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ENHANCED SAFETY MEASURES



Daily wellness checks for all team members
(field, office, guests)



Clinical standards that meet or exceed CDC recommendations for routine infection prevention and control in all patient interactions



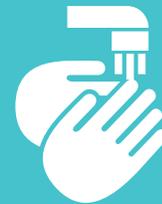
Masks worn in all office locations



Enhanced cleaning and sanitizing of high contact areas at bedside and in all office settings



Team members consistently practice social distancing



Frequent handwashing and use of hand sanitizer for all team members

AMPLE SUPPLIES OF ALL RECOMMENDED PPE AVAILABLE AS NEEDED



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COVID-19 OUTBREAKS



WHAT IS CORONAVIRUS?

Coronavirus is a large family of viruses that cause a variety of diseases, from colds to more serious illnesses.

WHAT IS COVID-19?

COVID-19 is the newly discovered strain of the virus, in the family of Coronavirus.

SIGNS & SYMPTOMS

FATIGUE

MUSCLE OR
BODY ACHES

HEADACHE

NEW LOSS OF TASTE
OR SMELL

SORE THROAT



COUGH



HARD TO BREATHE



FEVER



NAUSEA



DIARRHEA



CONGESTION OR
RUNNY NOSE

HOW CAN I PROTECT MYSELF?

Wash your hands often with soap and water for at least 20 seconds.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Always use soap and water if your hands are visibly dirty.

Avoid touching your eyes, nose or mouth with unwashed hands.



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Healthcare personnel: How to cope with stress and build resilience during the COVID-19 pandemic



Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear, and other strong emotions. How you cope with these emotions can affect your well-being, the care you give to others while doing your job, and the well-being of the people you care about outside of work. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and cope with stress, and know where to go if you need help.

RECOGNIZE THE SYMPTOMS OF STRESS YOU MAY BE EXPERIENCING:

- Feeling irritation, anger, or denial
- Feeling uncertain, nervous, or anxious
- Feeling helpless or powerless
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

KNOW ABOUT STRESS-RELATED DISORDERS, COMPASSION FATIGUE, AND BURNOUT:

Experiencing or witnessing life threatening or traumatic events impacts everyone differently. In some circumstances, the distress can be managed successfully to reduce associated negative health and behavioral outcomes. In other cases, some people may experience clinically significant distress or impairment, such as acute stress disorder, [post-traumatic stress disorder \(PTSD\)](#)^{external icon}, or [secondary traumatic stress](#) (also known as vicarious traumatization). Compassion fatigue and burnout may also result from chronic workplace stress and exposure to traumatic events during the COVID-19 pandemic.

TIPS TO COPE AND ENHANCE YOUR RESILIENCE:

- Communicate with your coworkers, supervisors, and employees about job stress.
 - Talk openly about how the pandemic is affecting your work.
 - Identify factors that cause stress and work together to identify solutions.
 - Ask about how to access mental health resources in your workplace.
- Remind yourself that everyone is in an unusual situation with limited resources.
- Identify and accept those things which you do not have control over.
- Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.
- When away from work, get exercise when you can. Spend time outdoors either being physically active or relaxing. Do things you enjoy during non-work hours.
- Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
 - Try to get adequate sleep.
 - Make time to eat healthy meals.
 - Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting, especially since you work with people directly affected by the virus.
- If you feel you may be misusing alcohol or other drugs (including prescriptions), ask for help.
- Engage in mindfulness techniques^{external icon}, such as breathing exercises and meditation.
- If you are being treated for a mental health condition, continue with your treatment and talk to your provider if you experience new or worsening symptoms

Source: CDC (Centers for Disease Control and Prevention), May 5, 2020



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TEN CLINICAL TIPS ON COVID-19

FOR HEALTHCARE PROVIDERS INVOLVED IN PATIENT CARE



TREATMENT & PROPHYLAXIS [Action taken to prevent disease, especially by specified means or against a specified disease]

1. The National Institutes of Health has developed **guidance on treatment** (<https://covid19treatmentguidelines.nih.gov/>), which will be regularly updated as new evidence on the safety and efficacy of drugs and therapeutics emerges from clinical trials and research publications.
2. There is currently **no FDA-approved post-exposure prophylaxis** for people who may have been exposed to COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html>).



SYMPTOMS & DIAGNOSIS

3. **Non-respiratory symptoms** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>) of COVID-19 – such as gastrointestinal (e.g., nausea, diarrhea) or neurologic symptoms (e.g., anosmia, ageusia, headache) – might appear before fever and lower respiratory tract symptoms (e.g., cough and shortness of breath).
4. **Children** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>) with COVID-19 may have fever and cough at symptom onset as often as adult patients. Although most children with COVID-19 have not had severe illness, clinicians should maintain a high index of suspicion for SARS-CoV-2 infection in children, particularly infants and children with underlying conditions.
5. **CT scans** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html>) **should not be used** to screen for COVID-19 or as a first-line test to diagnose COVID-19. CT should be used sparingly, reserved for hospitalized, symptomatic patients with specific clinical indications for CT (<https://www.acr.org/Advocacy-and-Economics/ACR-Position-Statements/Recommendations-for-Chest-Radiographyand-CT-for-Suspected-COVID19-Infection>).



COINFECTIONS

6. Patients can be infected with more than one virus at the same time. **Coinfections with other respiratory viruses** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html>) in people with COVID-19 have been reported. Therefore, identifying infection with one respiratory virus does not exclude SARS-CoV-2 virus infection.
7. Several patients with COVID-19 have been reported presenting with **concurrent community-acquired bacterial pneumonia** (<https://www.atsjournals.org/doi/pdf/10.1164/rccm.201908-1581ST>). Decisions to administer antibiotics to COVID-19 patients should be based on the likelihood of bacterial infection (community-acquired or hospital-acquired), illness severity, and antimicrobial stewardship issues (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html>).



SEVERE ILLNESS

8. Clinicians should be aware of the potential for some patients to **rapidly deteriorate** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>) one week after illness onset.
9. The median **time to acute respiratory distress syndrome (ARDS)** ranges from 8 to 12 days (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>).
10. Lymphopenia, neutrophilia, elevated serum alanine aminotransferase and aspartate aminotransferase levels, elevated lactate dehydrogenase, high CRP, and high ferritin levels may be associated with **greater illness severity** (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-managementpatients.html>).

Source: CDC (Center for Disease Control and Prevention) June 20, 2020



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