

COVID-19 Infection Prevention and Control Education and Guidance for Quarantine Hotels

**COVID-19 IPC Guidance for Presented by
HSE Antimicrobial Resistance and Infection Control (AMRIC) Team**

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What we will talk about today

- What are viruses
- COVID-19 virus and transmission
- Key infection prevention and control measures
- A quarantine Journey through the hotel
- Further discussion on chat box queries received

Viruses

Viruses are a type of germ/bug/micro-organism that can't survive outside our body for long so they have to get into the cells in our bodies to multiply



They spread faster when people come together

They're very tiny, and when they get inside your body, we may get infected and may become ill with diseases including colds, chicken pox, measles and flu

Our bodies then fight the infection by producing antibodies and special cells

Antibiotics don't work on viruses and vaccines are given for those viruses that can make people very ill (e.g. flu, mumps)

Transmission of COVID-19



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Spread of COVID-19 is a lot like other respiratory Virus

Everyone scatters tiny particles of liquid when they talk, laugh, sneeze or cough

The particles are in range of sizes – larger ones call droplets and smaller ones called aerosols

Droplets travel and short distance before landing

Aerosols can stay in the air and spread throughout the room

If someone has infection there can be virus in the droplets and aerosols

Aerosols are very important for some virus – measles /chickenpox

Droplets are very important for some virus – COVID-19 / Influenza

Aerosols can be important in some settings even for virus that mostly spreads by droplet



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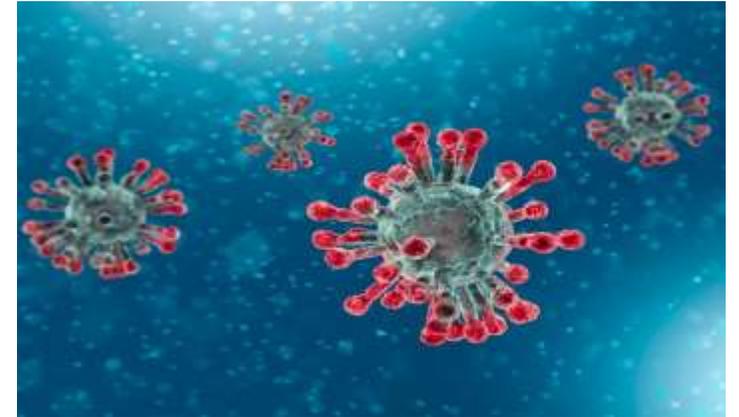
COVID-19 Transmission including the new variants

Direct spread: respiratory droplets from coughing or sneezing

Indirect contact - contaminated surfaces (can survive on some surfaces for up to 72 hours)

Contaminated hands (not cleaned) touch eyes/face or mouth

What do we know about spread of COVID-19 by aerosols?



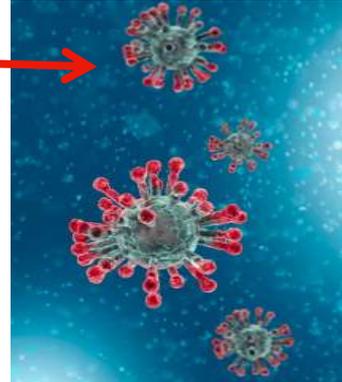
COVID-19 VIRUS

Lipid coat with protein spikes

The lipid coat of the virus can be removed by alcohol hand rub, soap, detergent and household disinfectants

Infection happens if virus spikes stick to the lining of the respiratory tract (inside the mouth, nose or in the eye) in a person who is not immune

The virus does not go through the skin



New variants and travel

Risk of introduction of more new variants from other countries is now driving more restrictions on international travel right across the world



Key points on COVID-19 new variant strains



The variants seem to spread in the same way

Mainly droplet and contact

Airborne spread is a concern in some situations – some concern that it may be more of a problem with some new variants

The precautions we have been recommending all along appear to work against the new variants of the virus –

