



CORONAVIRUS  
DISEASE 2019

(COVID-19)

## WEEKLY UPDATE

### LONG-TERM CARE AND RESIDENTIAL CARE FACILITIES

Thursday, December 3, 2020

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

Please find information below regarding the latest guidance and resources from county, state, and federal organizations, including **new updates**:

- Provider Information Notice (PIN) to all Residential Care Facilities for the Elderly-Continuing Care Contracts on COVID-19 infection control guidance for celebrations and outings (**PIN 20-43-ASC-CCR**)
- California Health Alert Network **Potential Safety Power Shutoff** may impact San Diego County on 12/2/20 – 12/4/20
- Programs of All-Inclusive Care for the Elderly (PACE) Policy Guidance by California Department of Health Care Services
- Tips to Improve Ventilation and Filtration in Your Home from John Hopkins School of Public Health
- Healing After Loss virtual presentations on December 7 and 14 by Sharp Hospice Care
- Winter Holiday Guidance available in 8 Languages

As a reminder, if you have a positive COVID-19 case at your facility, please report it by calling the County Epidemiology Unit phone line at (619) 692-8499 or (858) 565-5255 for after-hours or on the weekend. The County as well as your State licensing departments are here to support you.

For additional information, please see our website [www.coronavirus-sd.com/LTC](http://www.coronavirus-sd.com/LTC). Please email us at [moc.logqs.hhsa@sdcounty.ca.gov](mailto:moc.logqs.hhsa@sdcounty.ca.gov) if you need personal protective equipment.

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



## Announcements and News



### 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](mailto:LNCPolicy@cdph.ca.gov).

Letter to Skilled Nursing Facilities and General Acute Care Hospitals:

**AFL 20-87** – November 24, 2020

This AFL provides guidance for admission and readmission of Skilled Nursing Facility residents during seasonal hospital surges and the COVID-19 pandemic. This AFL also provides guidance on working with local public health departments and hospital discharge planners to ensure appropriate placement of resident following hospital discharge. [Click here to read AFL 20-87](#)

Letter to Long-Term Care Facilities: **AFL 20-86.1** – November 20, 2020

This AFL provides COVID-19 infection control recommendations during holiday celebrations for residents, families, and facilities. This includes guidance for private gatherings, resident placement after returning to the facility, and communal activities in facilities. This revision provides additional guidance for intermediate care facilities for the developmentally disabled – habilitative, nursing, and continuous nursing (ICF/DD-H-N-CN). [Click here to read AFL 20-86.1](#)

CDPH announced membership in the **Community Vaccine Advisory Committee** with broad representation from organizations throughout California to provide input into the distribution and allocation of the COVID-19 vaccine. Committee members will advise the state on advancing principles of safety, equity, and transparency in vaccine distribution and allocation. [Click here to read the news release.](#)

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



California Department of Social Services

The Community Care Licensing Division (CCLD) of the California Department of Social Services (CDSS) publishes Provider Information Notices (PINs) to communicate important license related information to CCLD-licensed providers. The local San Diego Adult and Senior Care Regional Office can be reached at (619) 767-2300 or [CCLASCPSanDiegoRO@dss.ca.gov](mailto:CCLASCPSanDiegoRO@dss.ca.gov).

**NEW!** All Residential Care Facilities for the Elderly- Continuing Care Contracts  
– December 1, 2020

**PIN 20-43-ASC-CCR** shares the recent Adult and Senior Care PIN 20-42-ASC which provides guidance on COVID-19 infection control recommendations for celebrations and outings for licensees and staff, residents, friends, and families. This PIN includes guidance for private gatherings, resident cohorting after returning to the facility, and group activities in facilities. Pages five and six include Continuing Care Retirement Community-specific information. [Click here to read PIN 20-43-ASC-CCR](#)

