



# Spread Cheer, Not Germs

**Ideas for Staying Well this Holiday Season**



# 'Tis the Season

- ❶ Locally--Four suspected Norovirus outbreaks in senior living facilities reported to Marion County within the last month.
- ❷ Statewide--Multnomah County School Closed After Suspected Noro-virus Outbreak ~ NWCN.com
- ❸ Nationally--Michigan College Closed Because of Suspected Norovirus Outbreak ~ WKSO News

# Challenges for Long-Term Care, Assisted-Living, and Independent-Living Facilities

- Preventing the spread of illnesses in residents and employees.
- Identifying an outbreak of illness.
- Isolating the ill residents and employees.
- Promoting health and hygiene.

# Disease Prevention Idea Package

- A collection of disease prevention ideas and resources designed to prevent or minimize communicable disease spread during the upcoming holiday season.



# Key Disease Prevention Message

## ● Spread Cheer, not Germs



Spread Cheer,  
not Germs

Wash your hands often

Cover your cough

Get vaccinated

Stay home if ill

# Prevention Messages

- 🚫 Wash Hands
- 🚫 Cover Coughs and Sneezes
- 🚫 Stay Home while Ill
- 🚫 Get Vaccinated





# Wash Hands

- The single most important prevention step for reducing disease transmission.
  - It is more effective at preventing disease than taking vitamins.
  - It requires minimal training and no special equipment.

# Hand Hygiene Survey 2008

- Only 85% of respondents say they always wash their hands after going to the bathroom.
- 46% of respondents wash their hands 15 seconds or less.
- 39% surveyed seldom or never wash their hands after coughing or sneezing.
- 35% don't always wash before eating lunch.

# Strategies to Promote Hand Hygiene

● “Having to *think* about whether to wash your hands makes it less likely that it will actually happen. But creating a routine that you're comfortable with takes the thinking out of it, and therefore it just gets done, every time.”

~Joshua Schwimmer, MD, FACP, FASN

# Hand Hygiene Ideas

● Make sure sinks, soap dispensers, towel dispensers and faucets are visible, in working order, and easy to access.

● Place hand sanitizers in visible and easy-to-access areas at a common dining area or at a social event.

# Hand Hygiene Ideas

- **Post friendly signs encouraging disease prevention.**

- **If there is a facility channel where a video can be played, run messages that encourage disease prevention.**

- CDC Hand Hygiene clip:

- <http://www.cdc.gov/CDCTV/HandsTogether/index.html>

- King County Health Department PSA:

- <http://kingcounty.gov/healthservices/health/communicable/stopgerms/psa.aspx>

# Hand Hygiene Resources

● Mayo Clinic Hand Washing Article:  
<http://www.mayoclinic.com/health/hand-washing/HQ00407>

● CDC Hand Hygiene Website:  
<http://www.cdc.gov/handhygiene/>

# Cover Coughs



- Covering coughs and sneezes is an effective way to keep respiratory infections from spreading to others.
- Encourage/remind people to cough and sneeze into their sleeves.

# Ideas for Respiratory Etiquette

- Post friendly signs encouraging disease prevention/covering coughs.
- Place tissues and trash bins within easy reach for people to use.

# Play Messages

- “Why Don’t We Do it in Our Sleeves”

