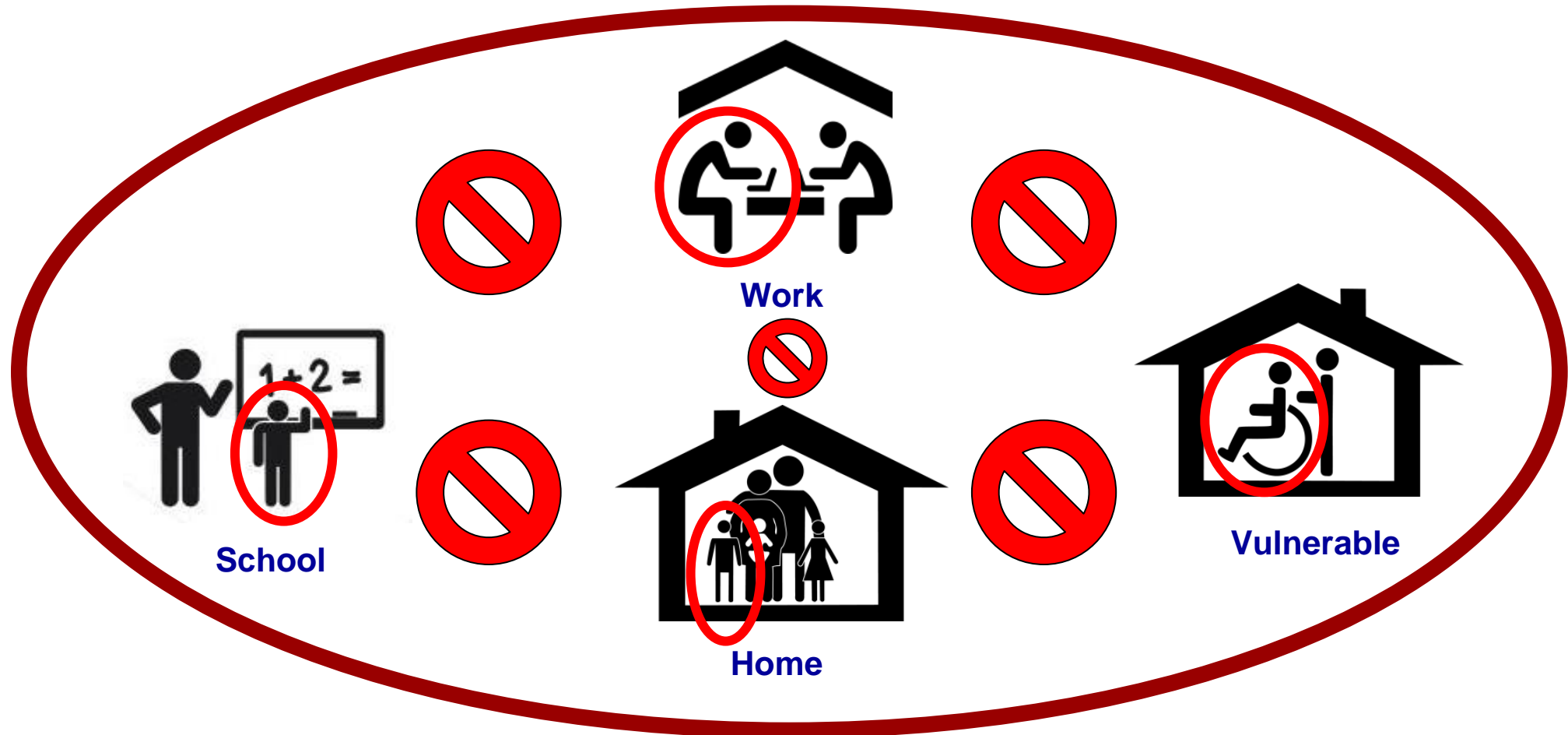
VOICE

CareUniversity © C Denham 2020 Med Tac Bystander Rescue Care



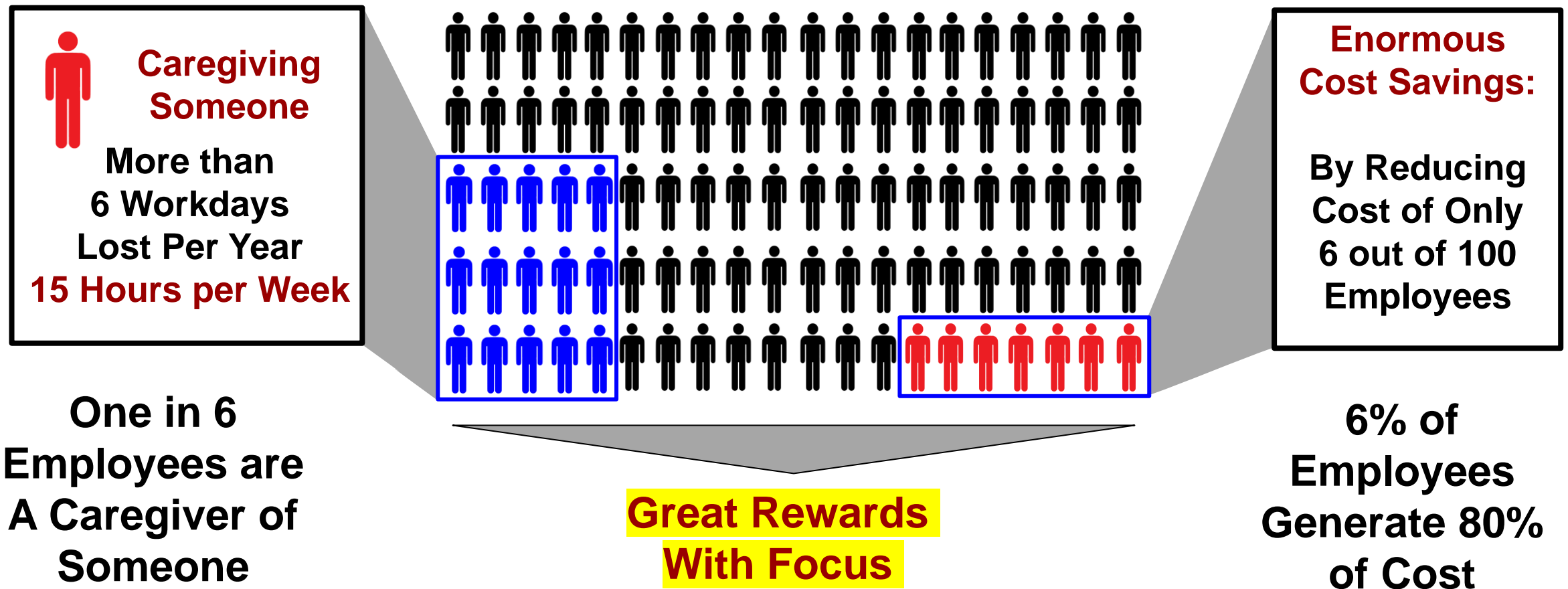
Break Household Transmission Chains

Save the Worker



Care Burden of Employees

Great Rewards with At Risk Care



Turn **Science** into **Safety**

- **Business Disruption**
- **Absenteeism**
- **Presenteeism**
- **Cost of Turnover**
- **Healthcare Costs**
- **Liability**

- **Employee Retention**
- **Employee Engagement**
- **Rapid Rebound**
- **Customer Safety**
- **Customer Satisfaction**
- **Competitive Advantage**

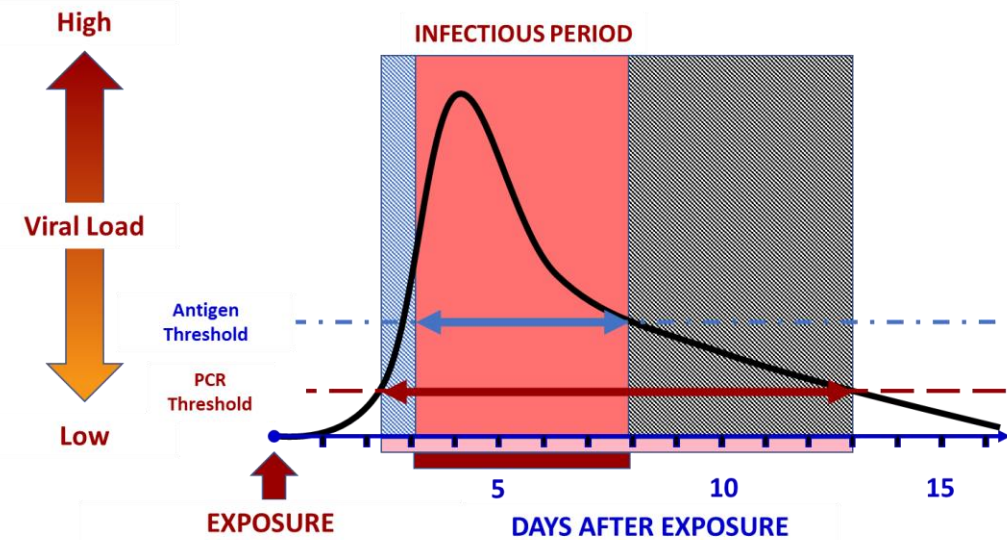
The Value of Testing



Single Test = Only a Snapshot in Time



PCR and Antigen Tests



Four Issues:

- Performance Accuracy
- Serial Antigen Tests
- Availability of Tests
- Delay of Test Results

 **CIDRAP** Center for Infectious Disease Research and Policy  **UNIVERSITY OF MINNESOTA**

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[TRENDING TOPICS](#) [COVID-19](#) [Antimicrobial Stewardship](#) [Flu Vaccines Roadmap](#) [Chronic Wasting Disease](#)

Episode 85: Smart Testing in the Omicron Surge



Serial Rapid Antigen Tests INCREASE Value



