

Guidance Coronavirus 2019 (COVID-19): Guidance for Intermediate Care Facilities (ICF)

This document provides COVID-19 guidance to intermediate care facilities (ICF). Given the critical importance in limiting COVID-19 exposure in such facilities, decisions on relaxing restrictions must be made with careful review of the number of facility-level and community cases, and in collaboration with Department on Disability Services (DDS) and DC Health. Support and interdisciplinary teams must consider this guidance when developing a person-centered plan to mitigate risk for persons living in the ICF. **Except for current mandates in effect under a Mayor’s Order or other existing local or federal regulation, any definitive action statements made in this guidance (e.g., “must”) are considered essential best practice recommendations to mitigate the spread of COVID-19.** This guidance is **not** intended for community residence facilities for the elderly and physically disabled (Chapter 34) or for persons with intellectual disabilities (Chapter 35), mental health community residence facilities (MHCRF), nursing homes or assisted living facilities. For guidance on these other settings, please visit coronavirus.dc.gov.

Activity	Guidance
Personal Protective Equipment (PPE)	<p>Persons up to date¹ on their COVID-19 vaccines living in the ICF should wear well-fitting masks or respirators² when they are:</p> <ul style="list-style-type: none"> • Outside the ICF when in crowded or poorly ventilated indoor spaces • Outside the ICF when indoors around people who are unvaccinated, <u>not up to date</u> with their COVID-19 vaccine, or with unknown vaccination status • Are around others in the ICF and they are experiencing symptoms of COVID-19, are positive for COVID-19, or under quarantine due to COVID-19 exposure • When other persons living in the ICF have visitors. <p>Persons up to date on their COVID-19 vaccines who are living in the ICF who are not immunocompromised³ <u>do not</u> have to wear a mask when they are:</p> <ul style="list-style-type: none"> • Outside the ICF around other non-household persons who are verified to be up to date on their COVID-19 vaccines (e.g., family members, adult day providers) • Outdoors • Visiting with unvaccinated people (including children) or people who are not up to date on their COVID-19 vaccines provided the visit takes place outdoors <p>Persons living in the ICF who are unvaccinated, not up to date on their COVID-19 vaccine, OR immunocompromised (regardless of vaccination status) should wear masks or respirators when they are:</p> <ul style="list-style-type: none"> • Outside the ICF at all times when around others. • Are around others in the ICF and they are experiencing symptoms of COVID-19, are positive for COVID-19, or under quarantine due to COVID-19 exposure <p>Masks should NOT be worn by anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.</p> <p>Direct care staff⁴ must follow Required Personal Protective Equipment (PPE) for Healthcare Facilities AND Screening in a Healthcare Setting at, coronavirus.dc.gov/healthguidance.</p>

¹ A person is considered **up to date** after they have received all recommended doses of the COVID-19 vaccine, including booster doses as applicable. More information can be found in *Guidance for Close Contacts of a Person Confirmed to have COVID-19: Quarantine and Testing* at coronavirus.dc.gov/healthguidance.

² For the rest of this guidance, the term mask will be used to refer to either masks or respirators.

³ **Immunocompromised** means having a weakened immune system due to a medical condition or from taking medications that suppress the immune system. This includes, but is not limited to: people on chemotherapy, people with blood cancers like leukemia, people who have had an organ transplant or stem cell transplant, and people on dialysis

⁴ **Direct care staff:** All paid or unpaid staff who have direct contact and provide care services to persons in the ICF.

