

# Montgomery County CERT COVID-19 Task Force

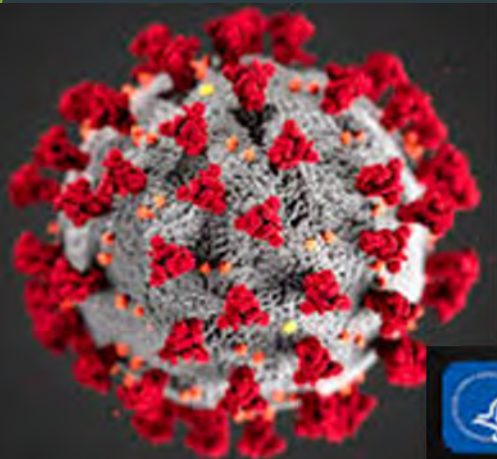
Program Manager: Greg St.James

Task Force Leader: Gerry Adcock



# Montgomery County CERT COVID-19 Task Force

Presented by David Steele  
and Kristen Wear



# Introductions



# Objectives

- ▶ General virus information
- ▶ General infection prevention
- ▶ Protective Measures
- ▶ Body Substance Isolation
- ▶ Special considerations for the CERT volunteer and the fire department



# Infection Control

Montgomery County Department of  
Fire and Rescue Services

# What is Coronavirus?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus, first outbreak in Wuhan, China, in December 2019

# Symptoms of COVID-19

- ▶ The most common symptoms
  - ▶ fever
  - ▶ fatigue
  - ▶ dry cough
  - ▶ pneumonia
- ▶ People with fever, dry cough, and difficulty breathing should seek medical attention

# How Does It Spread?

- ▶ Believed to be person to person via small droplets from the nose or mouth when a person with COVID-19 coughs, sneezes, or exhales
- ▶ Stay more than 3 feet away from a person who is sick



# Could This Be Corona Virus or a Case of Flu?

- ▶ High risk
  - ▶ if you have recently travelled to a country with community outbreak
  - ▶ if you have come in contact with a person confirmed with the virus
- ▶ Low risk
  - ▶ if you are healthy
  - ▶ have not been exposed to someone with a case of COVID-19
- ▶ Testing will identify community outbreaks

# Who Is at a Higher Risk to Catch the Virus From Exposure to an Active Case

- ▶ Those who already have compromised immune systems
- ▶ Those with current respiratory, chronic heart or lung diseases, diabetes
- ▶ Smokers
- ▶ Very young children
- ▶ Unprotected health care workers

# What Medical Attention Should You Seek If Ill with the Following Symptoms

- ▶ Severe trouble breathing — Call 911
- ▶ Fever, dry cough, tiredness — Call your primary care physician before going to a health care office in advance of a visit