- Serial Rapid Antigen Tests Increase Value
- Perform per Manufacturers Recommendations
- Tests performed 24-48 hours apart
- Use PCR Laboratory Test as “Tie Breaker”

Unavailability of Testing Disruptive



- Surges cause a “run on retail home test availability”.
- Access to proctored telemedicine appointment delays.
- Delays in healthcare provider PCR appointments.
- Unavailability of testing increases risk to population.

Delay in PCR Test Results



- Surges delay laboratory PCR test results.
- Exposure to virus can occur to Test Negative people while awaiting results.
- Test Positive people can infect others while awaiting test results.
- Value of PCR tests drop precipitously with delay in test results.

Employer Recommendations

COVID Safe Practices



**Social
Distancing**



**Use of
Masks**



**Hand
Washing**

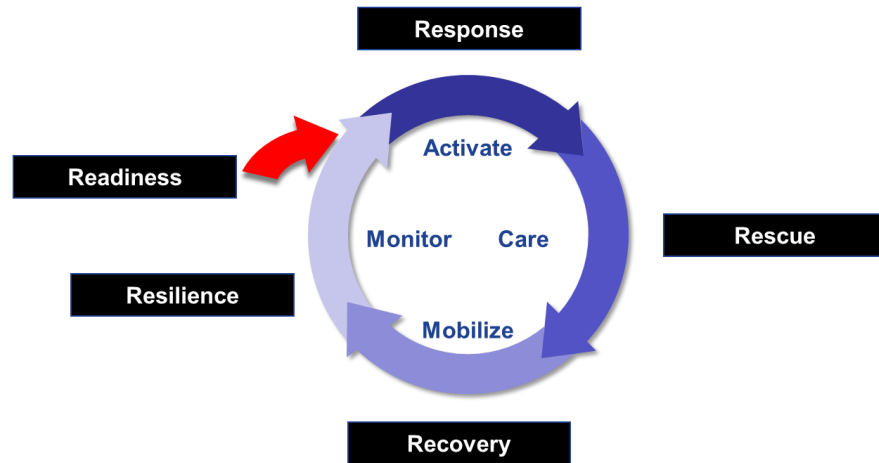


**Disinfecting
Surfaces**

Aerosol Risk



Family Health Safety & Organization Security Plans™



The Family CFO: Chief Family Officer



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

The Value of Testing



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COVID Testing to Navigate Care

