

Missouri Quality Care Coronavirus Safety/Prevention Plan

Updated 7/12/23

May 11, 2023, marked the end of the federal COVID-19 Public Health Emergency declaration!!

Prior restrictions are being lessened within the Missouri Quality Care's Coronavirus Safety/Prevention Plan. Of course, the protocol is subject to change at any time Missouri Quality Care and/or the Centers for Disease Control and Prevention (CDC) sees fit.

STAY HOME IF YOU ARE SICK!!!

If a Missouri Quality Care employee displays any of the symptoms below, has tested positive for Coronavirus or has been exposed to someone who has tested positive for Coronavirus, the employee should immediately contact his/her immediate supervisor. Since the COVID-19 Health Emergency has been lifted, Missouri Quality Care will NOT pay for employee's time off; however, the employee may use accrued sick time just like any other illness.

***Failure to report symptoms, positive tests and/or exposure WILL result in disciplinary action and/or termination.**

***Symptoms**

The following symptoms may appear 2-14 days after exposure. (These are the most prevalent symptoms):

- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath or Difficulty breathing
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore Throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty waking or staying awake.

- **Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.**

***This list is not a full list of all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning.**

***Employees**

1. If you have COVID-19 symptoms, get tested right away (within 24 hours or as soon as possible).
2. Call your healthcare provider right away and see if you are eligible for treatment.
3. If you test positive:
 - Notify Missouri Quality Care Management immediately.
 - Isolate at home for 5 days.
 - Day 0 is the day you started having symptoms. If you have no symptoms, Day 0 is the day you tested positive for COVID-19.
 - You may return to work after 5 full days of isolation if you are fever-free for 24 hours (without the use of fever-reducing medications).
 - Other symptoms of COVID-19 must be improving.
 - After isolating at home for 5 days, you may return to work; **however, you MUST wear a high-quality mask for an additional 5 full days after returning to work.**
4. If you are exposed to someone with COVID-19:
 - Notify Missouri Quality Care Management immediately.
 - Get tested at least 5 days after exposure.
 - Watch for symptoms for 10 days.
 - Wear a high-quality mask for 10 full days while you are working.

Individuals MQC Supports:

- If an individual we support is having COVID-19 symptoms, temporary quarantine in the respective individual's room is necessary due to possible exposure to others living in the home, staff and/or community members.
- Call 911 if the individual is in any kind of distress, i.e., having trouble breathing.
- Test the individual within 24 hours or as soon as possible. (MQC does provide home tests)
- **If the test is positive**, call the individual's healthcare provider right away and see if he/she is eligible for treatment.
- Notify MQC Management.
- Isolation is required for those who are confirmed positive with COVID-It is used to separate people with the virus from those without the virus.
- The individual will remain in his/her room for at least 5 days, with little to no access from the rest of the home, to try and prevent others from becoming infected.
- Day 0 is the day the individual started having symptoms. If he/she has no symptoms, Day 0 is the day he/she tested positive for COVID-19.

- The individual's vitals, i.e., temperature, pulse oxygen level and blood pressures will be taken and recorded 3 times daily while in isolation and/or until the individual's physician releases them to return to regular life routines.
- Should the individual have to use a shared bathroom, the bathroom **MUST** be disinfected after each use, i.e., all fixtures and surfaces **MUST** be wiped down with a disinfectant.
- Staff contact should be limited to one to two staff.
- Staff **MUST** utilize universal precautions when caring for individuals.
- All other housemates should be kept away from the individual in quarantine.
- After 5 days of isolation and fever free for 24 hours without fever reducing medication, the individual may return to his/her regular routine.
- If the individual is able, the individual should wear a mask for an additional 5 full days while around others. If the individual is unable to wear a mask, please limit his/her time away from the home and encourage social distancing while in public.
- Staff should wear a mask around an infected individual until the full 10 days has expired.

If the test is negative, but the individual is still displaying symptoms, please call his/her healthcare provider for further instructions.

Employee Vacations

- The CDC has lifted all travel restrictions, but we ask that you follow all guidelines set forth by airlines and other countries when traveling abroad.
- Upon your return from traveling abroad and prior to returning to work, please notify management of any possible exposures of COVID-19 and/or other diseases that may have occurred, so that precautions can be taken. This will be addressed on an individual basis, depending on the exposure's severity.

Additional support

If any Missouri Quality Care staff has questions about the Missouri Quality Care Coronavirus Safety/Prevention Protocol or feel that they need further assistance in any way, please feel free to contact your immediate supervisor.

***Missouri Quality Care will look to and follow the most current CDC guidelines when questions or concerns arise.**