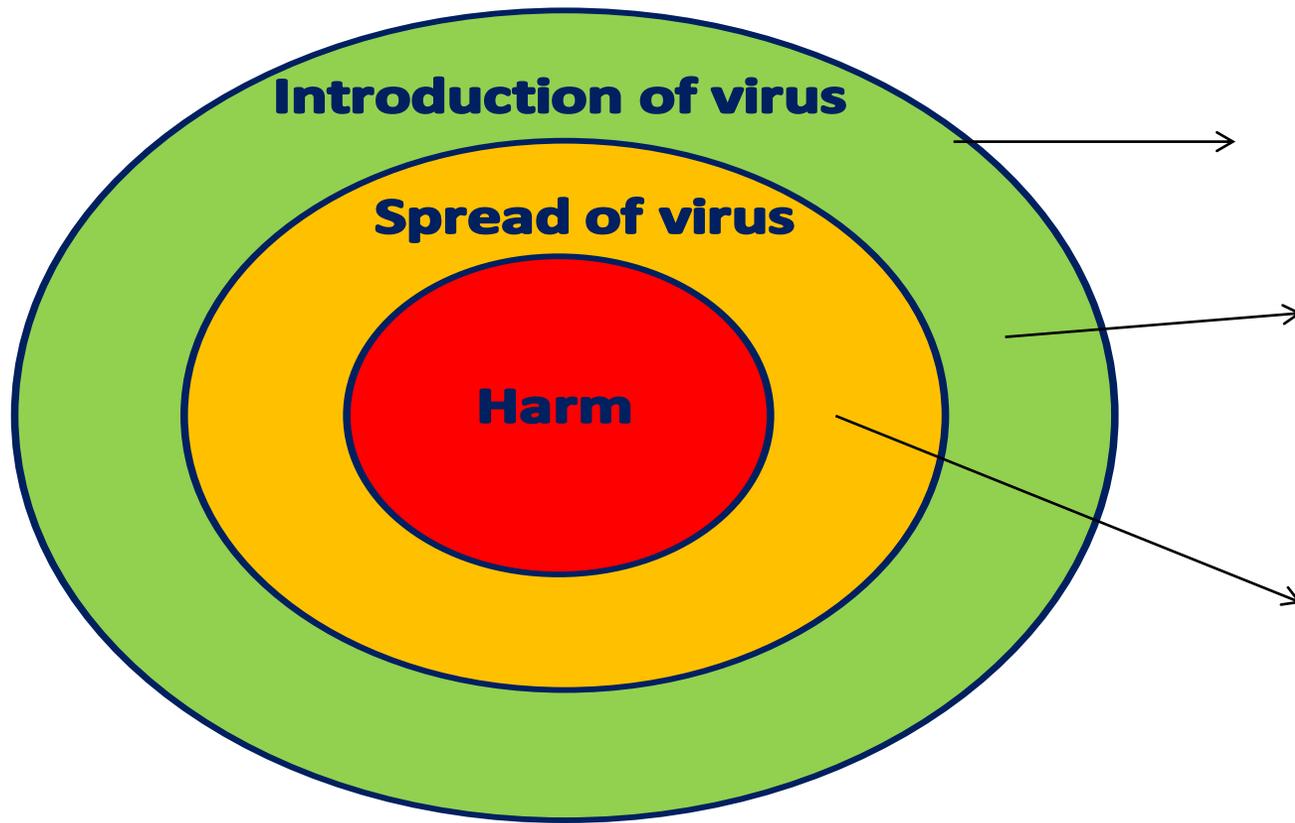
**But very important to try to keep to them all the time
(very hard to do all the time)**

COVID-19 – Risk of Spread



- Close contact with someone shedding the virus who is coughing /sneezing or speaking and droplets drop in mouth/nose/eyes
- When hand touch surfaces or objects someone with the virus on it
- you can get virus on you hands if you touch you nose/eyes/mouth before you **clean your hands** thoroughly by either hand washing or cleaned with alcohol hand gel you can put the virus in you eyes/nose/mouth
- It is advised not to use gloves all the time and clean your hands instead as this will keep you safer

A way of thinking about controlling COVID-19 in any setting



Making sure as much as practical that everyone coming into the building does not have COVID-19 symptoms and is not COVID-19 contact

Hand hygiene, keep your distance, respiratory etiquette wearing mask, clean environment, monitoring staff and children,

