

**MED TAC** Global  
**Coronavirus Care Community of Practice**

**Bystander Rescue Care**  
*CareUniversity Series*

## Welcome



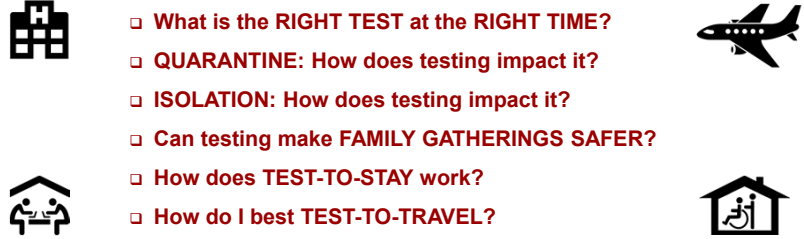
**Charles Denham, MD**  
 Chairman, TMIT Global  
 Founder Med Tac Bystander Rescue Care  
 Med Tac Bystander Rescue Care  
 February 3, 2022  
 CareUniversity Webinar 179

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## COVID Testing to Navigate Care

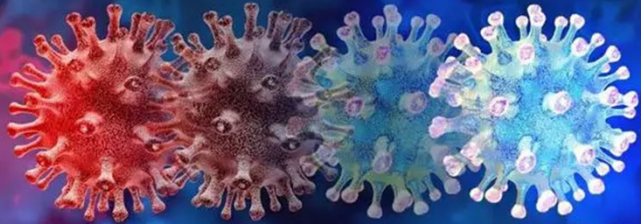
- ❑ VIRAL LOAD – why is it important?
- ❑ What is the RIGHT TEST at the RIGHT TIME?
- ❑ QUARANTINE: How does testing impact it?
- ❑ ISOLATION: How does testing impact it?
- ❑ Can testing make FAMILY GATHERINGS SAFER?
- ❑ How does TEST-TO-STAY work?
- ❑ How do I best TEST-TO-TRAVEL?

*Turn the Science into Safety..*



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## Variant Evolution



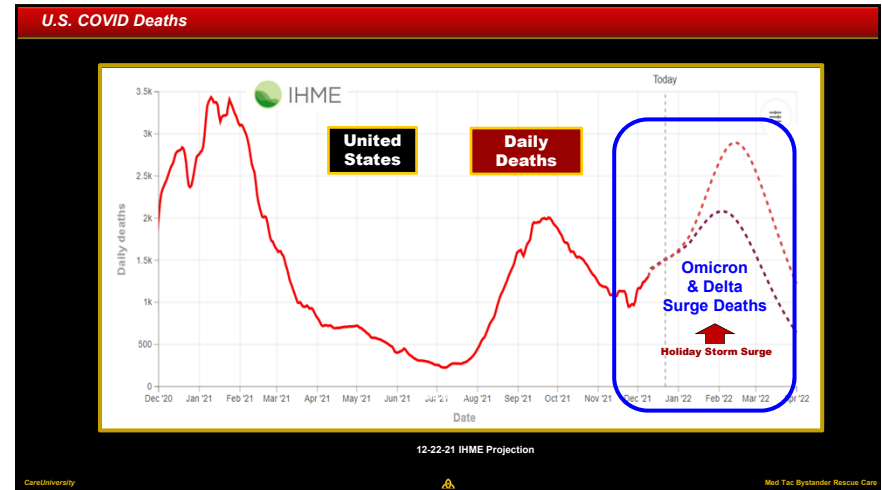
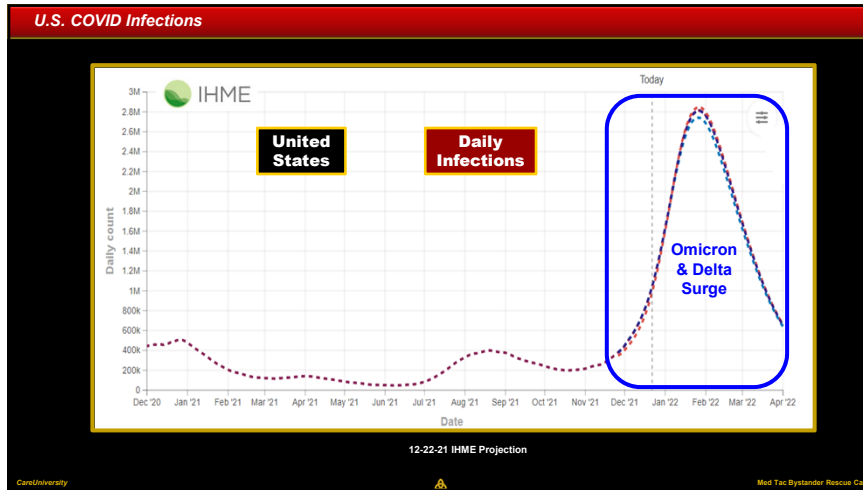
**Alpha    Beta    Delta    Omicron**

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## Testing to Navigate Care



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## 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.**

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

**Our ICARE Values:**  
**Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.**

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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.
- 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.



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**Session Overview**

February 3, 2022

**Testing to Navigate Care Family Survive & Thrive Guide**


**Session Overview**

February 3, 2022

**Session Overview**

February 3, 2022


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



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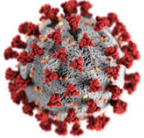
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## Voice of the Patient



**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





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## 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**



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

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.

### 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 los 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.

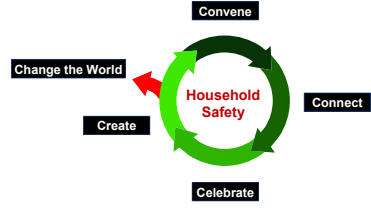
Take the Shot... Save a Life.





