



VALLEY MOUNTAIN REGIONAL CENTER ADMINISTRATIVE PROCEDURES

POLICY ON INFECTIOUS VIRUS COVID-19 (CORONAVIRUS)

PURPOSE

The purpose of this policy is to prevent the spread of disease. With the news of Coronavirus in the United States, we would like to take extra precaution as an agency.

GENERAL

As of February 29, 2020, the Centers of Disease Control and Prevention (CDC) states that “This virus is NOT currently spreading widely in the United States. However, it is important to note that current global circumstances suggest it is likely that this virus will cause a pandemic. This is a rapidly evolving situation and the risk assessment will be updated as needed.”¹

DETAILS

This virus is spread in large droplets by coughing and sneezing.² This means that the air will not infect you.³ All the surfaces where these droplets land are infectious for up to 9 days - everything that is associated with infected people will be contaminated and potentially infectious.^{3,4} The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon.^{2,3} This virus only has cell receptors for lung cells (it only infects your lungs).³ The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.^{2,3}

Below are some of the safety precautions that VMRC is recommending to staff:

- No handshaking. Use a fist bump, slight bow, elbow bump or others.

¹ From “Coronavirus Disease 2019 (COVID-19) Situation Summary, Risk Assessment,” by Centers of disease Control and Prevention (CDC), February 2020, <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

² From “How COVID-19 Spreads,” by Centers for Disease Control and Prevention, March 2020, <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

³ James Robb, MD FCAP, personal communication, March 2, 2020

⁴ From “Persistence of Coronaviruses on inanimate surfaces and their inactivation with biocidal agents,” by Kampf, G, Todt, D., and Steinmann, E., March 2020, DOI: <https://doi.org/10.1016/j.jhin.2020.01.022>

- Use only your knuckles to touch light switches, elevator buttons, and others. Lift gasoline dispenser with a paper towel or use a disposable glove.
- Wash your hands often with soap and water for 20 seconds, scrubbing in between fingers and fingertips. The act of scrubbing is the one that helps kill the germs.
- If soap and water is not available, use an alcohol-based (more than 60% alcohol) hand sanitizer and rub your hands, including in between fingers and fingertips for 20 seconds and until it dries up. Do not wipe your hand to dry after using hand sanitizer. Let the hand sanitizer dry up while you are rubbing your hands.
- Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and/or commercial doors.
- Use disinfectant wipes to clean surfaces and tables after meetings, including wiping the handle of doors and telephones as necessary.
- Keep a bottle of alcohol-based hand sanitizer available at each of your office or home entrances. Also in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- The use of face mask will not protect you from the virus but can help you prevent from touching your nose and mouth.
- We do want to encourage staff to practice universal precautions and proper hand washing techniques.
- This is the time to get the flu vaccine and take any antiviral medications that the physician prescribes.
- Stay at home if you are sick. If you are going to meet with consumers or families, ask if they have family members that are sick or have traveled outside the United States for the past 2 weeks. Minimize going to places where there are sick people.
- Use a disposable tissue when you cough or sneeze and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week.
- Visit CDC Website for updates on the coronavirus:
<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- Check your local County Public Health offices and website.
- You may visit VMRC advisory at <https://www.vmrc.net/covid-19-coronavirus/>
- Check out frequently asked questions on Hand Washing video:
<https://www.youtube.com/watch?v=d914EnpU4Fo>
- How to wash hands video by World Health Organization:
<https://www.youtube.com/watch?v=3PmVJQUcm4E>