



**A WISE
RETREAT**
Rehab for Men

**Dual Diagnosis
Addiction Rehab**

Call 855-500-9473 (WISE)

A WISE Retreat COVID-19 Policy and Procedure

- All staff and visitors to wear surgical masks while in public areas. If surgical masks are unavailable due to a shortage of PPE, all staff and visitors are required to wear cloth face coverings.
- All staff and residents must be trained on how to wear PPE, including masks. Training resources include an instructional poster and videos for donning and doffing.
- Alcohol-based hand rubs (ABHR) are to be used when soap and water for handwashing is unavailable. Hand-hygiene practices to be used include: tissues, no-touch receptacles for disposal and facemasks at health care facility entrances, waiting rooms, resident check-ins.
- ABHR is to be accessible in all resident-care areas including inside and outside resident rooms.
- Management of laundry, food service utensils and medical waste should also be performed in accordance with routine procedures. All medical waste shall be disposed of in sterilite containers.
- Access to residential facilities is limited to current clients and essential staff and vendors. Visitors may be permitted on a very limited basis if they are granted an exception due to compassionate situations.

Clients

Clients are to be COVID 19 tested prior to admission. They may be tested at Sutter Solano Hospital or John Muir Hospital in Concord. Until results are received in writing, clients are to wear a face mask or cloth face covering at all times in public places.

If clients do go out, they must keep a distance of at least six feet away from anyone else, including relatives who do not live in the program and avoid touching their faces. Upon returning to the facility, they should be screened using the procedures outlined in the Screening section. They should immediately wash their hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

Staff

Follow CDC guidelines for restricting access to health care workers. This also applies to other behavioral health care workers, such as psychiatrists, therapists, peer workers, technicians, recreational therapists and others who provide care to patients. They should be permitted to enter a facility as long as they meet the CDC guidelines for health care workers.

All staff must be screened using the procedures in the Screening section before they enter the facility.

Visitors

All visitors are restricted access to the facility unless it is deemed necessary to directly support a resident's health and wellness or for certain compassionate care situations.

Guidelines

- Keep at least 6 feet of distance between yourself and others in the home or community setting as possible.
- Wear a cloth face covering in all public areas.
- Beds in the rooms are to be 6 feet apart.
- All clients are to wear a cloth face covering when on exercise field trips.
- Wear PPE if there is potential that you may be splashed or sprayed by bodily fluids during your work, use standard precautions. Personal protective equipment (PPE) includes a facemask, eye protection, disposable gloves, and a gown.
- Wash your hands with soap and water: when entering and leaving the home or community setting; when adjusting or putting on or off facemasks or cloth face coverings; or before putting on and after taking off disposable gloves. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Learn more about proper handwashing.
- Wear disposable gloves when touching the client, handling tissues, when changing linens or doing laundry or assisting with medication administration. Safely dispose of gloves after use.
- Launder work uniforms or clothes after each use with the warmest appropriate water setting for the items and dry items completely.
- Monitor yourself for symptoms. Do not go to work or care for others if you develop symptoms.

Additional prevention actions:

- Clean and disinfect frequently touched objects and surfaces (e.g., counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables), and equipment.
- Help the client plan for possible changes in service due to COVID-19.
- Plan for what to do if you or other personnel get sick.
- Create a contact list of family, friends, neighbors and local service agencies that can provide support.

Review with the client:

- How to [screen themselves for symptoms](#).
- Isolate for any suspicious symptoms.
- Assist client in contacting their healthcare provider.
- Help make or update care plans or an emergency notebook.

(Review medical record for important information about a person's medical conditions, how to manage those conditions, how to contact healthcare providers, therapists and pharmacy, information on allergies, medications (names, dosages, and administration instructions), preferences (food and other), daily routines and activities)