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## Coronavirus Care Community of Practice

### February Progress Report









### Coronavirus Care Community of Practice


#### February Progress Report

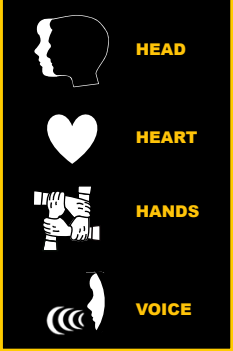



[www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/)

### Survive & Thrive Guide

## 1,000 Worker Study





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### 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.**

**Short Video Topics**

- Masks: Filter, Fit, and Finish
- CLEAN High Content Schedules
- MAKING A FAMILY SAFETY PLAN
- Why PPE, Respirators, and EPPs
- Family Support Program
- Vaccination Encouragement

**SHORT TOPIC:**

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

**SURVIVE & THRIVE 90 MINUTE COURSES:**

- Longer more detailed
- Webinar Recordings
- Technical Information

**Related Resources**

**Care of the At Risk & Seniors at Home**

[www.mediacare.org/coronavirus-response/](http://www.mediacare.org/coronavirus-response/)

### Survive & Thrive Guide™ Program Road Map

<b>Survive &amp; Thrive Guide Series: Coming Home Safety</b> Red Zone, Yellow Zone, Green Zone	<b>Keeping Our Kids Safe</b> LEAD → Family Safety	<b>Creating Your Family Safety Plan</b> Family Safety Plan	<b>Safety Plan Templates for Everyone</b> Safety Plan
<b>Providing Care at Home</b> Home Care	<b>Updating Your Family Safety Plan</b> Update	<b>Emergency Rescue Skills</b> Emergency Rescue Skills and COVID Care	<b>What To Do – They're in the ICU</b> ICU
<b>Vaccines, Variants, and Victory</b> Vaccines	<b>Long Haulers &amp; Severe COVID Recovery</b> PACS, MIS-G, MIS-A	<b>10 Best Practices for Reopening</b> Reopening	<b>The New Normal &amp; The 4 P's</b> Prevention, Protection, Preparedness, Recovery

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### Survive & Thrive Guide™ Program Road Map

<b>Dealing with Delta: The Critical FAQs</b>	<b>Essential Worker Toolbox</b>	<b>Special Care for Special Populations</b> Immunocompromised, Seniors, Our Children	<b>Safer Holidays &amp; Safer Families</b>
<b>Omicron and Back to Work</b> Turn Science into Safety	<b>Bystander Rescue Care &amp; Omicron</b>	<b>Testing to Navigate Care</b>	<b>Public Safety in COVID World</b> Bystander Rescue Care
<b>Fraud in the COVID Ecosystem</b>	<b>COVID Safe Practices Update</b>	<b>1,000 Household COVID Study</b>	<b>Faith-based COVID Leadership</b> Faith... Fight... Finish

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### Youth & Young Adult Team

<b>D Contreras EMT</b> Harvard	<b>Ivy Tran EMT</b> Harvard	<b>Nick Scheel</b> UCSB	<b>Sophia McDowell</b> California Inst. of Arts	<b>Audrey Lam EMT</b> USC	<b>Jacqueline Botz</b> Chapman	<b>Luis Licon</b> UCI Alum	<b>Melanie Rubalcava</b> UCSD
<b>Charlie Denham III</b> High School Lead	<b>Charlie Beall</b> Stanford Alum	<b>Marcus McDowell</b> U of Cincinnati	<b>Jaime Yrastorza</b> UCSD Pre-med	<b>Paul Bhatia EMT</b> UCI Pre-med	<b>D Policichio</b> NYU Film	<b>Manue Lopez</b> Berkeley Alum	<b>Preston Head III</b> UCLA Alum

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**Family Rescue R&D**

**The 5 R's of Safety**

Partners: PRINCETON UNIVERSITY, HARVARD UNIVERSITY, NYU, Tufts UNIVERSITY, Yale, UNIVERSITY OF MICHIGAN, UF UNIVERSITY OF FLORIDA, UCSB, UC San Diego, Berkeley, UCI, UCLA, CHAPMAN UNIVERSITY, USC University of Southern California.

© TMT Global 2021 Med Tac Bystander Rescue Care

**Take the Shot... Save a Life**

## The Vaccination Conversation

Video Tape: < 14 Minutes  
<https://www.medtacglobal.org/student-outreach-program/itsconversation/>

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[www.GlobalPatientSafetyForum.org](http://www.GlobalPatientSafetyForum.org) **Emerging Threats Community of Practice**

**The Healthcare Threat Safety Spectrum**

- Academic Fraud
- Patent Safety
- Workplace Employee Bullying
- Administrative Misconduct
- Cyber & I.P. Theft
- Intangible Threats
- Visible Threats

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
- 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, biological, radiologic, nuclear, and explosive weapons. Also includes intentional acts of terrorism or violence
- Violent Acts Against Leadership where someone is killed, injured, or kidnapped
- Intentional Harm of Patients by caregivers who commit harmful acts against patients with or without devices who do not report such harm
- Unintentional Patient Harm through errors of omission from systems failure identified by mortality reviews both as diagnostic errors
- Failure to Report in pre-hospital, hospital, and post-hospital continuity of care
- Hospital Organization & Flow with overcrowding & boarding/patient waitlist
- Readiness for Emergencies including preparation for testing and vaccine rollout
- Sexual Misconduct including sexual harassment, abuse of power, and 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, medical data systems, and patient information
- Theft of Intellectual Property by insiders, students, or subcontractors
- Sabotage of service, information systems, critical care, and property
- Employee Fraud including misrepresentation of identity or qualifications, safety recalls, failure to report, safety recall, safety issues such as vaccination and testing status, and alteration of truth
- Patent Fraud including misrepresentation of identity, safety recall, safety issues such as vaccination and testing status, and alteration of truth
- Conflict of Interest of staff including caregivers and pharmacists who keep medications for themselves and/or other financial relationships
- Conflict of Interest of Governance including undisclosed financial relationships for involved financial relationships
- Academic Fraud including fabrication, falsification, plagiarism, or dishonest grant documentation including applications and reports
- Deliberation or Under Press to Investigate reporting or false whistleblowing
- Regulatory Compliance Issues including new risk for non-compliance
- Critical Drug and Supply Shortages such as I.V. fluids, medications, and test kits
- Regulatory Compliance Issues including new risk for non-compliance

Med Tac Bystander Rescue Care

**Emerging Threats Community of Practice**

**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.

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- **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.
- **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.
- **Nation State Influence** through academic espionage, financial conflicts of interest, or other means.
- **Patient Fraud** including misrepresentation of identity, safety related issues such as vaccination and testing status, and attestations of truth.
- **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.
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**The Healthcare Threat Safety Spectrum**

