



CORONAVIRUS
DISEASE 2019

(COVID-19)

WEEKLY UPDATE

LONG-TERM CARE AND RESIDENTIAL CARE FACILITIES

Wednesday, July 29, 2020

Greetings Long-Term Care and Residential Care Facilities of San Diego County,

Below information is the latest guidance and resources from state and federal organizations, including **new**:

- All Facilities Letters (AFLs) regarding an online survey application for COVID-19 SNF mitigation surveys (AFL 20-63) and COVID-19 daily reporting requirements for Intermediate Care Facilities (AFL 20-62),
- California Health Alert Network (CAHAN) update regarding regulations that require sexual orientation and gender identity to be included in reporting,
- resources to foster virtual communications between residents and loved ones,
- resources to help care for residents with cognitive and mental health challenges during COVID-19.

Please see details below.

Also, during the Long-Term Care sector telebriefing last Friday, we promised to send updates from the Centers for Disease Control and Prevention (CDC), including a study about the duration of isolation and precautions for COVID-19 and an update to CDC's testing guidance. See links to both below, along with new resources about the updated return-to-work criteria.

As we continue to give updates from our County public health perspective, please be aware that you should always confer with your licensing entity for approval of any operational changes.

If you missed any recent email updates from this sector, [review them here](#). For additional information and resources, please see our website www.coronavirus-sd.com/LTC.

Thank you for your continued efforts and partnership with the County of San Diego!



Announcements and News



Updates from the California

Department of Public Health

CDPH publishes news and All Facilities Letters (AFLs) regularly. If you would like to receive email notifications of AFLs, please submit your request to LNCPolicy@cdph.ca.gov. See the newly released advisories below:

Letter to Skilled Nursing Facilities – July 28, 2020 **NEW!**

Deployment of Online Survey Application for Coronavirus Disease 2019 (COVID-19) SNF Mitigation Surveys

This AFL announces CDPH's phased launch of a new online application for conducting surveys and investigations. Beginning August 7, 2020, CDPH will use the Risk and Safety Solutions (RSS) Inspect to conduct COVID-19 Mitigation Surveys and submit Statements of Deficiencies to SNFs. Refer to the RSS Go Live Dates (PDF) for your region's specific launch date. Facility-authorized users may access their Statements of Deficiencies and submit their plans of correction (POCs) in the Risk and Safety Solutions Inspect website (hc.riskandsafety.com). Facilities should enroll in the RSS system by August 31, 2020.

[Click here to read AFL 20-63](#)

Letter to Intermediate Care Facilities – July 25, 2020 **NEW!**

ICF Coronavirus Disease 2019 (COVID-19) Daily Reporting

This AFL requests all Intermediate Care Facilities (ICFs), ICF/ Developmentally Disabled (DDs), ICF/ Developmentally Disabled – Habilitative (DD-Hs), ICF/ Developmentally

Disabled – Nursing (DD-Ns), and ICF/ Developmentally Disabled – Continuous Nursing (DD-CNs) facilities report COVID-19 facility data daily to the California Department of Public Health (CDPH) via an online survey. This reporting is to ensure that California has the information necessary to respond to the COVID-19 outbreak and to provide resources and support to facilities.

[Click here to read AFL 20-62](#)

Letter to Skilled Nursing Facilities – July 21, 2020

Dialysis Transportation for COVID-19 Positive Residents

This AFL provides recommendations to skilled nursing facilities (SNFs) for transporting COVID-19 positive residents to dialysis clinics for treatment.

[Click here to read AFL 20-61](#)

Letter to Skilled Nursing Facilities – July 17, 2020

SNF Weekly Reporting of COVID-19 Surveillance/Response-Driven Testing

This AFL requires SNFs to report COVID-19 surveillance/response-driven testing data to the California Department of Public Health (CDPH) weekly via an online survey in the [COVID-19 SNF Survey Hub](#). This reporting is to ensure that California has the information necessary to respond to the COVID-19 outbreak.

[Click here to read AFL 20-60](#)

Letter to All Facilities – July 13, 2020

Visitor Limitations Guidance (this AFL supersedes AFL 20-38.2)

This AFL notifies all facilities of updated visitor guidelines for pediatric patients, patients in labor and delivery, neonatal intensive care unit (NICU) patients, pediatric intensive care unit patients (PICU) patients, and patients at end-of-life and patients with physical, intellectual, and/or developmental disabilities and patients with cognitive impairments. Health facilities may permit a support person to accompany a patient for whom a support person has been determined to be essential to the care of the patient (medically necessary), including patients with physical, intellectual, and/or developmental disabilities and patients with cognitive impairments.