Activity	Guidance
Group Dining	<p>Persons living in the ICF who meet the following criteria may participate in group dining:</p> <ul style="list-style-type: none"> • Not currently isolated due to COVID-19 infection • Not experiencing symptoms of COVID-19 or under quarantine for exposure, • Previously positive for the virus that causes COVID-19 AND has completed isolation using the symptom-based or time-based clearance method <p>Direct care personnel should dine at dedicated staff areas, if possible, and maintain social distance regardless of vaccination status.</p> <p>PLEASE NOTE: Group dining will increase the risk of COVID-19 spreading in your facility. Please be cautious and ensure that all applicable screening and testing practices are in place before implementing any group dining. When persons not living in the ICF are participating (e.g., direct service providers or visitors) they should maintain social distance from those living in the ICF.</p>
Non-Essential Medical Providers	<p>Allow entry of non-essential healthcare personnel/contractors.</p> <ul style="list-style-type: none"> • Consider telemedicine options as appropriate. • All non-essential personnel must follow the same PPE requirements as for staff. • All non-essential personnel must undergo screening. <p>For full guidance on Screening in a Healthcare Setting, Screening Tool Guidance, and Required Personal Protective Equipment (PPE) for Healthcare Facilities, visit coronavirus.dc.gov/healthguidance.</p> <p>PLEASE NOTE: Non-essential medical personnel are determined by each individual facility. This determination should be made based on the medical needs of individual persons living in the ICF at that point in time.</p>
Leaving for Medical Reasons	<ul style="list-style-type: none"> • Persons living in the ICF may leave for routine/elective medical appointments with the following considerations: <ul style="list-style-type: none"> ○ Persons living in the ICF do not need to quarantine upon return, regardless of vaccination status, unless they were exposed to a person with confirmed COVID-19. ○ Persons living in the ICF who leave for medical appointments AND engage in any other activity prior to returning to the ICF must follow guidelines outlined in the <i>Outings</i> section on page 4. • If persons living in the ICF leave the ICF for inpatient admission to a medical facility, facilities must follow the <i>Plan for Isolation, Quarantine, & New/Readmissions</i> on page 6, and <i>Testing Persons Living in the ICF</i> on page 5 upon their return. • Persons living in the ICF with laboratory-confirmed COVID-19 who have not been cleared from isolation should only leave the ICF for essential medical needs (i.e., dialysis), with prior notification of the receiving facility. • Travel for medical care for COVID-19 positive persons should be provided by the ICF provider.

Activity	Guidance
Non-medical Personal Care Services	<p>Non-medical personal care services are permitted.</p> <p>For non-medical care services that occur outside the facility, see the <i>Outings</i> section on page 4.</p> <p>Persons living in the ICF who meet the following criteria should not undergo personal care services:</p> <ul style="list-style-type: none"> • Currently isolated due to COVID-19 • Currently experiencing symptoms of COVID-19. • Currently quarantined because of exposure to COVID-19 <p>Screen all non-medical personnel at the beginning of their shift for fever and symptoms of COVID-19</p> <ul style="list-style-type: none"> • For full guidance on Screening in a Healthcare Setting and Screening Tool Guidance, visit coronavirus.dc.gov/healthguidance. <p>Ensure additional precautions are maintained:</p> <ul style="list-style-type: none"> • Persons living in the ICF must wear a well-fitting mask. • Non-medical personnel must wear a mask for source control while in the ICF. • Provision of infection control education and competency to personnel, including: <ul style="list-style-type: none"> ○ Hand hygiene ○ PPE ○ Cleaning and disinfection (e.g., contact time) • Ensure cleaning and disinfection is performed in between services provided to persons living in the ICF using products on EPA List N. • Designate a space for non-medical personal care services to occur in the ICF. Outdoors is preferred over indoors. If services are done indoors, use only well-ventilated spaces. <p>PLEASE NOTE: Non-medical personal care services will increase the risk of COVID-19 spreading in your facility. Please be cautious by ensuring all applicable screening and testing practices are in place before allowing any non-medical personal care services.</p> <ul style="list-style-type: none"> • Personal care services provided in the facility can be monitored and procedures can be reinforced to reduce infection control risk. Because of this, personal care services provided in the facility may offer less risk than having people leave the facility to receive services. • When determining whether a person should participate in this activity, consider the person’s ability to comply consistently with masking and social distancing, and the person’s comfort level with the activity.
On-Site Group Activities	<p>On-site group activities can occur within the ICF or the ICF’s boundary.</p> <p>Persons living in the ICF who meet the following criteria may be physically present during group activities:</p> <ul style="list-style-type: none"> • Not currently isolated due COVID-19 infection • Not experiencing symptoms of COVID-19 • Not under quarantine for exposure • Previously positive for the virus that causes COVID-19 AND has completed isolation using the symptom-based or time-based clearance method <p>Persons up to date on their COVID-19 vaccines (who are not immunocompromised) living in the ICF can participate in on-site group activities with visitors who are also up to date on their COVID-19 vaccines without the use of a mask or social distancing.</p> <p>Any person living in the ICF who is unvaccinated, <u>not up to date</u> on their COVID-19 vaccines, or immunocompromised (regardless of vaccination status), who is participating in a group activity with visitors that are unvaccinated, <u>not up to date</u> on their COVID-19 vaccines, or with unknown vaccination status, must socially distance and wear a mask.</p> <p>Group size and activity space must allow for social distancing as described above.</p> <p>Persons living in the ICF who meet the following criteria should not physically* be present for group activities:</p> <ul style="list-style-type: none"> • Currently isolated due to COVID-19 • Currently experiencing symptoms of possible COVID-19 • Currently quarantined because of exposure COVID-19 <p>*Consider virtual participation</p> <p>PLEASE NOTE: Group activities will increase the risk of COVID-19 spreading in your facility. Implement robust infection control measures (e.g., encourage persons living in the ICF to wear a mask, ensure access to hand hygiene supplies, ensure appropriate cleaning and disinfection of activity space and equipment, etc.) and take measures to facilitate social distancing (e.g., remove chairs, space tables, stagger activity start and end times, etc.).</p>