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**Readiness for Epidemics including preparedness for testing and volume surges.**

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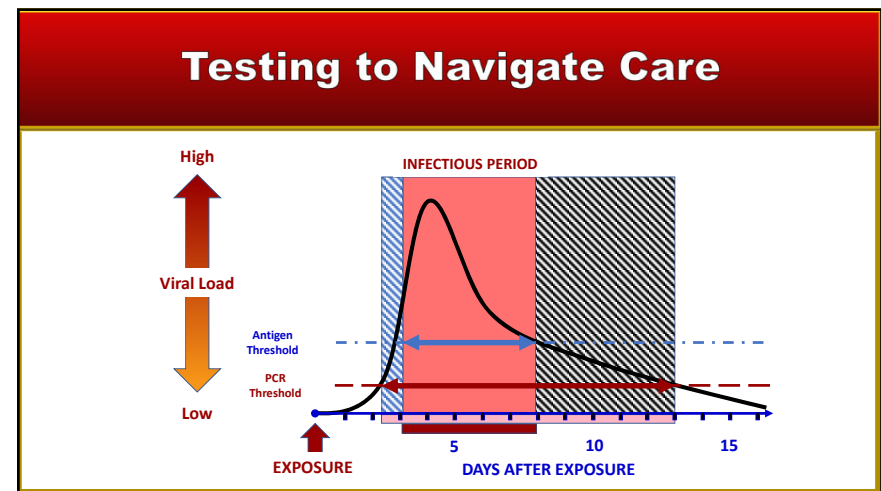
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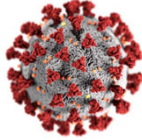


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## An Introduction to COVID Testing





**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





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## 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?
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*Turn the Science into Safety..*

## COVID Testing to Navigate Care






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### The Right Test at the Right Time

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### COVID Testing to Navigate Care

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Turn the Science into Safety.

### Family Lifeguard

## 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:**

- Soak 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

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### Family Lifeguard



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Turn the Science into Safety.

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- ✓ 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 Fraud & Scams

- Test Site Scams
- False Results
- Identity Theft

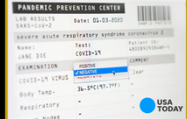
**Fraudulent Test Sites**





**Defrauding Seniors**





**Travelers Buy Negative Test Results**



## COVID Testing to Navigate Care

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



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

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**Omicron Grows**  
**70 Times Faster**  
**in Airways**

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

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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  $\mu\text{m}$  100 10 1 0.1

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

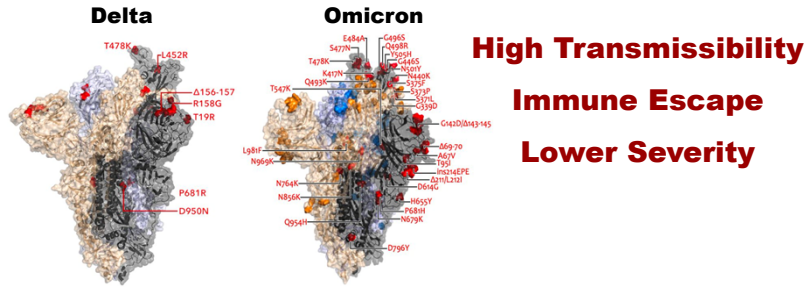
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**Incubation Period**  
**Alpha vs Delta vs Omicron**

Alpha	Delta	Omicron
5 Days	4 Days	3 Days

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### Delta versus Omicron



**High Transmissibility**  
**Immune Escape**  
**Lower Severity**

### HEALTH AND WELLNESS 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



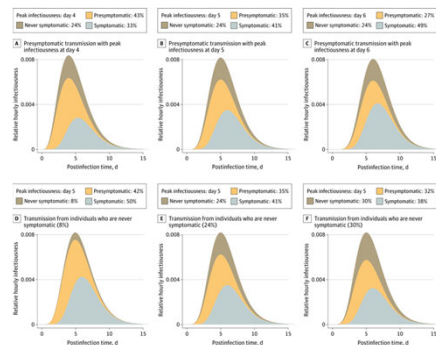
While the PCR is the gold standard for testing, if you can't get one, **two rapid antigen tests spaced 48 hours apart are an acceptable alternative**, says Matthew Binnicker, Ph.D., Medical Director of the Clinical Virology Laboratory at the Mayo Clinic in Rochester, Minnesota.

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 health care 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 tie out contents of the kit. 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 swab with your hands or anything else.
4. Insert the entire soft end of the swab straight back into your nostril. **Do not breathe** into the swab. Breathe normally. Hold the swab in place for 10-15 seconds.
5. Slowly rotate the swab gently, holding it along the rim of your nostril for several times.
6. Gently remove the swab.
7. Using the same swab, repeat steps 4-5 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. As the swab is inserted, the tube should fit with the tube and to hear clear clicking 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 specimen to personnel or follow the instructions for 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.
2. Use the QR code below for more information about self-testing and how-to videos.
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](https://www.cdc.gov/covidtesting)