All Adult and Senior Care Licensees – November 20, 2020

**PIN 20-42-ASC** provides guidance on COVID-19 infection control recommendations for celebrations and outings for licensees and staff, residents, friends, and families. This PIN includes guidance for private gatherings, resident cohorting after returning to the facility, and group activities in facilities. [Click here to read PIN 20-42-ASC](#)

[Click here to browse the full list of recent PINs](#)



## Potential Safety Power Shutoff in San Diego County

**NEW!** The California State Warning Center received notification from San Diego Gas & Electric (SDGE) of a Potential Safety Power Shutoff (PSPS). SCE PSPS Event 11.29.20 may impact Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, Tulare, and Ventura Counties. **The proposed date and time for de-energization is 12/2/20 at 2100 hours (9:00 PM) to 12/4/20 1400 hours (2:00 PM).**

Extreme weather conditions that may cause or intensify a fire will lead to execution of a PSPS.

Due to the possibility of an extended power shutoff to your facility, check generator fuel supplies, and/or plans for obtaining more fuel or evacuating if necessary.

If the PSPS program is in effect and causes the power to go out in your facility, this triggers an “unusual event” as defined in the Public Health and Medical Emergency Operations Manual and response protocol.

Report any outages related to the PSPS to the L&C District Office and to the local Medical and Health Operational Area Coordinator.

AFL 20-59 - Public Safety Power Shutoff Power Outage Reporting, reminds facilities that licensing regulations require facilities to report the unusual occurrence of a PSPS event to the California Department of Public Health, Center for Health Care Quality Licensing and Certification Program.

AFL 20-59: <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-20-59.aspx>

To register for updates to this PSPS event or for future events please contact **San Diego Gas & Electric**- <https://www.sdge.com/our-commitment-wildfire-safety> or call 1-800-411-7343.



## Programs of All-Inclusive Care for the Elderly (PACE) Policy Guidance

**NEW!** Effective November 23, 2020, the California Department of Health Care Services (DHCS) implemented temporary referral flexibility to Programs of All-Inclusive Care for the Elderly (PACE) health plans so they can connect with more frail seniors who are at risk for COVID-19. Under this flexibility, if a discharge planner at a PACE referral source (including, but not limited to hospitals, emergency rooms, and nursing homes) determines that a PACE health plan would be an appropriate program to facilitate the patient’s discharge and serve the patient’s needs in their home/community, the discharge planner may ask the patient or the patient’s authorized representative if they would like to be directly contacted by a PACE health plan. A memorandum for this policy guidance was posted to the DHCS [website](#).

DHCS published additional COVID-19 emergency guidance for providers, beneficiaries, and the general public: Updated: [COVID-19 Virus and Antibody Testing](#)

Additional updates will be posted to the [DHCS COVID-19 resource page](#).

How can you make the air in your home safer from SARS-CoV-2?  
By increasing ventilation and filtration!

Tips to Improve Ventilation and Filtration in Your Home



## Tips to Improve Ventilation and Filtration in Your Home

**NEW!** John Hopkins Bloomberg School of Public Health provides helpful tips on how you can make the air in your home safer from COVID-19 and can be applied to your Long-Term Care Facilities. [Click here to view](#). For more information and to stay up-to-date with John Hopkins newsletters, please click on the link below.

[Health Security Headlines](#): Daily news related to US and global health security.

[Preparedness Pulsepoints](#): Weekly updates on USG action on readiness and response.

[Clinicians' Biosecurity News](#): Analysis of advances and challenges in clinical biosecurity.

**SHARP** Hospice Care

## Healing After Loss Virtual Presentations

**NEW!** These presentations will focus on practical concerns of adults who are grieving the loss of a loved one during this holiday season.

**Communicating with Family and Friends** – December 7, 2020 from 3:30-4:30 pm

**Strategies for Coping with Grief** – December 14, 2020 from 3:30-4:30 pm

Register individually either by:

- Calling 1-800-82-sharp (1-800-827-4277)
- Registering online [here](#).