[Click here to read AFL 20-38.3](#)

[Click here to see a full list of recent AFLs](#)

Updated Regulations, Title 17 Section 2500 – July 28, 2020 NEW!

CDPH, in consultation with the California Conference of Local Health Officers, recently updated Title 17 section 2500 of the California Code of Regulations. These updated regulations now require healthcare providers to include data elements for sexual orientation and gender identity in the report to public health.

Please see attached PDF titled, "Title17RevisionsProviderLetter_7_28_2020".

New Regulations Will Help State Understand COVID-19 Impacts on California's Diverse Communities – July 28, 2020 NEW!

To better understand the impact of COVID-19 on California's diverse communities, the California Department of Public Health took regulatory action today, which goes into effect immediately, expanding data reporting requirements for providers and laboratories.

[Click here to read the full press release.](#)



**Technology Resources for Virtual
Communications**

CDPH and CDSS encourage long-term care facilities to offer alternative means for residents to communicate with their family, friends, and others who might not be able to make in-person visits, such as virtual communications. Many residents and their loved ones may need assistance learning how to use platforms such as Zoom, Skype, or FaceTime for this purpose. Please see helpful resources below.

Learn to Make Video Calls Using Zoom

Video calls are a great way for people of all ages to stay connected and avoid loneliness. These short video tutorials teach tips on how to use the Zoom video call application and overcome some of the technological difficulties.

[Click here for helpful resources and a video tutorial.](#)

Tech Made Easy for Older Adults with New Written Instructional Guides

Program experts at DOROT, a nonprofit organization addressing the challenges of an aging population, have created new Tech Guides that are available for public use. They contain step-by-step instructions on how to teach seniors, who are often late-tech adopters, to use their smartphone to check email, FaceTime, text and more. Guides for Zoom videoconferencing are also available for phones, iPads and Windows computers.

[Click here to see the Tech Guides.](#)



Recent Updates from the California Department of Social Services (CDSS)

The Community Care Licensing Division (CCLD) of CDSS publishes Provider Information Notices (PINs) to communicate important license related information to CCLD-licensed providers. The local CDSS San Diego Adult and Senior Care office can be reached at (619) 767-2300, or CCLASCPSanDiegoRO@dss.ca.gov.

Informational Call Regarding COVID-19: Planned Activities: Social vs. Physical Isolation in Adult and Senior Care Facilities – July 16, 2020

This PIN announced an informational call on July 23, 2020, which has now passed. Speakers reviewed guidance to licensees on planned activities during COVID-19.

[Click here to access the Power Point slides from the call.](#)

Note: There are no new PINs. [Click here to browse the full list of recent PINs.](#)



Updates from the Centers for Disease Control and Prevention

Duration of Isolation & Precautions for Adults – Updated July 22, 2020 NEW!

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. This update incorporates recent evidence to inform the duration of isolation and precautions recommended to prevent transmission of SARS-CoV-2

to others, while limiting unnecessary prolonged isolation and unnecessary use of laboratory testing resources.

[Click here to read the full update.](#)

Testing Guidance Updated – Updated July 17, 2020 **NEW!**

In this revision of the testing guidance, CDC asserts that a test-based strategy is no longer recommended to determine when an individual with SARS-CoV-2 infection is no longer infectious (e.g., to discontinue Transmission-Based Precautions or home isolation), except for rare situations.

[Click here to read the updated guidance.](#)

Criteria for Return to Work for Healthcare Personnel – Updated July 17, 2020 **NEW!**

For health care professionals with severe to critical illness or who are severely immunocompromised, the recommended duration for work exclusion was extended to 20 days after symptom onset (or, for the asymptomatic severely immunocompromised, 20 days after their initial positive SARS-CoV-2 diagnostic test). Additional symptom-based criteria were modified as well. [Click here to read the updated guidance](#) from the CDC.

Click here to review and share the **new** [Positive Healthcare Personnel Employee Flowchart](#) from the County of San Diego.



Recent Announcements from the County of San Diego

Plasma Donation from Recovered COVID-19 Patients are Needed

Local hospital requests for COVID-19 convalescent plasma (CCP) spiked in the last week and current inventory will not meet demand over the coming days.

Recovered COVID-19 patients are needed to meet demand. While COVID-19 has no proven treatment, plasma taken from those who have recovered may help patients currently fighting the virus because the plasma has developed antibodies against the virus.