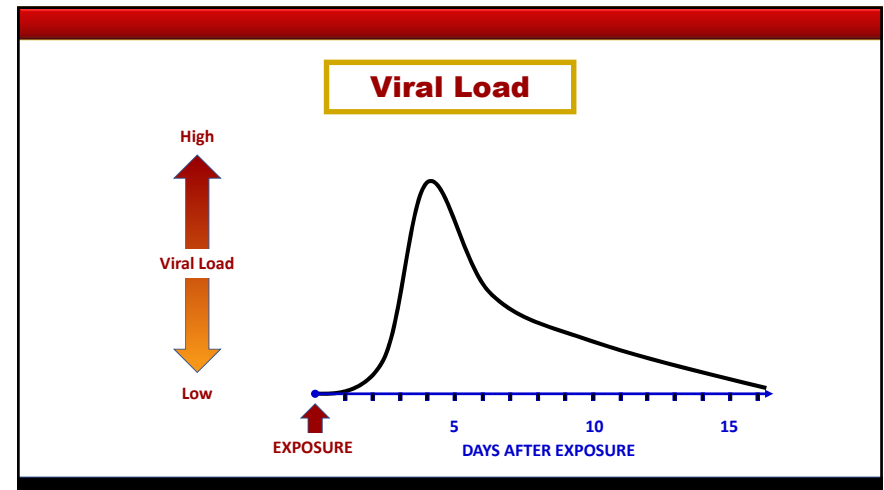
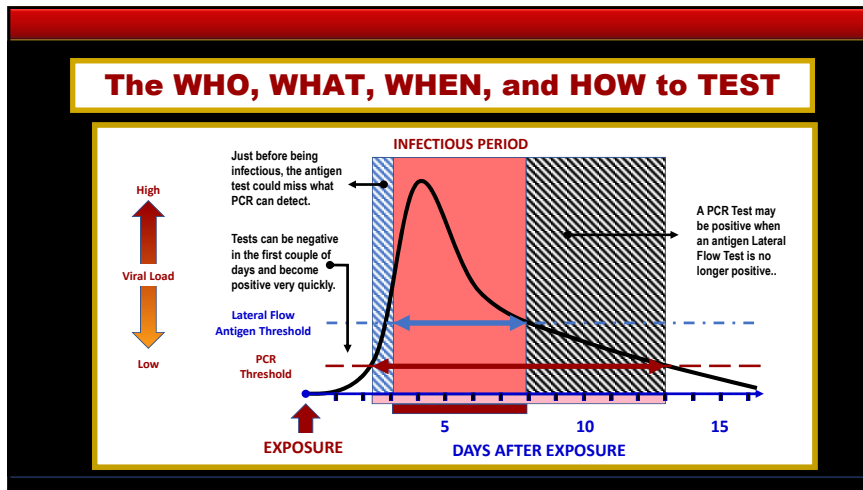
## COVID Testing to Navigate Care

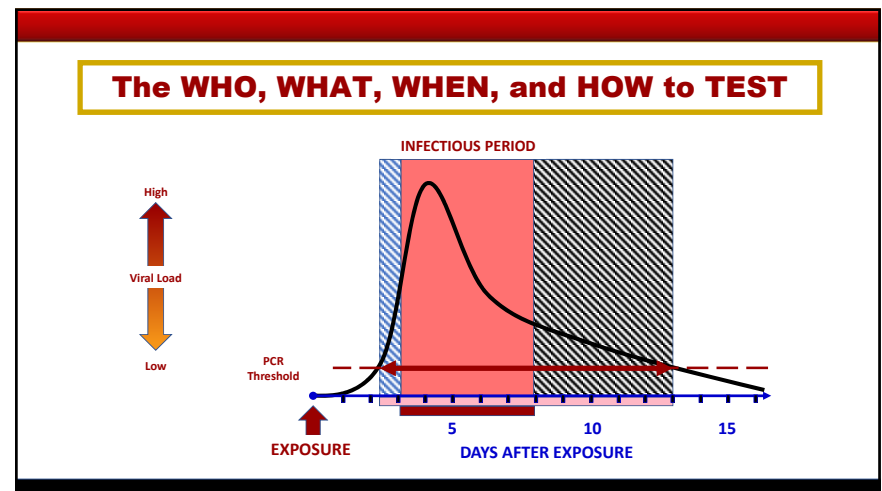
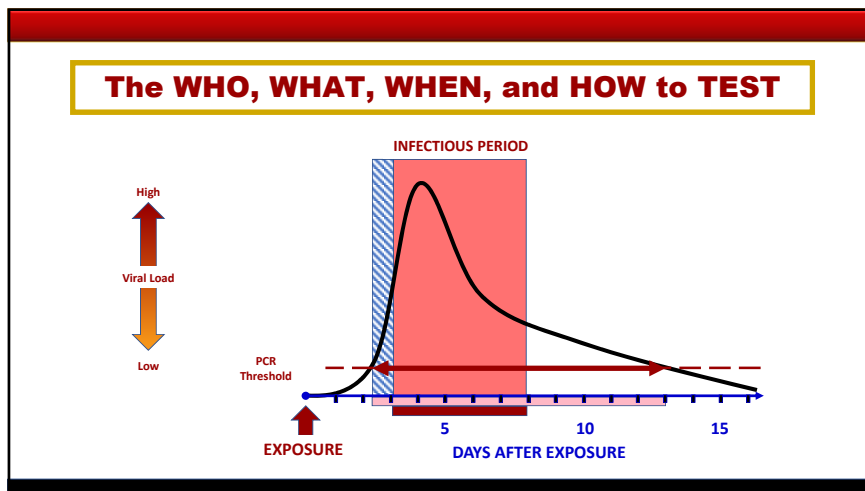
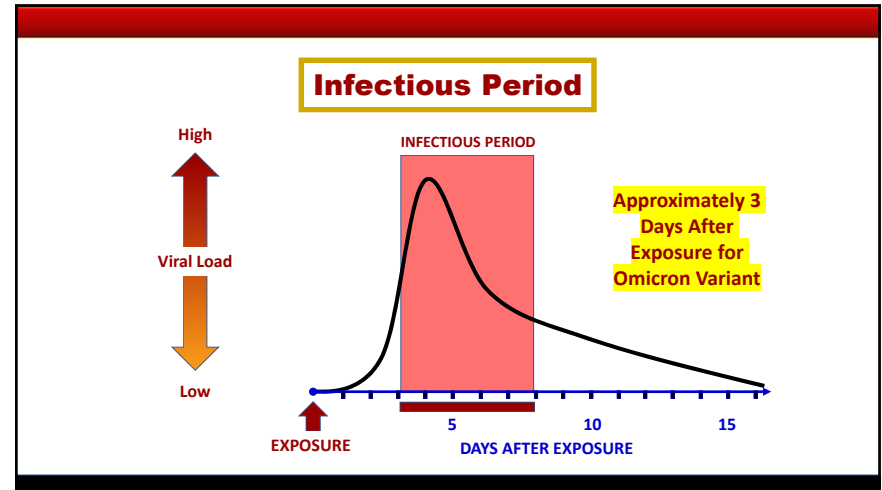
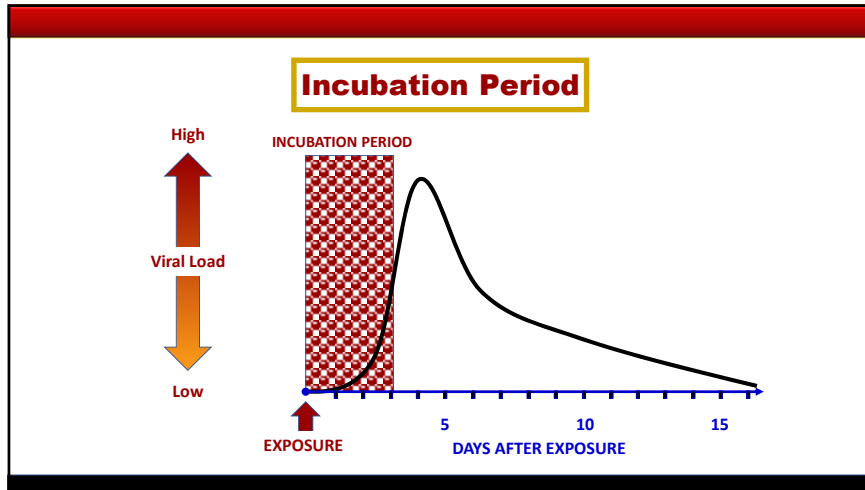