Activity	Guidance
Outings	<ul style="list-style-type: none"> • Persons living in the ICF may leave the facility for non-medical community activities with the following guidelines: <ul style="list-style-type: none"> ○ Persons living in the ICF must and those accompanying them should: <ul style="list-style-type: none"> ▪ Wear a well-fitting mask during the entire outing (if possible) and maintain social distancing while in the community. <ul style="list-style-type: none"> ➢ If the person living in the ICF is up to date on their COVID-19 vaccine, they can choose to have close contact (including touch) with others in the community while wearing a mask. If taking a walk outdoors and not in close contact with the community, a mask is not necessary. ➢ Persons living in the ICF who are up to date on their COVID-19 vaccine, visiting friends or family who are also up to date, may choose to interact without masks or physical distancing. ➢ Physical touch for an extended period of time with people who are unvaccinated, <u>not up to date</u> on their COVID-19 vaccine, or with unknown vaccination status should be avoided. ➢ Immunocompromised residents should wear a mask and maintain social distancing at all times, regardless of vaccination status. ▪ Clean hands frequently, using alcohol-based hand sanitizer when soap and water is not available. ▪ Keep a log of activities to assist in completing the risk assessment and allow for contact tracing if needed. ○ Persons living in the ICF and family members should be educated about potential risks of public settings and to avoid crowded, poorly ventilated areas. ○ Upon return: <ul style="list-style-type: none"> ▪ Screen the person living in the ICF for symptoms of COVID-19. ▪ A risk assessment to evaluate the need for quarantine should be completed for persons living in the ICF who are unvaccinated, <u>not up to date</u> on their COVID-19 vaccine, or immunocompromised (regardless of vaccination status). A risk assessment should still be considered for all persons living in the ICF if 2 or more persons living in the ICF are unvaccinated, or not up to date on their COVID-19 vaccine OR when higher levels of community transmission are present. Risk assessment should include: <ul style="list-style-type: none"> ➢ Was the person exposed to someone who is positive for COVID-19? (Answering yes to this question requires quarantine from other persons in the ICF, regardless of vaccination status.) ➢ What was the vaccination status of others involved in the activity? ➢ Approximate number of other people with whom the resident interacted. ➢ Was the destination(s) indoors or outdoors? ➢ What was the approximate length of time that the person interacted with other people with whom they don't reside? ➢ Did the person comply with social distancing? ➢ Were other people at the destination wearing masks? ➢ Can the person wear a mask if needed? ➢ Did the person comply with masking the entire time? ○ If a risk assessment is completed, persons living in the ICF determined to have participated a higher risk activity must quarantine. <p>NOTE: Testing is still required for persons living in the ICF who have left the facility for more than 24 hours, regardless of vaccination status, as outlined in the <u>Testing Persons Living in the ICF</u> section on page 5.</p>