Preparedness plan

Early detection of positive COVID-19 cases and outbreaks

Quarantine facilities are likely to include:



A large number of people who are not infected with COVID-19

A small number of people who are or who become infectious with COVID-19

While the process of quarantine is intended to provide protection for the wider population against introduction of new variants it is inevitably associated with risk for those non-infected people in this setting

While in the quarantine facility it is important to:

- take all practical measures to protect residents
- support them in protecting themselves against the risk of infection
- Ensure staff take measures to protect themselves during the delivery of the quarantine service



Ensure all staff have undertaken awareness training around COVID-19

Ensure all staff are trained in the following :

- Hand hygiene & respiratory etiquette
- Appropriate choice and use of PPE when needed
- Public health measures around wearing masks and physical distancing
- Operational procedures for attending residents that minimises contact

Ensure supplies are available including:

- alcohol based hand rub (ABHR)
- personal protective equipment
- cleaning materials

Managing the risk of COVID-19 Limit the extent of people mixing together

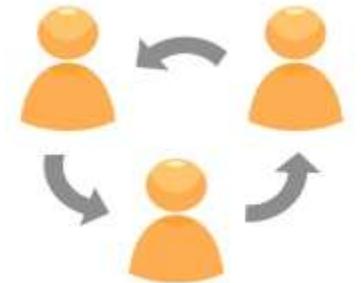
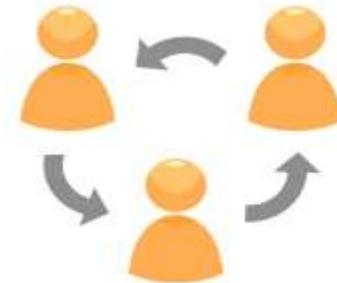
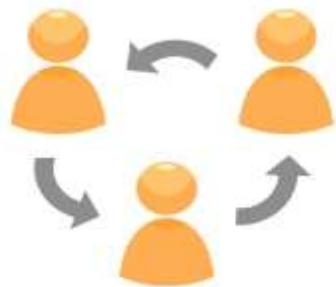
Keep checking in people have symptoms (even if they had a test)

Keep mixing of groups of people to the smallest number practical (e.g.) families may be considered as one bubble

Drop off and pick up arrangements on the bus

Signage of pedestrian traffic flow throughout the hotel

Minimise staff and resident contact (e.g. not sharing the lift where possible)



Hand Hygiene and PPE



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Hand Hygiene always comes first- before PPE

Alcohol hand gels should be accessible in safe locations- wall mounted is preferred

Access to a hand wash sink and disposable paper towel

As per normal practice in any facility, staff should wear disposable gloves and plastic aprons when there is a risk of coming into contact with any body fluids (such as blood or body fluids)

Surgical face masks are recommended when working alongside other people and attending residents within the facility

Examples include :

Interacting with residents

During staff breaks

Transport vehicles

Remember to clean the hands immediately after removing any PPE



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Vaccination



Vaccinated residents must comply with the full range of guidance and IPC measure during the period of quarantine

Fully vaccinated or partially vaccinated workers or residents in an quarantine hotel are advised to adhere to all IPC measure in this guideline in the same way as they did prior to vaccination

This also applies to people who have recovered from naturally acquired COVID-19

Testing



PCR tests

Antigen tests

Many tests are very good at finding people who are infectious

No test is perfect

A test is about what you could find on the day the sample was taken

You could have not virus detected on Monday and virus detected on Tuesday or Wednesday

No test can prove for definite that a person is not infected

Whatever the test result is keep your guard up and watch for symptoms

The Quarantine experience

Scenario

John has arrived from South Africa



Monitoring of everyone for symptoms after airport arrival and essential before anyone boards the bus

Passengers escorted with luggage from airport to designated hotel bus

Hand hygiene, surgical face mask and social distancing when mounting the bus (gloves not necessary)

Escorted to socially distanced seating arrangements (25% seating capacity)