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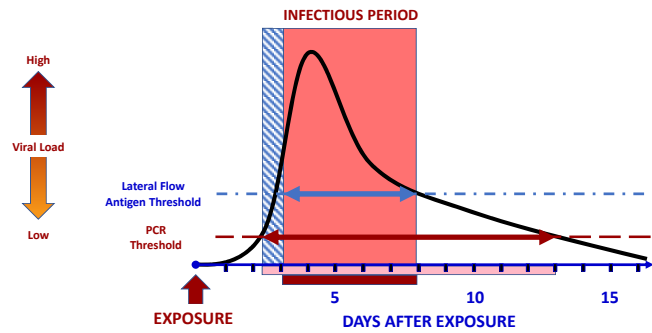



*Turn the Science into Safety..*

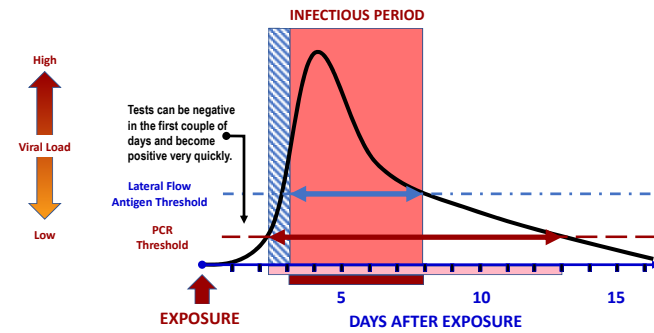




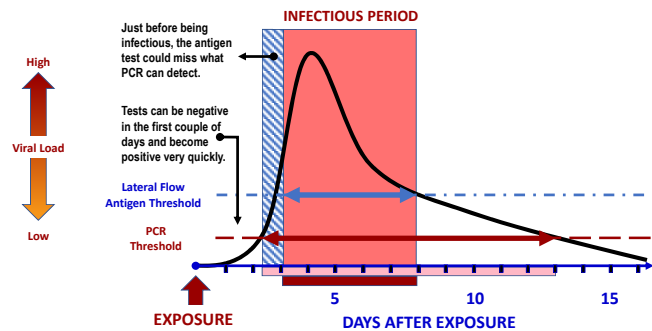
### The WHO, WHAT, WHEN, and HOW to TEST



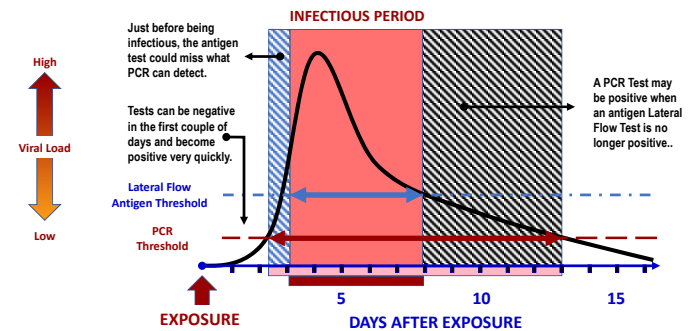
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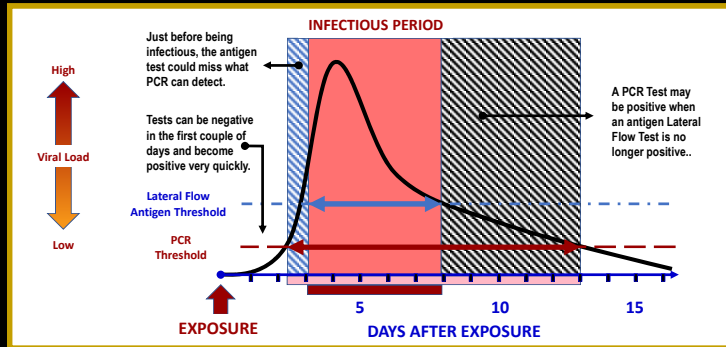


### The WHO, WHAT, WHEN, and HOW to TEST





## 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

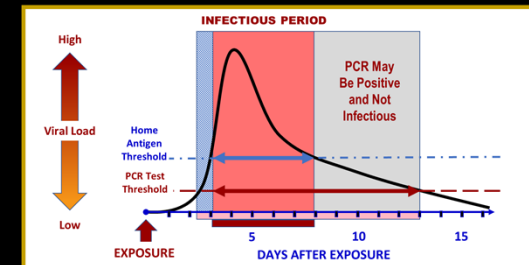


- Inexpensive
- Can be done At Home
- Positive when Infectious
- Risk of False Negative Result

## 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

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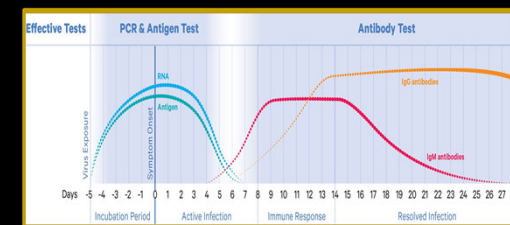
Timing is Critical