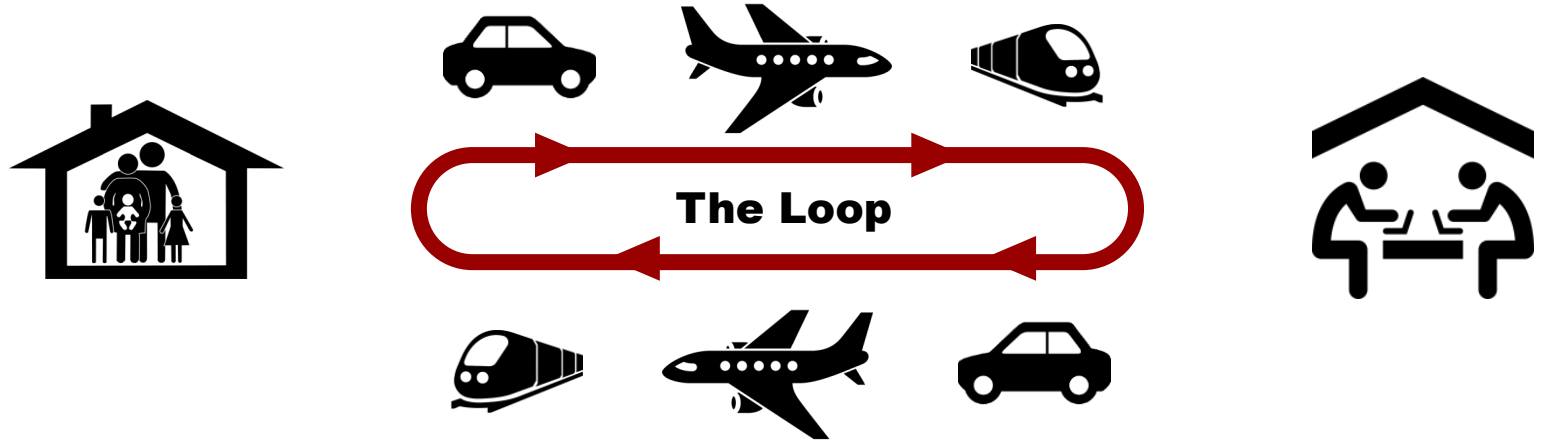


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Turn the Science into Safety™

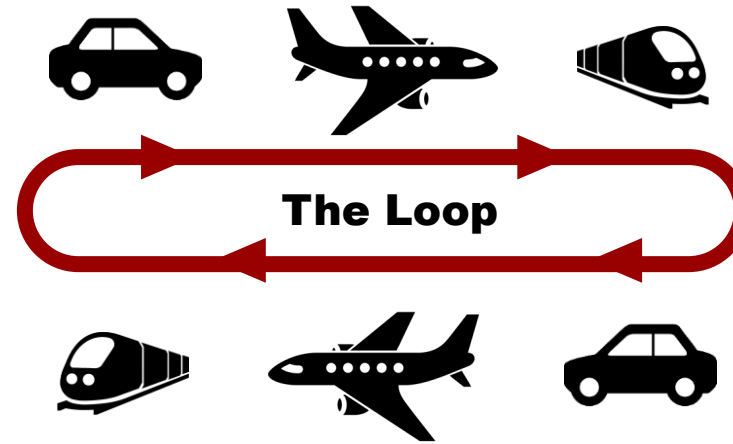
Test to Travel Safer



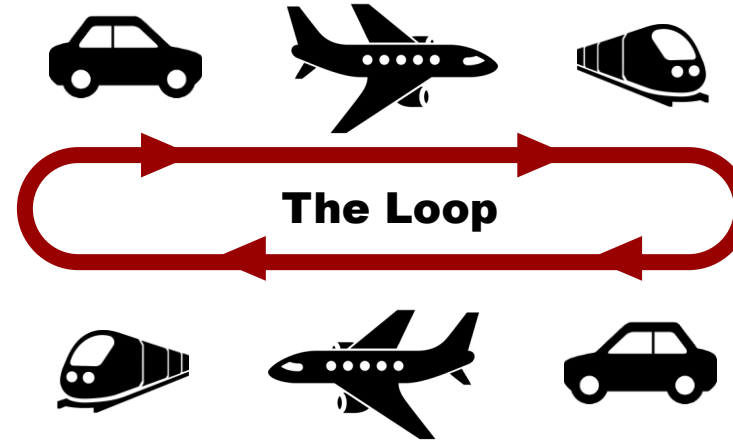
- Assess Threats, Vulnerabilities and Risks
- Test Before Departure
- Maintain Safe Practices in Cars
- Practice Airport & Boarding Safety
- Practice Enroute Safety
- Repeat Airport Safety Practices
- Repeat Safe Practices in Cars
- Test Before Meeting
- Repeat Processes Going Home
- Test Upon Return Home

