

# COVID-19 Checklist

## Long-Term Care Facilities

### Top Things You Can Do to Protect Against COVID-19

All Minnesotans are being asked to practice social distancing whenever possible. However, this is difficult for settings such as long-term care facilities and group living. Residents and healthcare providers will often not have the option for social distancing. Long-term care facilities can take the following actions to help keep all Minnesotans healthy, safe and minimize the spread of COVID-19.

[The Centers for Disease Control \(CDC\) provide the following guidance:](#)

- › Restrict all visitation except for certain compassionate care situations, such as end of life situations.
- › Restrict all volunteers and non-essential healthcare personnel (HCP), including non-essential healthcare personnel (e.g., barbers).
  - Ill visitors and healthcare personnel (HCP) are the most likely sources of introduction of COVID-19 into a facility. CDC recommends aggressive visitor restrictions and enforcing sick leave policies for ill HCP, even before COVID-19 is identified in a community or facility.
- › Cancel all group activities and communal dining.
- › Implement active screening of residents and HCP for fever and respiratory symptoms.

### Other steps you can take

- › Retrain staff and residents on hand-washing and cough etiquette. Ensure staff wash their hands before and after every interaction with each resident. Consider posting visual reminders of proper hand-washing and cough etiquette. Place alcohol-based sanitizer both inside and outside of patient rooms, and make sure tissues are available.
- › Increase cleaning. Increase the frequency of cleaning of shared surfaces with EPA- approved cleaning products. Limit sharing of medical equipment.
- › Explore ways for residents to stay social and active while practicing social distancing, to reduce loneliness and other complications.

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).



**Wash your hands.**



**Stay home when sick.**



**Cover your cough.**



**Keep 6 feet apart.**



**Stay informed.**