# What Happens If Virus Spreads In a Community?

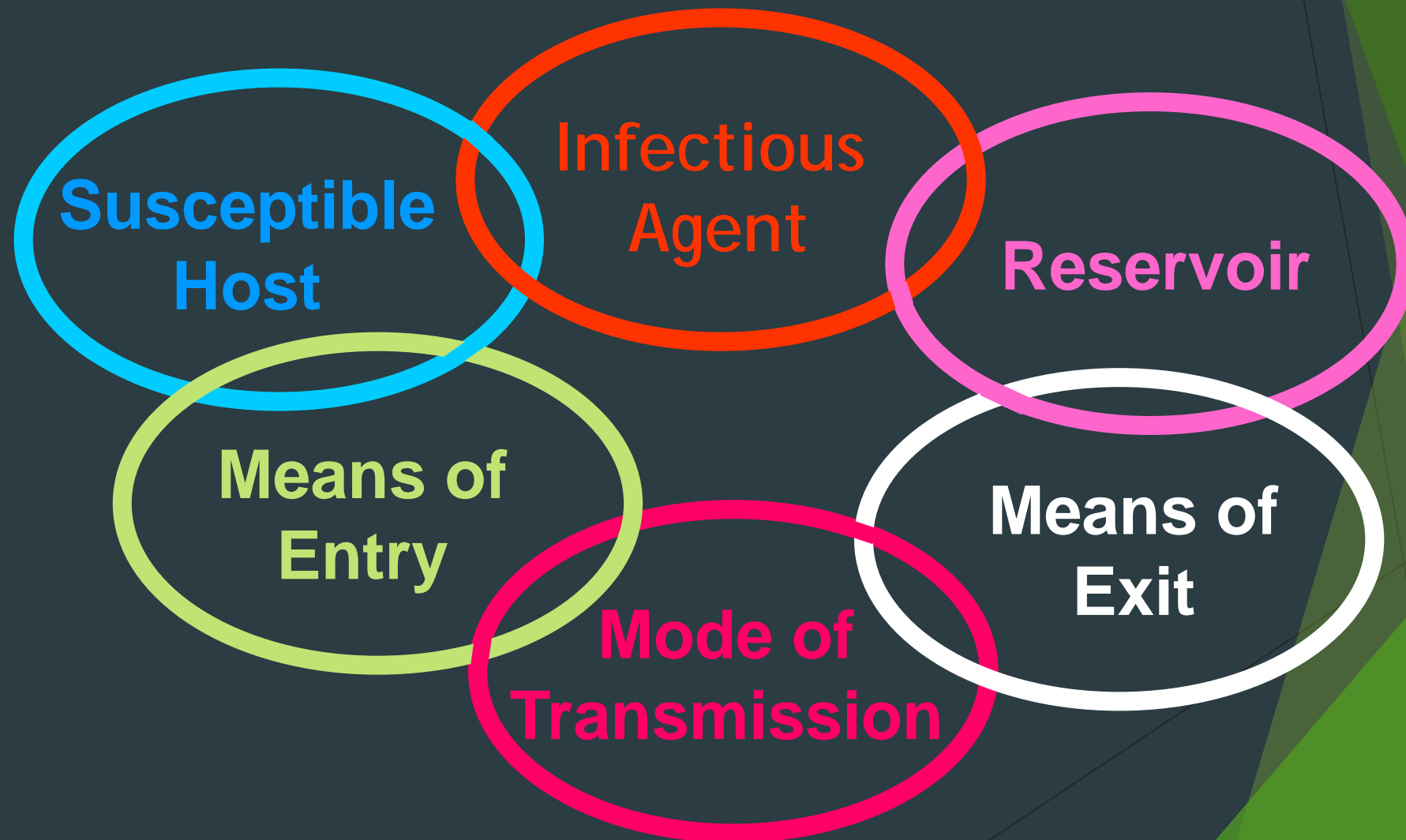
Follow instructions from Montgomery County Government

- ▶ Anticipate potential cancellations of large gatherings
  - ▶ concerts, parties, places that draw crowds
- ▶ Expect shortages of essential supplies of cold and flu over-the-counter medications
- ▶ Possible delay of government services
- ▶ Possible closures of school