Save the Family...and You Save the Worker

Test to Travel Safer



Test to Travel Safer



Pre-trip Recommendations: Rapid Antigen or PCR Test



Reduce Vulnerabilities Along the Travel Loop

Home



At Airport



Boarding



On Plane



At Meeting



Travel to Meeting



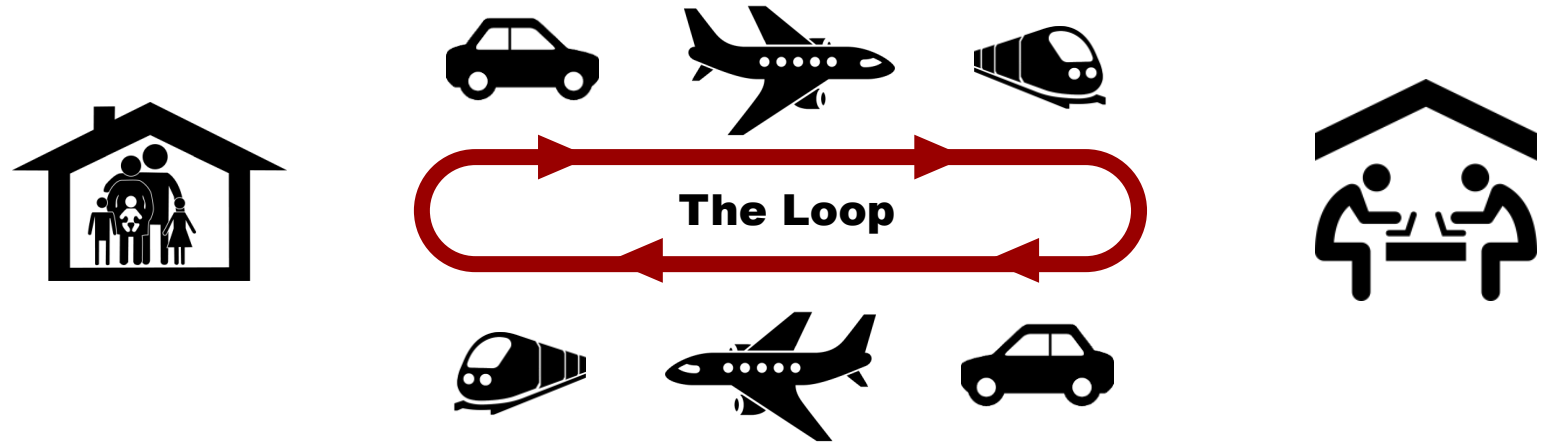
At Airport



Deplaning



Test to Travel Safer

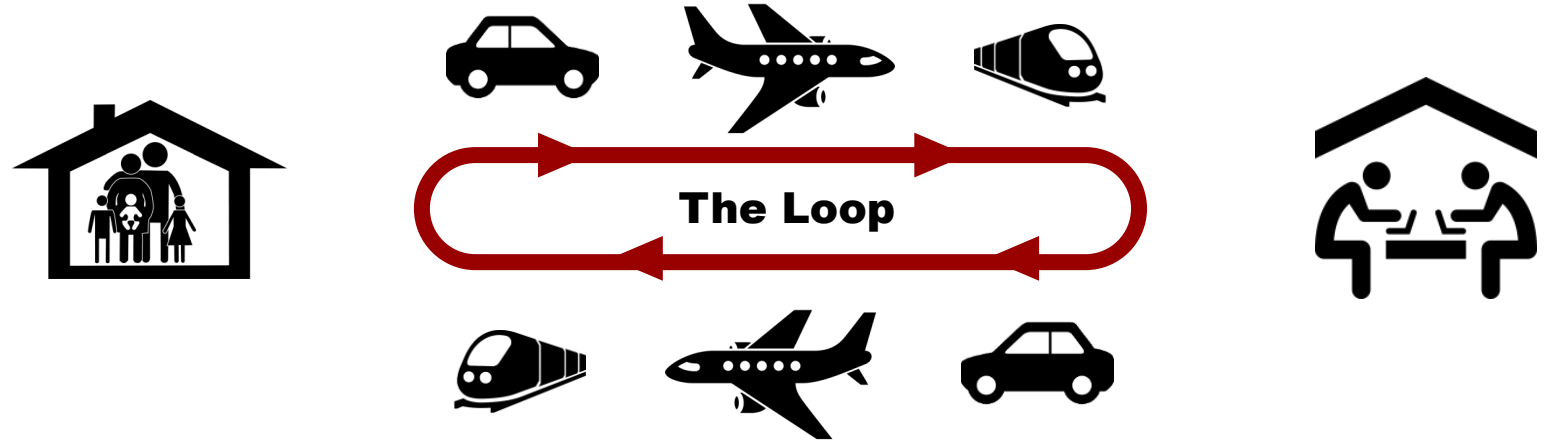


“There is one population which is clearly the highest risk for spreading the virus and those are people who are known to be infected”.

Michael Mina MD PhD

CNN

Test to Travel Safer

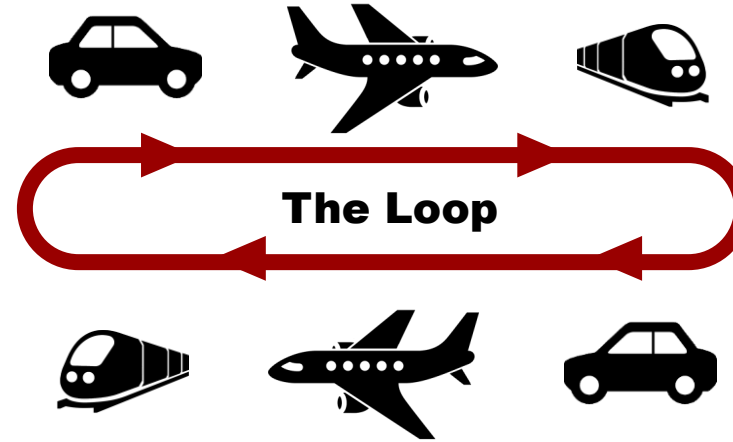


“A test will not protect you from getting infected. A test will protect you from from infecting other people”.

Michael Mina MD PhD

New York Times

Test to Travel Safer



COVID-19



MENU >

COVID-19 Testing Requirement for International Travel to the United States

CDC amended its October 25, 2021 [Order](#), titled, “Requirement for Proof of Negative COVID-19 Test or Recovery from COVID-19 for All Air Passengers Arriving in the United States.” This amendment updates COVID-19 testing requirements for air passengers 2 years or older boarding a flight to the United States.

All air passengers 2 years or older with a flight departing to the US from a foreign country at or after **12:01am EST (5:01am GMT) on December 6, 2021**, are required show a negative COVID-19 viral test result taken no more than 1 day before travel, or documentation of having recovered from COVID-19 in the past 90 days, before they board their flight.

- Air passengers will also be required to confirm in the form of an attestation that the information they present is true.