- You can attend via phone, computer or mobile device (smartphone or tablet). You will be sent the login instructions in a separate email from your registration confirmation.



## COVID-19 Holiday Guidance Steps to Stay Healthy

**UPDATED!** To minimize the spread of COVID-19 and keep families safe during the upcoming holidays, the County of San Diego has issued guidance that outlines recommendations, what's not recommended, what's not allowed, and safer alternatives for traditional activities that can be high-risk for spreading viruses.

- **Celebrating Winter Holidays Guidance** ([PDF](#))

For more information on steps to stay safe during the entire holiday season. The holiday guidance is available in **8 languages**; visit the County of San Diego's Holidays and COVID-19 webpage [here](#).



## NIOSH Approves First Elastomeric Half Mask Respirator Without an Exhalation Valve

The National Institute for Occupational Safety and Health (NIOSH) eNews Flash:

Respirators are an important resource in reducing the transmission of SARS-CoV-2, the virus that causes COVID-19. When workers wear respirators to protect themselves against workplace hazards, they also need to maintain source control to protect others in case they are themselves sick with COVID-19. Concerns were raised that respirators with exhalation valves may allow unfiltered exhaled air to escape into the environment, therefore not offering source control.

NIOSH is working to identify solutions to address exhalation valve concerns in both filtering facepiece respirators and elastomeric half mask respirators (EHMR). Several research studies are underway on this issue.

In parallel with the NIOSH research on exhalation valves, manufacturers have been conducting research and development to produce an elastomeric respirator that addresses the exhalation valve concerns.

To this end, NIOSH has approved the first EHMR without an exhalation valve. This respirator is approved for use with either P95 or P100 particulate filters (**NIOSH approval numbers: TC-84A-9260, TC-84A-9261, TC-84A-9256, TC-84A-9257**). This EHMR can be used for both personal protection and source control. Exhalation is accomplished through the particulate filters meeting all NIOSH requirements, thereby allowing it to also serve as a means of source control since it will maintain the high level of filtration upon exhalation. This EHMR can be cleaned and disinfected as part of a respiratory protection program's standard procedures. The particulate filters are available with an integrated splash guard to improve the ease of completing a user seal check, to help protect from liquids, and to aid in wiping down the filter housing with disinfectant.

More information on NIOSH-approved respirators, including the first EHMR without an exhalation value, is available on the [NIOSH Certified Equipment List](#)



## Waiting in line when you visit a County of San Diego testing site without an appointment?

**Save time and pre-register. Here's how...**

If you visit a County of San Diego testing site and do not have an appointment, you can use a QR code to help speed up your registration while you wait in line.

- Look for the QR code that is posted at each County Walk Up Testing Site. Scan that code with your cell phone by opening the Camera App on the cell phone and hover over the code (like you are taking a photo of it). The phone will recognize the QR code and will show a notification.
- Tap that notification to open the “HealthBook” link that is associated with the QR code.
- On the HealthBook website page, scroll to the bottom of the page and enter the unique site code of the day (this is posted at the testing site along with the QR code).
- Answer the registration questions.
- After completing the questions, you will see a green confirmation that registration is complete.

Don't have a cell phone? Not to worry. A County staff will use a laptop to register you.

Remember to bring a form of identification for verification.

**Please see attached PDF** “NAME-QR Process for Pre-Registration FINAL Pg 2-3 Walk in” for more information on the steps to enter the site code.

For more detailed information on testing in San Diego County, please check out the County [webpage here](#).



## Characterization of COVID-19 in Assisted Living Facilities – 39 States

The Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report includes an important article, “Characterization of COVID-19 in Assisted Living Facilities – 39 States, October 2020”.

By October 15, 2020, in 39 states with available data, 22% of ALFs reported one or more cases of COVID-19 among residents and staff members. Among ALF residents with COVID-19, 21% died, compared with 3% who died among the general population with COVID-19.