Individuals can donate convalescent plasma if they have a confirmed positive laboratory test and no symptoms for the last 28 days. People who test positive with a COVID-19 antibody test can also donate. San Diego Blood Bank has created a form where people can submit

their contact information to be qualified for convalescent plasma donation at <http://www.sandiegobloodbank.org/donateplasma>.

Join the *Live Well San Diego* Fitness Challenge and virtual 5K!

While we wait for a coronavirus vaccine, eating well, exercising and managing stress is an important way to stay healthy and boost your immune system. To help, Live Well San Diego invites you to participate in the [virtual 2020 Live Well San Diego 5K & Fitness Challenge](#), and it's FREE!

The 5K Fitness Challenge will kick-off on **July 13th and finish on August 16th** with a 5K Virtual Race. Join the online fitness community through the Daily Endorphin platform for a little friendly competition and to help keep your step count on track and keep you in-the-know. [Click here to learn more.](#)



Tips on Caring for Residents with Cognitive and Mental Health Challenges During COVID-19

Many residents in long-term care facilities may face challenges coping with the changes and safety measures that are the new reality due to COVID-19. This can be especially true for residents with dementia, intellectual disabilities, and/or mental health challenges. The following materials contain helpful guidance on caring for these residents:

[Best Practices for Caring for Individuals with Dementia During COVID-19](#) from the California Department of Social Services, Community Care Licensing (CCLD)

[Considerations for Memory Care Units in Long-Term Care Facilities](#) from the Centers for Disease Control and Prevention (CDC)

[COVID-19: Tips for Dementia Caregivers](#) from the Alzheimer's Association

[Guidance for Group Homes for Individuals with Disabilities](#) from the CDC

[COVID-19 Resources in Plain Language](#) from the California State Council on Developmental Disabilities

[Adult Care Facilities and COVID-19](#) from CCLD





**Friday, Aug. 14
at 4:00pm**

Telebriefing for **Long-Term Care and Residential Care Facilities**

WHEN: Friday, August 14, 2020 at 4:00pm

Please [pre-submit your questions in advance here](#). All participants will be muted during the meeting. Participants will have the opportunity to ask questions during the call through the online chat feature on the Zoom platform.

Join the telebriefing at the specified time and date using one of the options below:

- Option 1 | Computer (preferred):
 - Click on the following link <https://zoom.us/j/218631109>
 - Meeting ID: 218 631 109.
 - If you have any difficulties accessing the participant link, please use option 2.
- Option 2 | Phone:
 - Dial-In Number: 1 (669) 900-6833 or 1 (346) 248-7799
 - Meeting ID: 218 631 109.

[Visit the Long-Term Care and Residential Care Facilities Sector Support webpage to learn more.](#)



**Friday, Aug. 21
at 4:00pm**

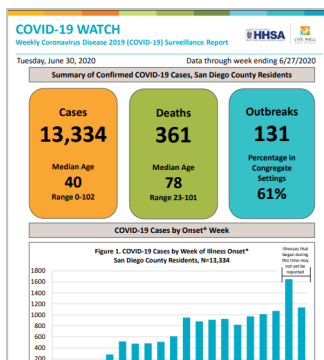
Telebriefing for **Older Adult and Disability Service Providers**

WHEN: Friday, August 21, 2020 at 4:00 p.m.

Please [pre-submit your questions at least 24 hours before the telebriefing](#), so that they can be answered on the call. Participants will also have the opportunity to ask questions during the call through the online chat feature on the Zoom platform. [Please click here for more information, including access link and call-in option.](#)



Ongoing Programs, Services, and Resources



County of San Diego COVID-19 Dashboard and Weekly “COVID-19 Watch” Report

The County of San Diego publishes a weekly surveillance report on the coronavirus-sd.com website called “COVID-19 Watch”.

[Click here to review the report.](#)

Additionally, visualize and track data real time on the interactive web-based dashboard developed by the County of San Diego Epidemiology and Immunization Services Branch.

[See the dashboard here.](#)



Latest San Diego County Public Health Order

The latest updates to the local Public Health Order included additional key items for essential businesses still in operation.

[Read the latest order.](#)

Recent Email Updates and Resources from the Long-Term Care and Residential Care Sector

- [July 22, 2020 Update](#)
- [July 15, 2020 Update](#)
- [July 8, 2020 Update](#)
- [July 1, 2020 Update](#)

[Click here to browse all past email updates.](#)

Additionally, check out resources and state guidance the Long-Term Care and Residential Care Facilities homepage:

www.coronavirus-sd.com/LTC.



