



Novel Coronavirus (COVID-19)

Guidance for Rest Homes and Residential Care

A resident returning from mainland China should **remain in self-isolation for a period of 14 days** after departing China. The following advice applies if the resident is **well** and **does not have any symptoms**.

The resident needs to remain in isolation in their single room and ensuite. Close contact with others (<1m) should be avoided.

- Appropriate cough/sneeze and hand hygiene should be reinforced with the resident
- If the resident leaves their room (for example for a walk), they should wear a surgical mask and perform hand hygiene before putting the mask on. They should try to remain more than 1m from others (residents and staff). The mask should be removed and disposed of once the resident has returned to the room. After removing the mask they should perform hand hygiene. Good practice for use of face masks can be found in the Ministry of Health's Infection Prevention and Control advice (<https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov/novel-coronavirus-resources-health-professionals>).

Staff should:

- Adhere to Standard precautions, including being vigilant with hand hygiene
- Maintain social distancing (remain more than 1m).
- If staff members need to be in <1m contact with the resident, for example to provide ADL cares, they should wear a surgical mask and gloves.
- Perform hand hygiene adhering to the 'five moments for hand hygiene' and especially after removal of gloves and mask, and on leaving the room.
- Reinforce cough and hand hygiene with the patient

All daily clinical care must be provided.

(cont'd)



The resident should be asked if they have any symptoms daily (which could include, but are not limited to, fever, cough, sore throat or difficulty breathing). This can be done using the questions on the triage checklist on the Ministry of Health website

(https://www.health.govt.nz/system/files/documents/pages/ministry-of-health-novel-coronavirus-primary-care-triage_form-hp7317-3feb20.pdf).

If the resident reports any symptoms:

- Contact your facility's GP immediately – ensure you inform them of the resident's travel history. The resident will need to be medically assessed to determine if they meet the case definition. **Difficulty breathing may be a sign of pneumonia and requires urgent medical attention.**
- If the symptoms are minor and you can't reach the facility's GP, contact direct the coronavirus line (0800 358 5453) – ensure you inform them of the resident's travel history.
- The resident should remain in the room, wearing a mask, with droplet and contact precautions while awaiting assessment.

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NB. Find the latest versions of all approved, final documents on Hippo (internal ADHB), ARPHS and MoH websites.