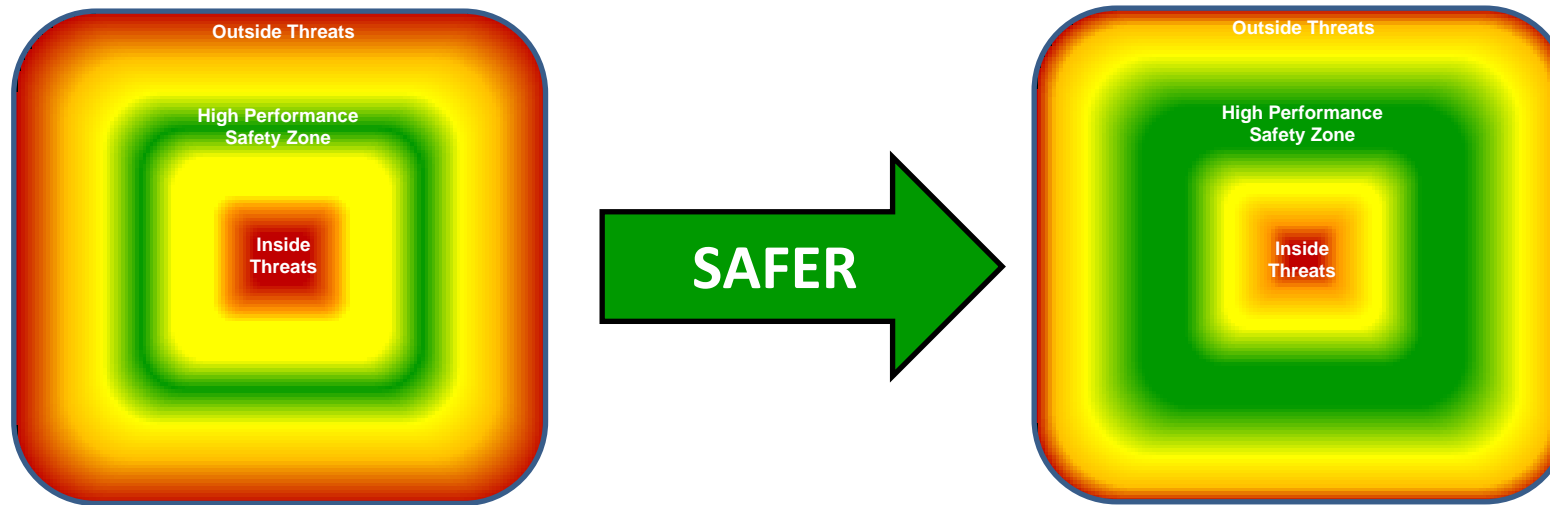
For the full list of requirements and exemptions, please review the language in the [Order](#).

International travel poses additional risks and even fully vaccinated travelers are at increased risk for getting and possibly spreading new COVID-19 variants.

CDC recommends delaying international travel until you are fully vaccinated.

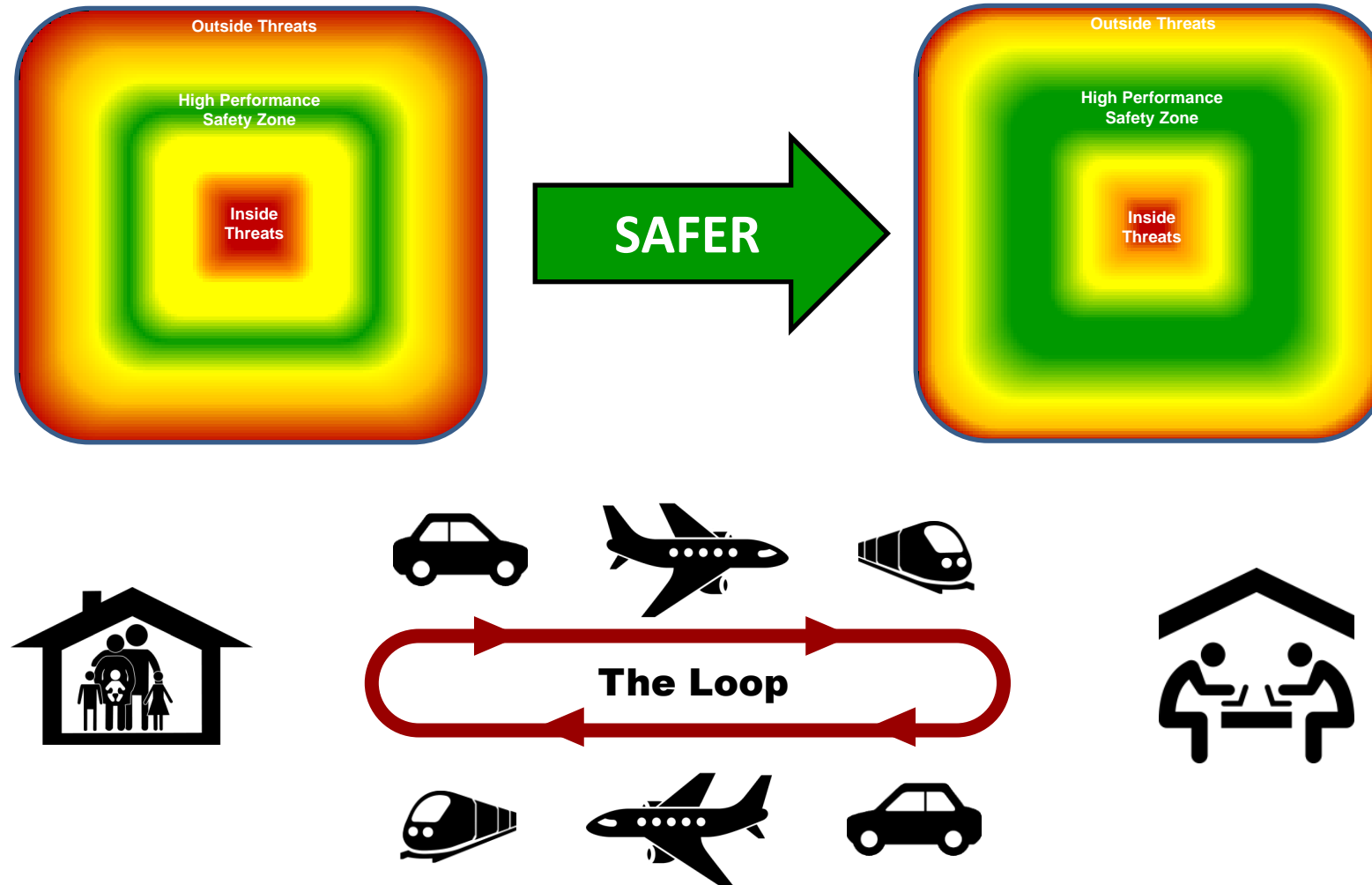
- [Requirement for Proof of COVID-19 Vaccination For Air Passengers](#)
- [Travel Assessment](#)
- [International Travel Information for U.S. Citizens, U.S. Nationals, Lawful Permanent Residents and Immigrants](#)
- [Non-U.S. citizen, Non-U.S. immigrants: Air Travel to the United States](#)

