

Training

ADDENDUM TO EXPOSURE CONTROL PLAN

On Line at DomusVita.com you can find the COVID addition to our Exposure Control Plan. What follows are training materials related to this addendum.

You must review and sign that you understand the material.

IF YOU HAVE QUESTIONS YOU MAY CONTACT THE OPERATIONS DIRECTOR
AT jim@domusvita.com

NOTE THE ADDENDUM IS AT BOTTOM OF THE WEBSITE

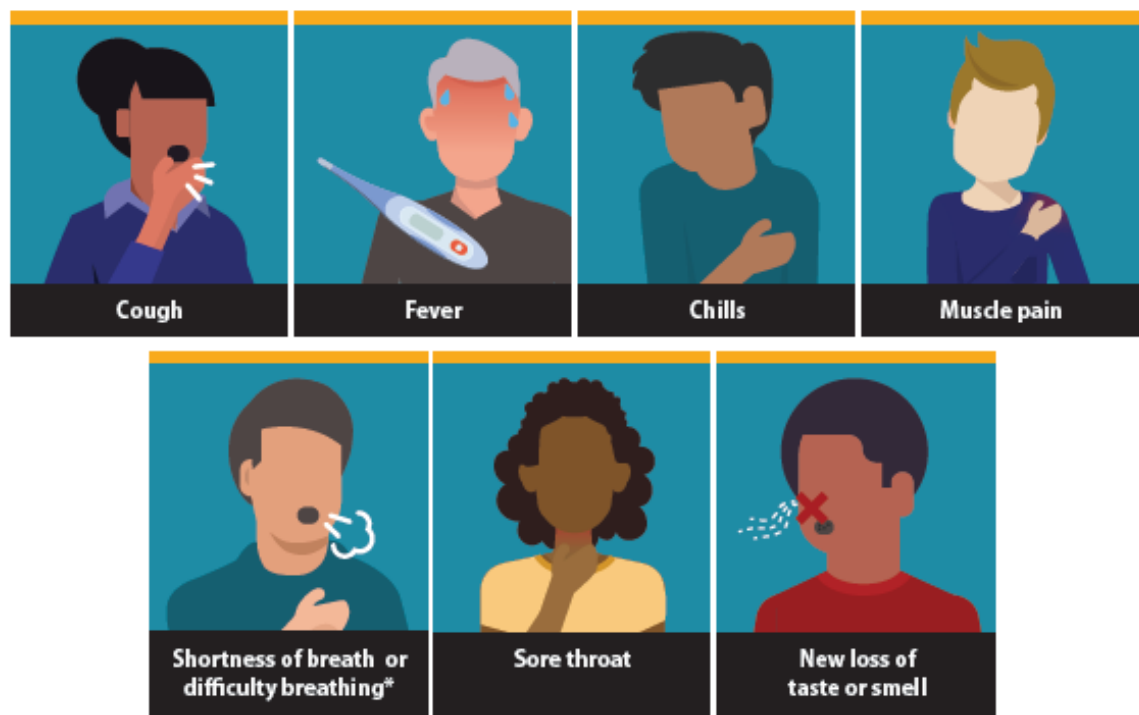
- General hygiene
 - Wash hands with soap and water when arriving for shift and after contact with other individuals or possibly contaminated surfaces.



- Symptoms, what to do if sick
 - If you have symptoms do not come to work.
 - Instead notify Human Resources 734-293-0034 ext. 316 or email jim@domusvita.com as soon as possible.
 - In your message please leave contact information where you can be reached.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

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|--|-----------------------------------|
| • Trouble breathing | • Inability to wake or stay awake |
| • Persistent pain or pressure in the chest | • Bluish lips or face |
| • New confusion | |

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



- Cleaning and disinfection
 - Review the Exposure Control Plan Addendum at DomusVita.com

6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)

Cloth face covers

- Know you are responsible to cover face indoors if closer than 6 feet of another person and anytime you are in shared spaces.
- If wearing a cloth face coverings multiple layers are better than single layers BUT BE SURE YOU CAN BREATHE!

Important Information About Your Cloth Face Coverings

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



Stay at home as much as possible



Practice social distancing (remaining at least 6 feet away from others)



Clean your hands often



In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How cloth face coverings work

Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people can spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering can protect others around you. Face coverings worn by others protect you from getting the virus from people carrying the virus.



How cloth face coverings are different from other types of masks

Cloth face coverings are NOT the same as the medical facemasks, surgical masks, or respirators (such as N95 respirators) worn by healthcare personnel, first responders, and workers in other industries. These masks and respirators are personal protective equipment (PPE). Medical PPE should be used by healthcare personnel and first responders for their protection. Healthcare personnel and first responders should not wear cloth face coverings instead of PPE when respirators or facemasks are indicated.



N95 respirator



Cloth covering

General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Avoid touching your face as much as possible. Keep the covering clean. Clean hands with soap and water or alcohol-based hand sanitizer immediately, before putting on, after touching or adjusting, and after removing the cloth face covering. Don't share it with anyone else unless it's washed and dried first. You should be the only person handling your covering. Laundry instructions will depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>



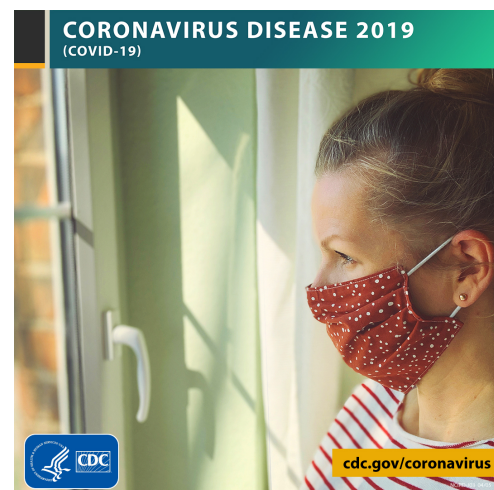
- Social distancing
 - Even outside stay at least 6 feet apart (mask optional).



- Use of PPE
 - Be sure to follow instructions on PPE use, specifically don't touch front of your face mask once has been used-and when you do because we all seem to do it-wash your hands with soap and water.
 - Be sure mask fits following manufacturer instructions.



- Safe work practices
 - Don't share pens and spaces avoidable. Keep 6 foot distance. Keep your face covering on.



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- Stress management
 - If stress is an issue the State has a good website: michigan.gov/staywell or you can contact HR for other resources.