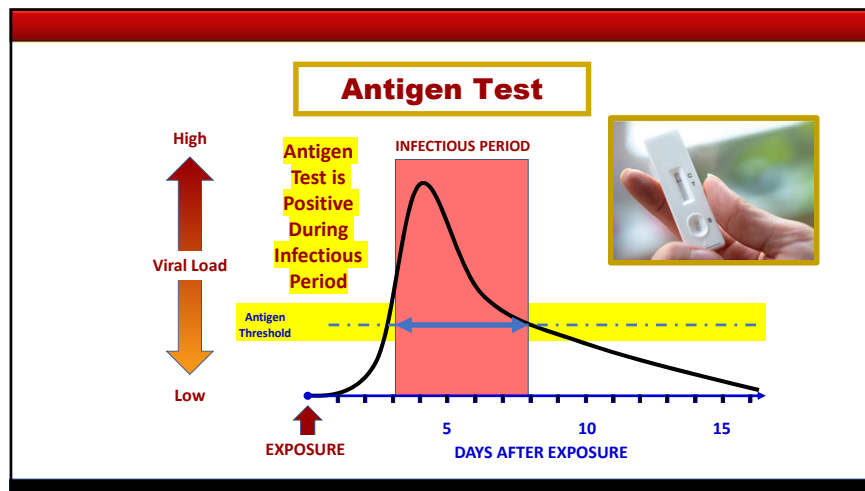
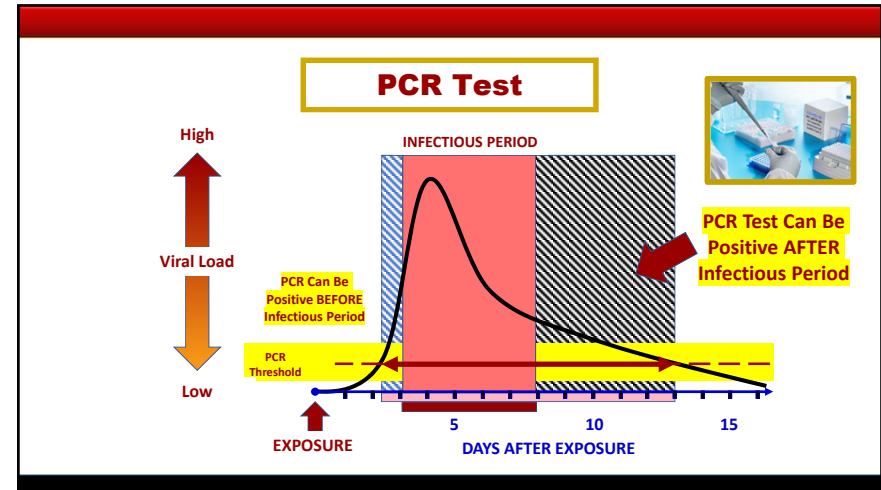
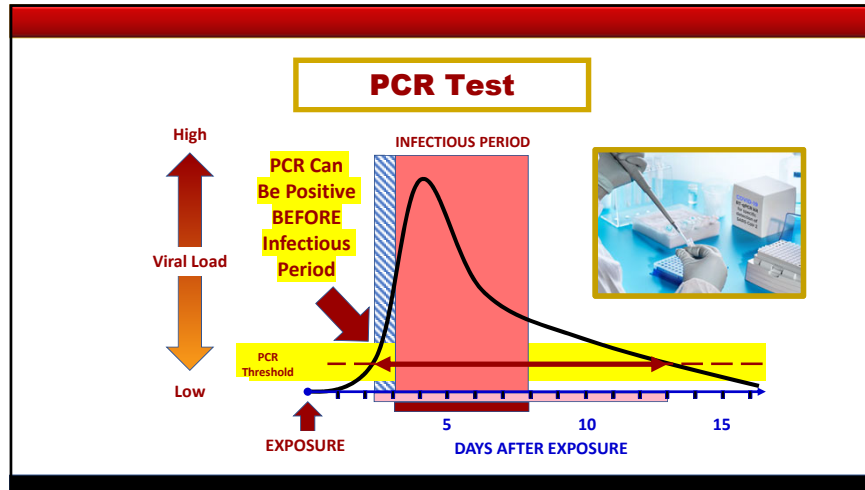


## Types of COVID Tests

- PCR
- Rapid Antigen
- Home NAAT
- Antibody

Timing is Critical





COVID-19
SEARCH MENU >

## 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.

**Self-Testing**

Updated Dec. 29, 2021

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 workers](#) 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.

**COVID-19 Self-testing**

**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.**

**COVID-19 Testing and Isolation**

**Ending Isolation for people who had COVID-19 and had symptoms**

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

**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](#)<sup>1</sup> 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.**

**COVID-19 Testing and Isolation**

**Ending Isolation for people who had COVID-19 and had symptoms**

**Ending Isolation for people who tested positive for COVID-19 but had 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](#)<sup>1</sup> 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.**

COVID-19 Testing and Isolation

Ending isolation for people who had COVID-19 and had 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**<sup>1</sup> towards the end of the 5-day isolation period

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If an individual has access to a test and wants to test, the best approach is to use an **antigen test**<sup>1</sup> towards the end of the 5-day isolation period.

COVID-19

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.**

COVID-19

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.**

CIDRAP University of Minnesota Center for Infectious Disease Research and Policy

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.



## 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?**
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## Quarantine versus Isolation

**SELF  
QUARANTINED**

VIRUS FREE



**CALL or TEXT**



**ISOLATION**


**DO NOT ENTER**

**QUARANTINE**

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

Source: Adapted from CDC Guidelines 12-27-21

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**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.**

Source: Adapted from CDC Guidelines 12-27-21

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## 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

Source: Adapted from CDC Guidelines 12-27-21  
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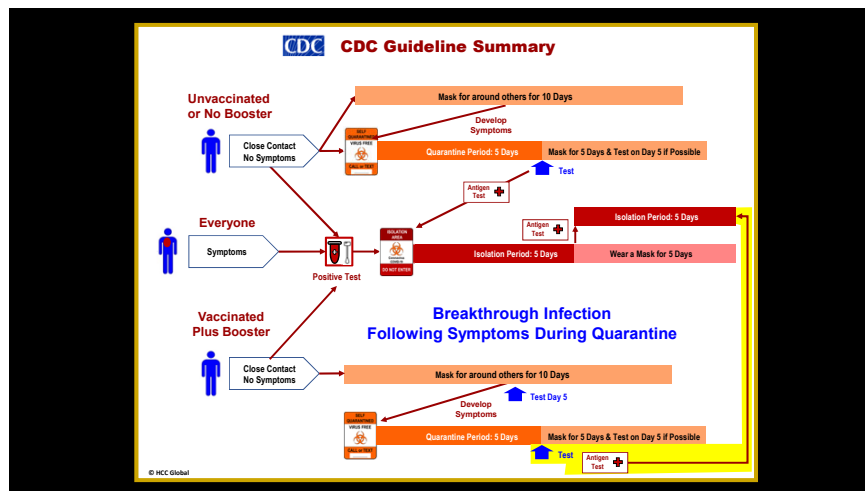


## ISOLATION

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).