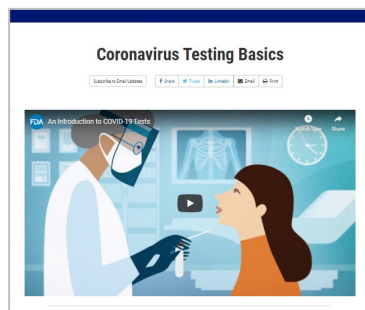
211 San Diego

- For health or testing related questions, contact your healthcare provider. For general questions about COVID-19, information about community resources, or if you are uninsured, call **2-1-1 San Diego**.
- [Click here](#) for free COVID-19 testing information.
- [2-1-1 San Diego Flyer](#) (English & Spanish)



COVID-19 Downloadable Resources and Materials for Your Facility

- [Find FAQs, posters, videos, and other materials.](#)



Coronavirus Testing Basics from the U.S. Food and Drug Administration

The U.S. Food and Drug Administration (FDA) published a resource to help educate about the different types of coronavirus tests, including approximate processing time, what to expect, and whether or not a re-test is generally recommended.

[Click here to view the resource.](#)



Guidance from the Centers for Disease Control and Prevention

- [Guidelines for Group Homes for Individuals with Disabilities](#)
- [Guidelines for Direct Service Providers of Individuals with Disabilities](#)
- [Key Strategies to Prepare for COVID-19 in Long-Term Care Facilities \(LTCFs\)](#)
- [Symptoms of Coronavirus](#)
- [Considerations When Preparing for COVID-19 in Assisted Living Facilities](#)

- [Considerations for Memory Care Units in Long-term Care Facilities](#)

For general information about COVID-19 from the CDC, please visit www.cdc.gov/coronavirus.



General COVID-19 Information from State and Federal Organizations

- [California Department of Public Health, Immunization Branch – COVID-19](#)
- [Centers for Disease Control and Prevention – COVID-19](#)
- [California Department of Social Services – COVID 19](#)
- [World Health Organization – Coronavirus Disease \(COVID-19\) Outbreak](#)



Stay Connected



For questions related to long-term care and residential care facilities, please email: COVID-LTC@sdcounty.ca.gov.



Get the latest information about what's happening across the county with COVID-19.



Text **COSD COVID-19** to **468-311**

to get text alert updates from the County of San Diego.





SONIA Y. ANGELL, MD, MPH
State Public Health Officer & Director

State of California—Health and Human Services Agency
California Department of Public Health



GAVIN NEWSOM
Governor

July 28, 2020

Dear Healthcare Provider,

The California Department of Public Health (CDPH) is committed to understanding and addressing health disparities and advancing the health and well-being of California's diverse people and communities. As the COVID-19 pandemic has unfolded, it is clear that there are significant health disparities in disease incidence and disease severity. There are also disparities for many other reportable conditions. We are making changes to disease reporting regulations improve our ability to accurately assess disparities in reportable conditions related to race, ethnicity, sexual orientation and gender identity. We appreciate your efforts to support this important goal.

Recently, CDPH in consultation with the California Conference of Local Health Officers updated Title 17 sections 2500 to improve our ability to accurately assess disparities in reportable conditions related to race, ethnicity, sexual orientation and gender identity. These changes go into effect immediately and are described below.

Section 2500 Changes

- Requirement to report sexual orientation and gender identity data elements:
 - **Current gender identity**
 - Choices are: Male; Female; Trans male/Transman; Trans female/Transwoman; Genderqueer or non-binary; Identity not listed; Declined to answer; Unknown
 - **Sex assigned at birth**
 - Choices are: Male; Female; Declined to answer; Unknown
 - **Sexual orientation**
 - Choices are: Heterosexual or straight; Bisexual; Gay, lesbian, or same gender loving; Orientation not listed; Questioning/unsure/patient doesn't know; Declined to answer; Unknown
- Clean-up of Race/Ethnic Group to separate data elements:
 - **Race**
 - **Ethnicity**



Healthcare Provider
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July 28, 2020

Healthcare providers can report in one of two ways:

1. Electronically via the CalREDIE Provider Portal
 - a. Contact CalREDIEHelp@cdph.ca.gov for more information
2. On paper by faxing the Confidential Morbidity Report (CMR) to the local health department
 - a. PDFs of the CMR forms can be found here: [Communicable Disease Reporting Forms](#)

The data reported by healthcare providers are used to lead our disease control and prevention efforts. We sincerely appreciate your efforts to report these important data so that we may address health disparities. Questions about communicable disease reporting can be directed to your local health department.

Thank you,

A handwritten signature in blue ink, appearing to read 'Sonia Y Angell', with a long horizontal flourish extending to the right.

Sonia Y Angell, MD, MPH
State Public Health Officer and Director