Activity	Guidance
Testing Persons Living in the ICF	<p>Facilities must test all persons living in the ICF if:</p> <ul style="list-style-type: none"> • Anyone who has been in the ICF (e.g., person residing in facility, direct care staff, visitor) is confirmed to have COVID-19; OR • There is on-going transmission of the virus that causes COVID-19 in the ICF OR • There are 1 or more COVID-19 cases in persons living in the ICF OR • There are 3 or more cases of acute illness compatible with COVID-19 in persons living in the ICF with onset within a 72-hour period <p>Test any person living in the ICF as needed who meet the following criteria:</p> <ul style="list-style-type: none"> • Showing symptoms of possible COVID-19 • Exposed (regardless of vaccination status) to anyone who was confirmed to have COVID-19 AND the person living in the ICF has not recovered from a COVID-19 infection within the previous 90 days. <ul style="list-style-type: none"> ○ Test immediately (but not earlier than 24 hours after exposure) and, if negative, on days 5-7 and 9-10 after exposure. • New/Readmissions or persons living in the ICF who have left the facility for greater than 24 hours (regardless of vaccination status) AND have not recovered from a COVID-19 infection within the previous 90 days. <ul style="list-style-type: none"> ○ Test immediately upon admission/return and, if negative, again 5-7 days after admission/return. • Those who have tested positive for COVID-19 and recovered within the previous 90 days who develop new symptoms of COVID-19 should be evaluated by an HCP for testing <p>If weekly, non-outbreak testing (i.e., surveillance testing) of persons living in the ICF is performed, test all persons weekly who meet the following criteria:</p> <ul style="list-style-type: none"> • Anyone not currently isolated for laboratory-confirmed COVID-19 at time of specimen collection (asymptomatic or symptomatic) • Anyone who does not have a test pending for the virus that causes COVID-19 at time of specimen collection (asymptomatic or symptomatic) • Anyone who is beyond 90 days of the date they were cleared from isolation due to a laboratory-confirmed COVID-19 diagnosis • <u>Unvaccinated or not up to date on their COVID-19 vaccine</u>
Testing Staff	<p>Consider weekly testing of staff: Exclude staff who meet the following criteria from weekly surveillance testing:</p> <ul style="list-style-type: none"> • Those isolated due to positive COVID-19 status at time of specimen collection • Those with a history of COVID-19 and recovery within the last 90 days • Those who are up to date on their COVID-19 vaccine (unless showing signs or symptoms of COVID-19 infection).
Routine Data Reporting	<p>Continue reporting persons living in the ICF and staff consistent with DDS guidance and requirements.</p>

Activity	Guidance
Plan for Isolation, Quarantine, & New/Readmissions	<p>Dedicate space for cohorting and managing care for each of the following:</p> <ul style="list-style-type: none"> • Isolating persons living in the ICF with confirmed COVID-19 • Isolating persons living in the ICF who develop symptoms of possible COVID-19 • Quarantining new/readmissions with an unknown COVID-19 status who: <ul style="list-style-type: none"> ○ Are unvaccinated or not up to date on their COVID-19 vaccine. ○ Do not have a recent history of COVID-19 and recovery within the last 90 days ○ Have been exposed to a person with confirmed COVID-19 regardless of vaccination status. ○ Are being transferred or admitted from an area or facility with a confirmed COVID-19 outbreak. • Quarantining persons living in the ICF who were exposed to a COVID-19 positive person (regardless of vaccination status) <ul style="list-style-type: none"> ○ Quarantine may be waived for persons living in the ICF who have had a confirmed COVID-19 infection within the last 90 days. • Quarantining persons living in the ICF based on risk assessment. <p>More information about isolation and quarantine can be found in the following guidances at coronavirus.dc.gov/healthguidance:</p> <ul style="list-style-type: none"> • <i>Guidance on Discontinuation of Transmission-Based Precautions for Patients with Confirmed or Suspected COVID-19 in Healthcare Settings</i> • <i>Guidance for Close Contacts of a Person Confirmed to have COVID-19: Quarantine and Testing</i> <p>Have plans in place to dedicate staff for cohorting and managing care for each of the following:</p> <ul style="list-style-type: none"> • Persons isolated for COVID-19 AND • Persons isolated for symptoms of possible COVID-19 AND • New/readmissions requiring quarantine. AND • Persons quarantined who had exposure to a COVID-19 positive person <p>Facilities must verify vaccination status before quarantine is deferred.</p> <ul style="list-style-type: none"> • Acceptable forms of verification include: <ul style="list-style-type: none"> • Documentation in the medical record, • CDC vaccination card. <p>Verbal statement of vaccination must not be accepted.</p>