Source: Adapted from CDC Guidelines 12-27-21  
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## COVID Testing to Navigate Care

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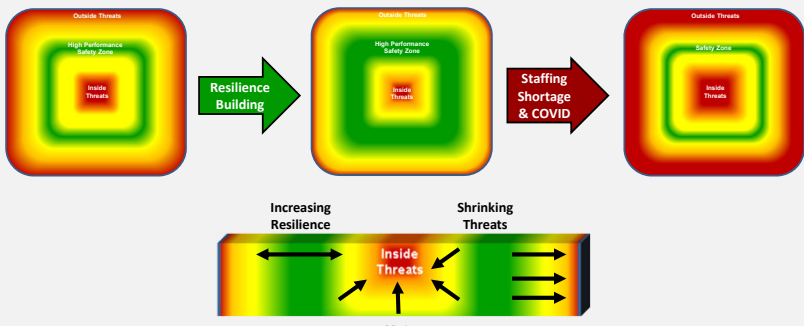
## Safer Gatherings




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

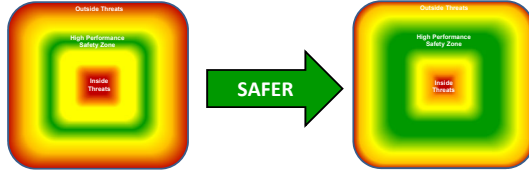
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## Inside & Outside Threats and Resilience Building



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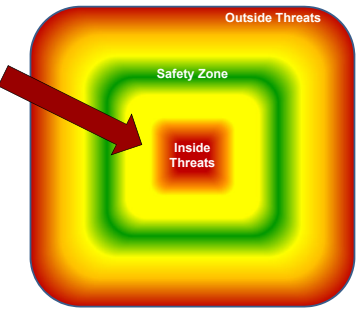
## Threats x Vulnerabilities = Risk



### Reduce Vulnerabilities to Threats Reduces Risk

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## 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
- Pick best ventilated venues
- Design Seating to Reduce Risk
- Maintain COVID Safe Practices
- Separate unvaccinated or travelers from At – Risk people
- 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

**Coronavirus Care  
Community of Practice**

**Bystander Rescue Care  
CareUniversity Series**

## 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



**Family 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

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**Survive & Thrive Guide: Protecting Your Family**

## Safe Practices

**6ft**

**Social Distancing**

**Use of Masks**

**Hand Washing**

**Disinfecting Surfaces**

SOURCE: Centers for Disease Control

CareUniversity © Dentham 2020 Med Tac Bystander Rescue Care

**Family Lifeguard**

## Holidays, Spring Break, Ski Week, and Vacations

**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
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## Test to Stay at Work








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

**Save the Family...and You Save the Worker**

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## Test to Stay at Work




- Employer Guidelines
  - Employer Recommendations
  - Employer Rules

**Employer Guidelines**

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

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## 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

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## Test to Stay at Work

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







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## 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

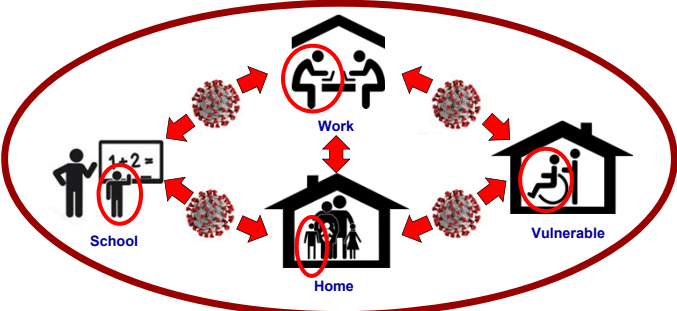
### HEART

### HANDS

### VOICE

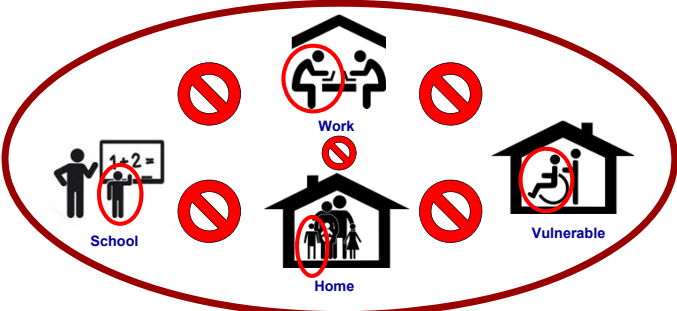
Survive & Thrive Guide:

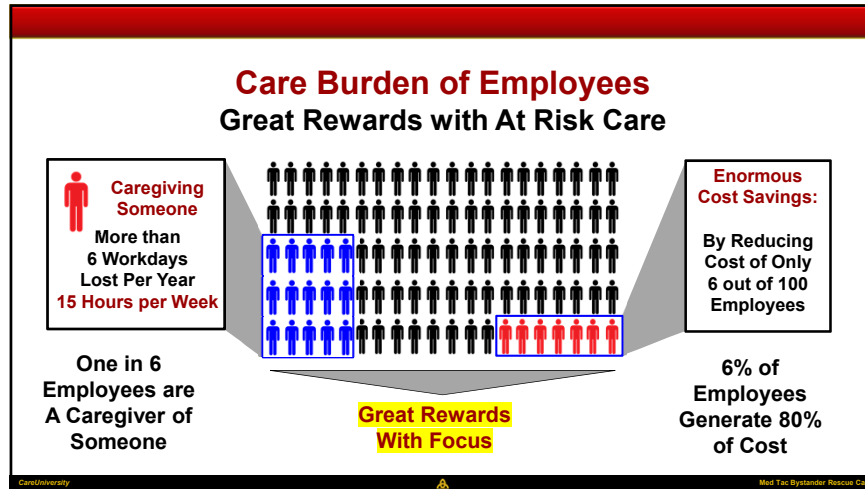
## Household Transmission Chains: The Achilles Heel