[Click here to read Characterization of COVID-19 in Assisted Living Facilities – 39 States, October 2020.](#)



## Case Rates by Zip Code

The County of San Diego is working closely with federal and state agencies and the local healthcare community to monitor and test for the spread of COVID-19 virus in the region. To view an interactive COVID-19 case rates by ZIP code map, click [here](#).



## San Diego County Public Health Order

The Public Health Order has been updated and is effective November 21, 2020. [Read the latest order.](#)



## Flu Vaccine Information

The influenza vaccine is available at doctors' offices and pharmacies throughout San Diego County and is covered by medical insurance. For **Flu Season 2020-2021 information**, check out the County of San Diego Immunization Program [influenza webpage](#) and find information on [Flu Vaccine Locations](#). For additional information, [click here](#) for the Centers for Disease Control and Prevention ways to protect your health this season.



## REMINDER to check the County Triggers Dashboard for the Testing Positivity Rate

The frequency of routine testing of skilled nursing facility staff depends on the San Diego County Positivity Rate. Please click the link below to access the **COVID-19 Testing Positivity Rate**.

[View the current Positivity Rate here](#) (Item #10: Testing Positivity).



## Upcoming Telebriefings





**Friday, December 11  
at 4:00 pm**

Telebriefing for **Long-Term Care and Residential Care Facilities** with Special Guest, Dr. Michael Krelstein, County of San Diego Behavioral Health Services.

**WHEN:** Friday, December 11, 2020, at 4:00 p.m.

Click [here](#) to learn more about the telebriefing, [submit questions](#) before each telebriefing, and visit the **Long-Term Care and Residential Care Facilities** sector support [webpage](#).



**Friday, December 18  
at 4:00 pm**

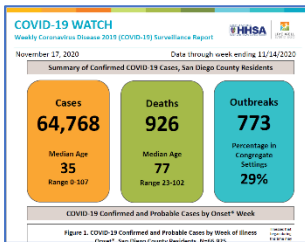
Telebriefing for **Older Adult and Disability Service Providers**.

**WHEN:** Friday, December 18, 2020, at 4:00 p.m.

Click [here](#) to learn more about the telebriefing, [submit questions](#) before each telebriefing, and visit the **Older Adult and Disability Service Providers** sector support [webpage](#).



## 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.](#)

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.](#)



### Supporting Your Loved One in a Long-Term Care Facility

Nursing homes and long-term care facilities can communicate actions the facility is taking to protect them and/or their loved ones, any visitor restrictions that are in place, and actions residents and families should take to protect themselves in the facility, emphasizing the importance of hand hygiene and source control. [Please click here to access this document.](#)



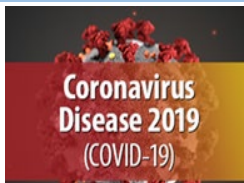
- [COVID-19 in Nursing Homes and Long-Term Care Facilities](#)
- [Considerations for Use of SARS-CoV-2 Antigen Testing in Nursing Homes](#)
- [Printable Algorithm](#) for considerations for testing asymptomatic and symptomatic residents or HCP.
- [Guidelines on Masks, How to Select, Wear, and Clean Your Mask](#)
- [Guidelines for Group Homes for Individuals with Disabilities](#)
- [Guidelines for Direct Service Providers of Individuals with Disabilities](#)
- [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](http://www.cdc.gov/coronavirus).



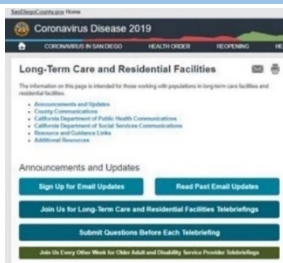
## 211 San Diego

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.



## General COVID-19 Information from Federal and State Organizations

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



## Recent Email Updates from the County of San Diego Long-Term Care and Residential Care Sector

- [November 25, 2020 Update](#)
- [November 19, 2020 Update](#)
- [November 10, 2020 Update](#)

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



**Stay Connected**



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