Threats x Vulnerabilities = Risk



**Reduce Vulnerabilities to Threats
Reduces Risk**

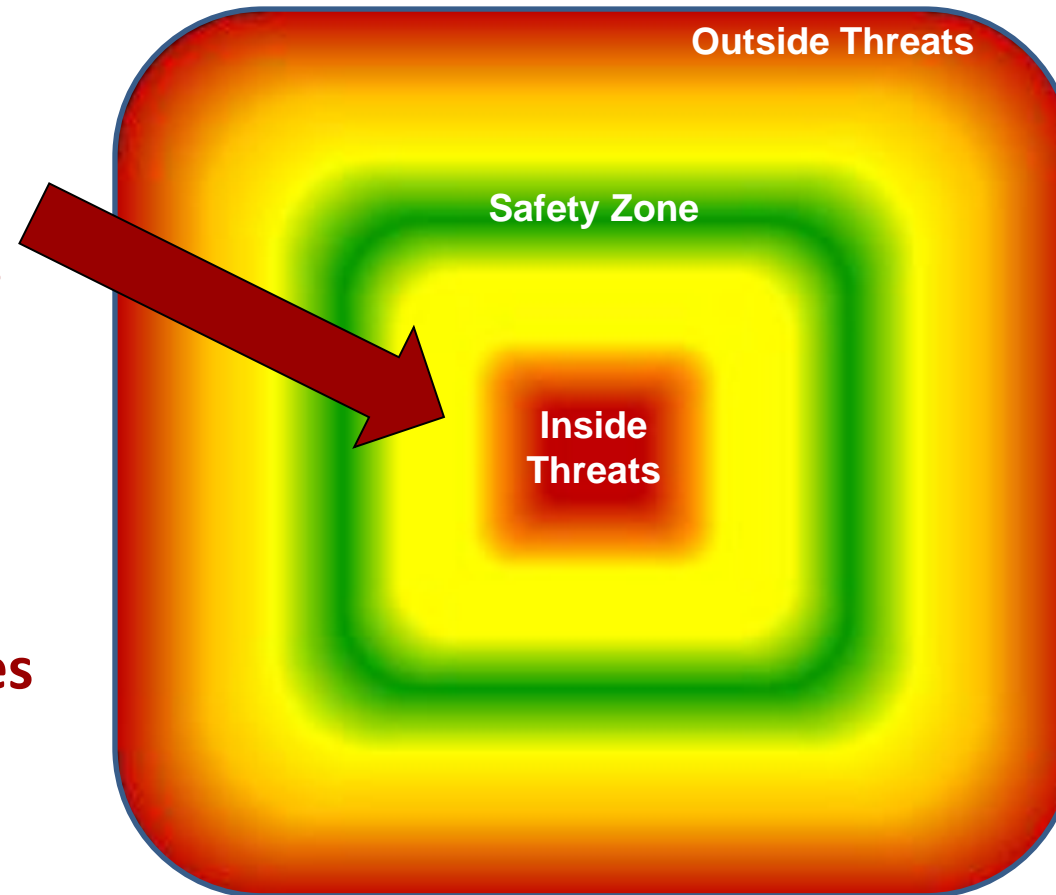
Reduce Vulnerabilities Along the Travel Loop



Inside Threats & Outside Threats on Trip

Inside Threats

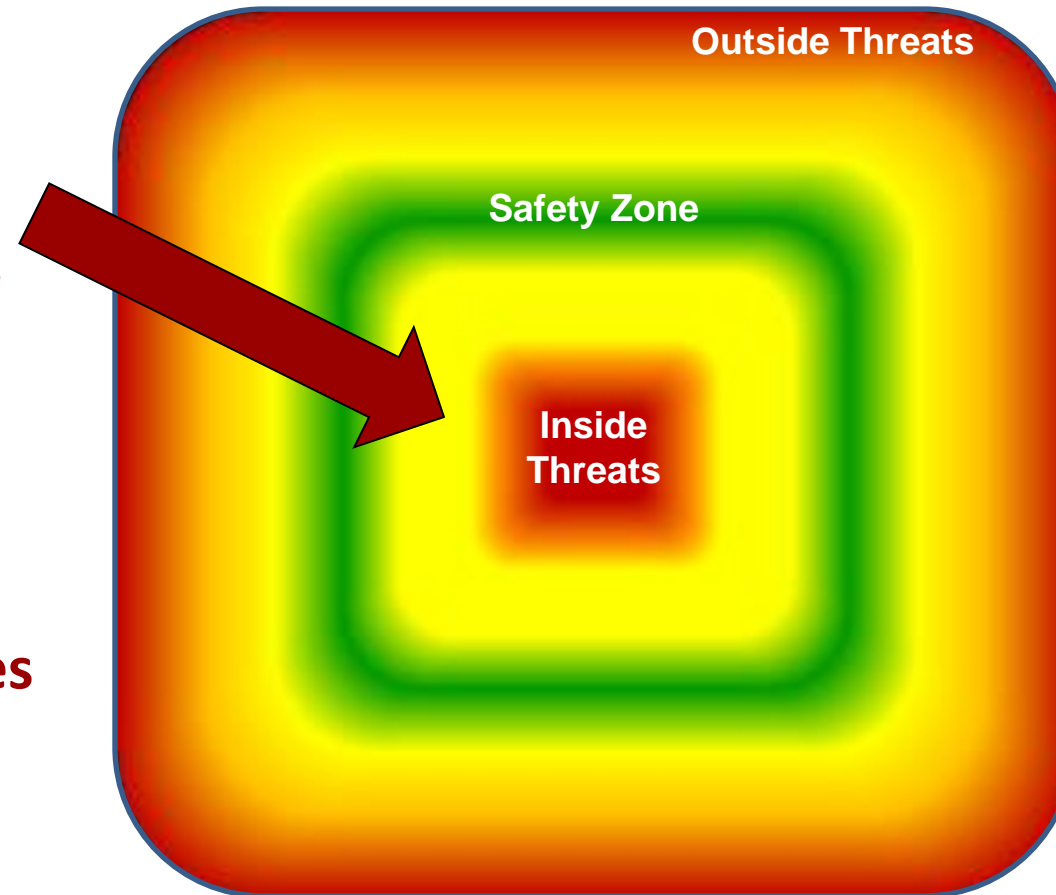
- Vaccination Status of the Travelers.
- Underlying Medical Conditions
- Unique Vulnerabilities of the Travelers