Survive & Thrive Guide:

## Break Household Transmission Chains Save the Worker





### Turn Science into Safety

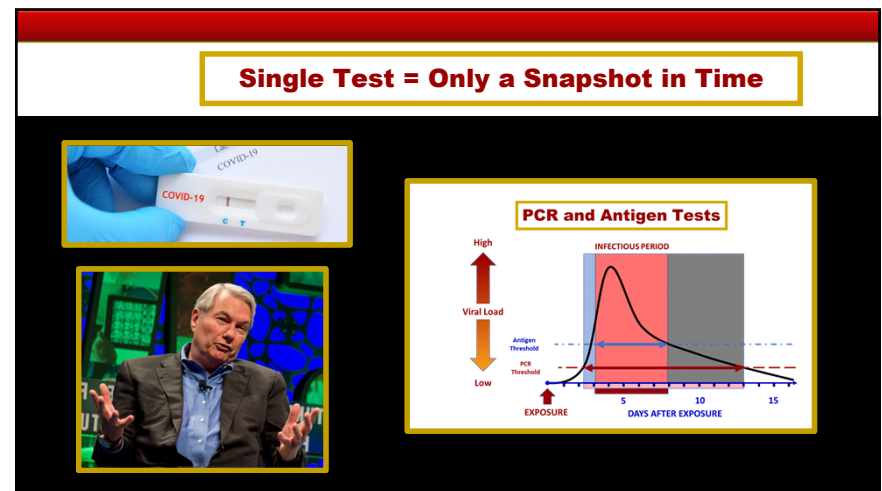
- Business Disruption
- Absenteeism
- Presenteeism
- Cost of Turnover
- Healthcare Costs
- Liability

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

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### The Value of Testing

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**Four Issues:**

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



The screenshot shows the CIDRAP website header with navigation tabs for 'News & Perspective', 'Infectious Disease Topics', 'Antimicrobial Stewardship', and 'Ongoing Programs'. Below the header, it lists trending topics: 'COVID-19', 'Antimicrobial Stewardship', 'Flu Vaccines Roadmap', and 'Chronic Wasting Disease'. The main content area features a podcast episode titled 'Episode 85: Smart Testing in the Omicron Surge' with a photo of a man in a suit speaking.


**Serial Rapid Antigen Tests INCREASE Value**



The diagram illustrates a serial testing strategy. It shows three hands holding white rapid antigen test strips. Red double-headed arrows between the strips are labeled '24-48 Hrs', indicating the time interval between each test.

- 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**



The four images show: 1) A hand holding a white rapid antigen test strip. 2) A person on a video call with a healthcare provider. 3) A person in a blue lab coat and mask. 4) A laboratory setting with a pipette and test tubes.

- 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**



The image shows a laboratory setting with a pipette being used to transfer liquid into a multi-well plate. There are also test tubes and other laboratory equipment visible.

- 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






**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

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**Turn the Science into Safety**

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**Test to Stay at Work**








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**Turn the Science into Safety**

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**Save the Family...and You Save the Worker**

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## 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..

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## Test to Travel Safer




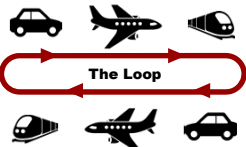







- Assess Threats, Vulnerabilities and Risks
- Repeat Airport Safety Practices
- Test Before Departure
- Repeat Safe Practices in Cars
- Maintain Safe Practices in Cars
- Test Before Meeting
- Practice Airport & Boarding Safety
- Repeat Processes Going Home
- Practice Enroute Safety
- Test Upon Return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

Save the Family...and You Save the Worker

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## Test to Travel Safer

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## Test to Travel Safer





### Pre-trip Recommendations: Rapid Antigen or PCR Test






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### Reduce Vulnerabilities Along the Travel Loop

### 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 12:01 am EST (5:01 am GMT) on December 4, 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.
- Requirements for Proof of COVID-19 Vaccination for All Passengers
- Travel Assessments
- 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**

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## Reduce Vulnerabilities Along the Travel Loop

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## 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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## Inside Threats & Outside Threats on Trip

**Inside Threats**

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

**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.

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## Masks: Filter, Fit, and Finish



**N95 Mask**



**Surgical Mask**



**Cloth Mask**

## Test to Travel Safer




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**Save the Family...and You Save the Worker**

## COVID Testing Fraud & Scams


- Test Site Scams
- False Results
- Identity Theft

**Fraudulent Test Sites**



PUSH TO CRACKDOWN ON FAKE COVID TESTING SITES

**Defrauding Seniors**




**Travelers Buy Negative Test Results**



## COVID Testing Fraud & Scams

- Test Site Scams
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**Fraudulent Test Sites**

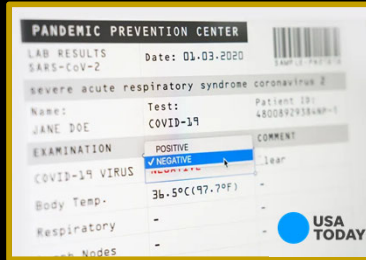


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## COVID Testing Fraud & Scams

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### Defrauding Seniors



## Alert from Health & Human Services

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



- 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 identify 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=KND9pv-z8yI>

## COVID Defense Strategies

Social Distancing      Masks      Ventilation      **TESTING**

**Coronavirus Care  
Community of Practice**

**Bystander Rescue Care  
CareUniversity Series**

### Speakers & Reactors

Jennifer Dingman

Dr. Gregory Botz

William Adcox

Charlie Denham III

Randy Styner

Heather Foster RN

Dr. C Denham

**Coronavirus Care  
Community of Practice**

**Bystander Rescue Care  
CareUniversity Series**

## 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