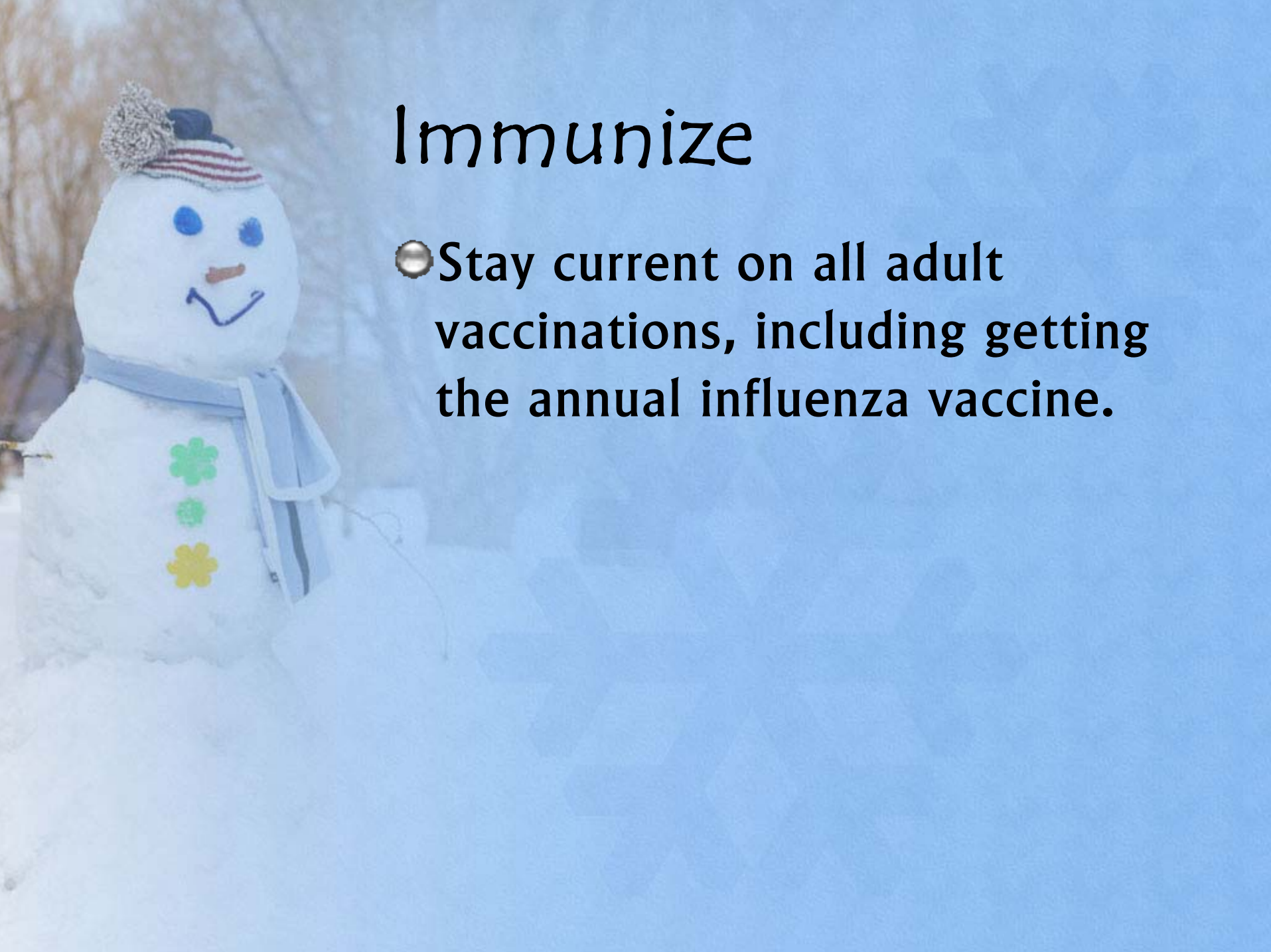
<http://www.coughsafe.com/media.html>

- “Infect Me Not”

<http://www.sfcddcp.org/infectmaterials.html>

- “Stop Germs, Stay Healthy”

<http://www.kingcounty.gov/healthservices/health/communicable/stopgerms/>



# Immunize

- Stay current on all adult vaccinations, including getting the annual influenza vaccine.

# Immunization Ideas

- Hold a vaccination clinic for employees and residents.
  - List of flu vaccine clinic providers is available upon request. Also available [online](#).

# Immunization Ideas

- Send ecard reminders to people (e.g., employees, family members of residents) reminding/encouraging them of need to get vaccinated

- [CDC ecards](#)

# Immunization Ideas

- Play disease prevention messages for people on hold on the phone:
  - Audio Public Service Announcements:  
<http://www.scdhec.net/flu/resources.htm>

# Stay Home if Ill

- **Restrict ill visitors and personnel from entering the facility**
  - **Especially restrict ill visitors/staff from food handling or direct patient care**



# Isolation Ideas

- Post signage

- Example:

- <http://www.tsft.nhs.uk/Portals/4/ContentAssets/Images/Home/Norovirus.pdf>

# Isolation Ideas

- Send emails to employees, residents and their family members reminding to stay home if ill.

# Survey Your Domain

- Conduct systematic/routine surveillance for illness.



# Ideas for Monitoring

- For independent living facilities, a means of monitoring may be keeping track of the number of people calling for food trays to their rooms due to illness.



# Tools

- [http://www.co.marion.or.us/  
NR/rdonlyres/CB4A73E0-  
8BA5-41FD-B27A-  
37C54CFB5192/0/Longter  
mcarelinelist2.pdf](http://www.co.marion.or.us/NR/rdonlyres/CB4A73E0-8BA5-41FD-B27A-37C54CFB5192/0/Longtermcarelinelist2.pdf)



# Staff Trainings

- Share disease prevention messages at staff meetings or trainings.
- Disease specific prevention messages:
  - [MCHD Noro](#)
  - [MCHD flu vs Noro](#)
  - MCHD disease prevention





# Reporting

- Make timely reports of outbreaks, (503) 588-5621.

- [Reporting Poster](#)

- Please call (503) 588-5621 if you have questions.

Thank You