IPC measures along the quarantine journey



- Hand Hygiene and ,face masks and social distancing on arrival into hotel
- Residents escorted to designated waiting area on arrival
- Check in completed
- Escort to room via staircase if possible (luggage may be sent up in lift)
- Testing procedures will commence by designated health personnel
- It is expected that residents staying in the quarantine facility will be able to care for themselves
- Supplies of hand hygiene and cleaning items in rooms
- Meals brought and left at door of residents room
- Pre arranged walk to outdoor area as agreed locally in line with guidance

Ventilation



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Lack of air conditioning may make it more difficult for people to stay in their rooms. Correctly installed and well maintained air conditioning systems may be operated if required to maintain comfort

If comfort can be maintained by opening windows that is preferable if possible

Accessing a balcony may support outdoor access provided distance is maintained from anyone on an adjacent balcony

If residents can be provided with access to an out-door area this may ease their stress with little associated risk, if the following precautions are taken:

If residents leave their room, they should first confirm that they have no symptoms

Residents should perform hand hygiene, maintain a safe distance and wear a surgical mask when transiting indoors

When outdoors people must maintain a safe distance at all times (other than from partners or family members with whom they share a room)



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Testing and monitoring



Testing procedures will be undertaken during the period of quarantine as arranged with the health personnel

Twice daily monitoring of residents for any symptoms of COVID documented and any issues communicated to health personnel for further guidance

Residents who become symptomatic or have clinical / laboratory evidence of COVID-19, will move promptly to a separate area in the facility

Personnel providing direct care to people with suspected or confirmed COVID should have access to and have been trained in the correct wearing of an FFP2 mask – but better keep your distance if you can

Upon approved completion of Quarantine



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Residents bring all belongings and escorted to departing area
Documentation approved

Room cleaned - all unused and personal items disposed in bags and removed
All linen laundered as per manufacturers instructions
Ventilate room (open window)

Rooms occupied by residents who did not develop symptoms of illness during their stay can be cleaned in the regular manner

Room may be returned to use after full cleaning has been completed and the resident has not been considered COVID positive



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Recommendations when someone COVID positive

Any resident who develops symptoms or has a positive must stay in their room at all times until assessed by the clinical staff and if necessary transferred to the separate area in the facility for COVID positive or suspected individuals

They must remain in their room until told otherwise by the facility clinical team or Public Health public health (unless there is an emergency evacuation of course)

There must be a plan and pathway for prompt transfer of any person with symptoms of COVID-19 or a person who has a positive test from the quarantine facility to a separate isolation facility elsewhere in the hotel

People should eat and take refreshment alone or with others with whom they share a room

Monitoring frequently in liaison with medical personnel should continue take place each day to ensure the resident is well enough to be in the facility

Recommendations when a COVID positive resident leaves the facility



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Provided the person has vacated the room a facemask, disposable gloves and an apron are generally appropriate

In the unlikely event that there is a risk of splash to the face, goggles or a visor maybe required in addition to facemask, gloves and a plastic apron

Hands should be cleaned with soap and water or alcohol hand rub for 20 seconds immediately after all PPE has been removed

Leftover toiletries should be bagged and removed. Left behind personal property should be bagged and dealt with as per hotel policy.

Pillow and duvets should be laundered as per industry standards. Curtains and nets should be changed if possible and dry cleaned or laundered as per manufacturer's instructions

Waste should be removed , double bagged and left in holding area for 72 hours before being released for collection



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Cleaning when a person who is COVID positive leaves the room



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Open the window to ventilate the room

Use disposable cloths to clean all hard surfaces in the room

Use disposable mop heads to clean floors or mop heads that can be commercially laundered at a minimum of 60 degrees

Disposable damp combined detergent and disinfectant wipes may be used for electric switches and electric appliances

Use a steam cleaner if possible for soft furnishings including carpet/ upholstered chairs

Wipe down fabric lampshades with combined detergent and disinfectant wipe

or

A household detergent followed by disinfection (1000 parts per million available chlorine) if in line with manufacturers instructions

or

If an alternative disinfectant is used within the hotel, this should be checked and ensure that it is effective against COVID-19.

Avoid creating splashes and spray when cleaning

Any disposable cloths and mop heads used must be disposed of into waste bags

Any items that are heavily contaminated with body fluids and cannot be cleaned by washing should be disposed of



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**Online resources and links -
preparedness available on
www.hpsc.ie**