© Denham

Inside Threats & Outside Threats on Trip

- ## Inside Threats
- Vaccination Status of the Travelers.
 - Underlying Medical Conditions
 - Unique Vulnerabilities of the Travelers



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Outside Threats

- Community Immunity in along Travel Route
- Community Infection Rate along Travel Route
- Threats Onsite Meeting or Work Site
- Safe Practices being practiced at the site.

Masks: Filter, Fit, and Finish



N95 Mask

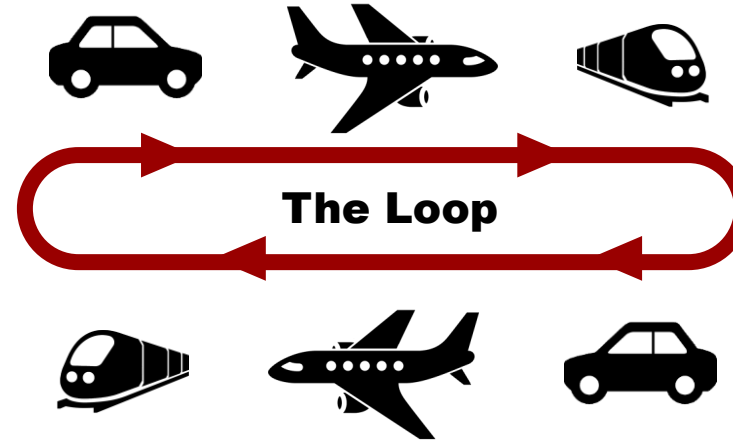


Surgical Mask



Cloth Mask

Test to Travel Safer



- Assess Threats, Vulnerabilities and Risks
- Test Before Departure
- Maintain Safe Practices in Cars
- Practice Airport & Boarding Safety
- Practice Enroute Safety
- Repeat Airport Safety Practices
- Repeat Safe Practices in Cars
- Test Before Meeting
- Repeat Processes Going Home
- Test Upon Return Home

Save the Family...and You Save the Worker

COVID Testing Fraud & Scams

- Test Site Scams
- False Results
- Identity Theft

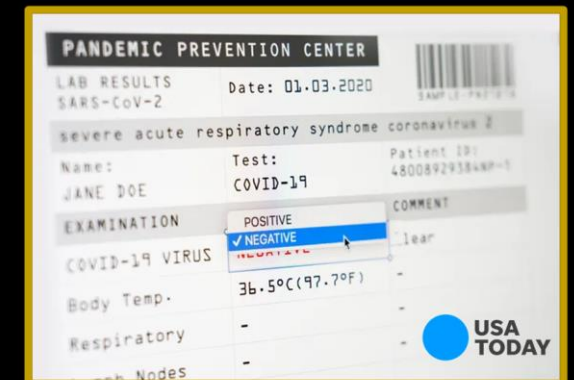
Fraudulent Test Sites



Defrauding Seniors



Travelers Buy Negative Test Results



COVID Testing Fraud & Scams

- **Test Site Scams**
- **False Results**
- **Identity Theft**

Fraudulent Test Sites



PUSH TO CRACKDOWN ON FAKE COVID TESTING SITES

COVID Testing Fraud & Scams

- Test Site Scams
- False Results
- Identity Theft

Travelers Buy Negative Test Results

PANDEMIC PREVENTION CENTER

LAB RESULTS SARS-CoV-2 Date: 01.03.2020

severe acute respiratory syndrome coronavirus 2

Name: JANE DOE Test: COVID-19 Patient ID: 48008929384XP-1

EXAMINATION COVID-19 VIRUS

Body Temp. 36.5°C (97.7°F)

Respiratory -

Lymph Nodes -

COMMENT Clear

USA TODAY

COVID Testing Fraud & Scams

- Test Site Scams
- False Results
- Identity Theft

Defrauding Seniors





U.S. Department of Health and Human Services
Office of Inspector General

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Fraud Alert: COVID-19 Scams

i COVID-19 fraud is rapidly evolving. This page is frequently updated.

Last updated: **January 4, 2022**

1.1K

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).



5 Things About COVID-19 Health Care Fraud

Watch later
Share

Report the Scam

HHS OIG Hotline

[TIPS.HHS.GOV](https://tips.hhs.gov)

[1-800-447-8477](tel:1-800-447-8477)

TTY: [1-800-377-4950](tel:1-800-377-4950)

Federal Trade Commission

[1-877-FTC-HELP](https://www.ftc.gov/help)

Related Information

- [Coronavirus.gov](https://www.coronavirus.gov)
- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- [USA.gov/coronavirus](https://www.usa.gov/coronavirus)
- [DOJ: Report COVID-19 Fraud](#)
- [Senior Medicare Patrol Information on COVID-19 Fraud](#)
- [HHS-OIG COVID-19 Portal](#)

Alert from Health & Human Services

- Fraudulent Tests
- HHS Grants
- Medicare Prescription Cards
- Identity Theft
- Fraudulently Bill Medicare



U.S. Department of Health and Human Services
Office of Inspector General

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Fraud Alert: COVID-19 Scams

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5 THINGS About COVID-19 FRAUD

Report the Scam
HHS OIG Hotline
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[1-800-447-8477](tel:18004478477)
TTY: [1-800-377-4950](tel:18003774950)
Federal Trade Commission
[1-877-FTC-HELP](https://1877-FTC-HELP)

Related Information

- [Coronavirus.gov](https://www.coronavirus.gov)
- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- [USA.gov/coronavirus](https://www.usa.gov/coronavirus)
- [DOJ: Report COVID-19 Fraud](#)
- [Senior Medicare Patrol Information on COVID-19 Fraud](#)
- [HHS-OIG COVID-19 Portal](#)

1

Scammers are out there preying on COVID-19 fears.

2

Scammers can cause harm. They can fraudulently bill federal health care programs or commit identity theft.

3

COVID-19 fraud is rapidly evolving. Be cautious of unsolicited requests for personal information.

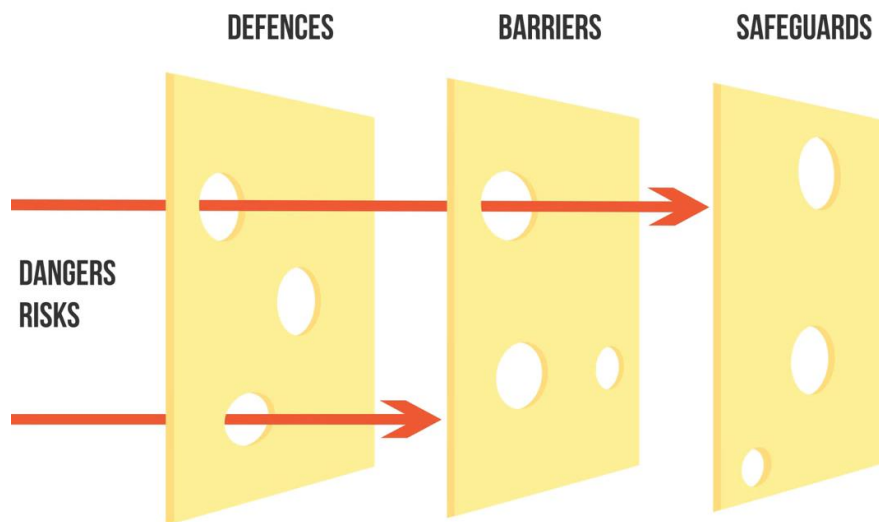
4

Talk to your doctor to get COVID-19 testing or treatments.

5

If you suspect fraud, take action.

SWISS Cheese Model



Professor James Reason

Source: <https://www.youtube.com/watch?v=KND5py-z8yl>

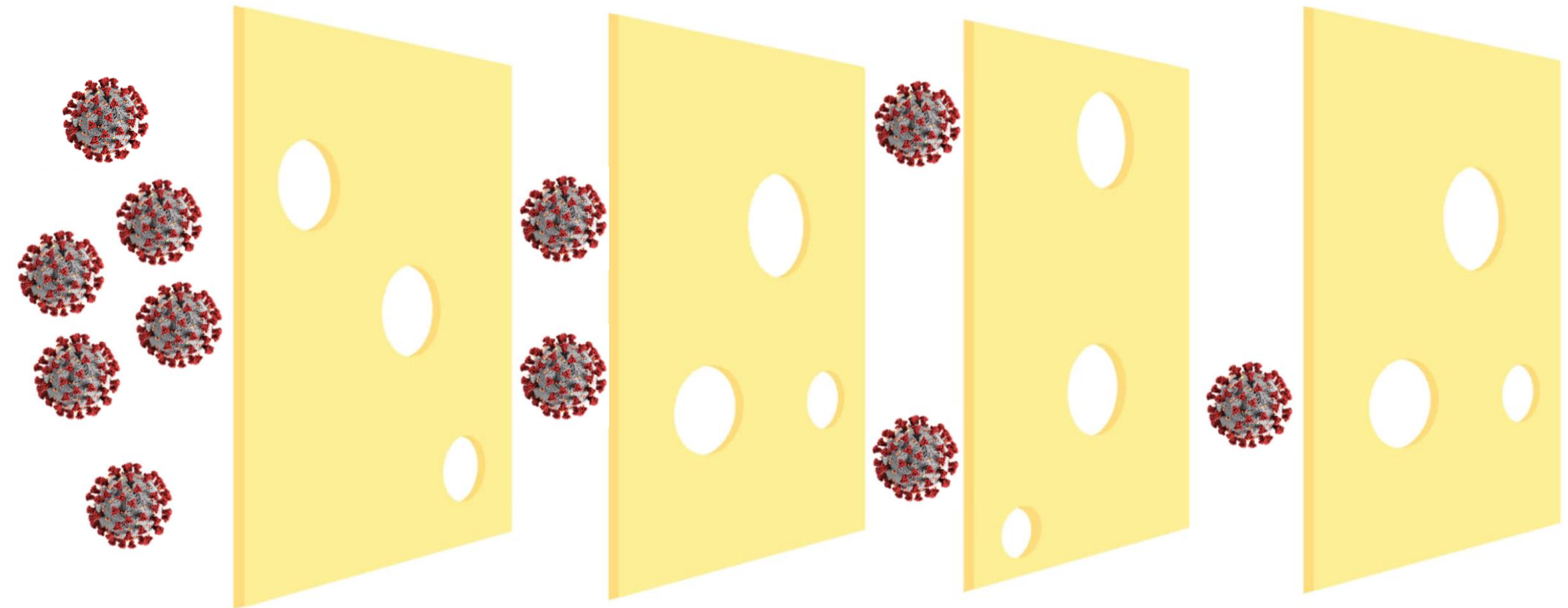
COVID Defense Strategies

Social Distancing

Masks

Ventilation

TESTING



Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



William Adcox



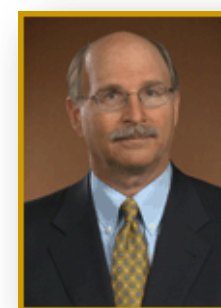
Charlie Denham III



Randy Styner



Heather Foster RN



Dr. C Denham

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**