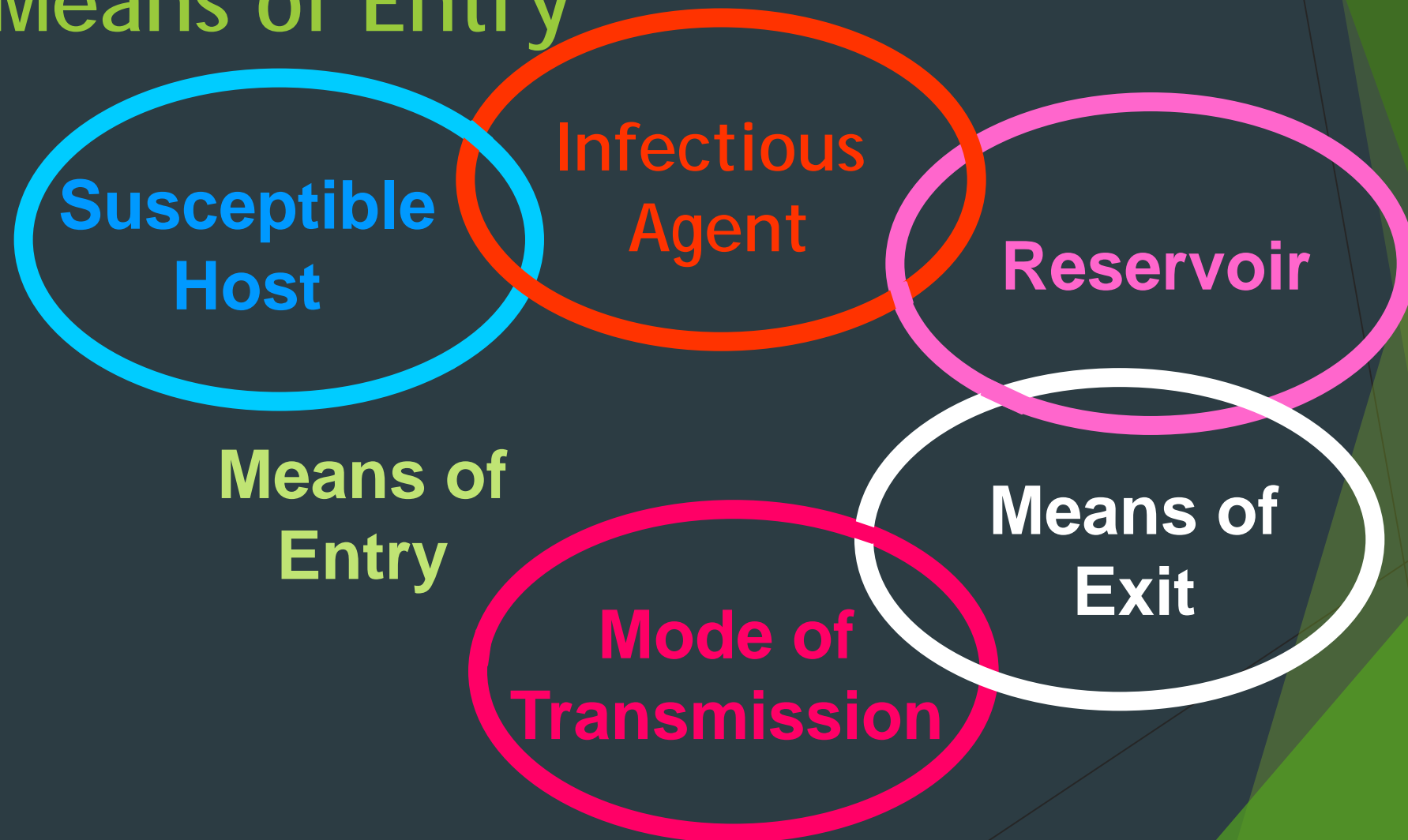
Best Defense Against Infection

Prevention

# Chain of Infection



# Body Substance Isolation Eliminates the Means of Entry



# Center for Disease Control Recommendations

- ▶ Everyday preventive actions to help prevent the spread of respiratory diseases, including
  - ▶ Avoid close contact with people who are sick
  - ▶ Avoid touching your eyes, nose, and mouth
  - ▶ Stay home when you are sick

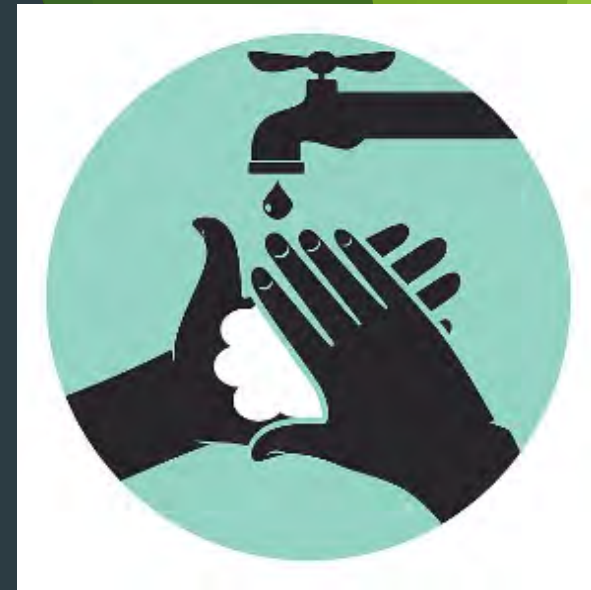


# Protective Measures

- ▶ Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- ▶ If no tissue, cover your cough with your elbow, NOT with your hands
- ▶ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

# Hand Washing is Most Effective

- ▶ Wash your hands often with soap and water for at least 20 seconds, especially
  - ▶ When caring for the sick
  - ▶ Before, during and after you prepare food
  - ▶ Before eating
  - ▶ After going to the bathroom
  - ▶ after blowing your nose, coughing, or sneezing
- ▶ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- ▶ Always wash hands with soap and water if hands are visibly dirty



# Should I Wear A Mask To Protect Myself?

- ▶ People with no respiratory symptoms, such as cough, do not need to wear a medical mask
- ▶ MCFRS, in collaboration with state health and county officials, strictly follows the CDC guidelines

At this time the "CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19."

# MCFRS Reminds the Public

- ▶ Our first responders who wear masks only wear them when they are going to be within 6 feet of a person under investigation for airborne illness or when they are doing aggressive airway interventions that could cause increased respiratory exposures
- ▶ First responders do not wear masks in routine day-to-day scenarios

# Body Substance Isolation



# Body Substance Isolation



Consider ANY ill person's blood  
or body fluid to be infectious

Gloves should be worn

- ▶ Anytime you could possibly contact body fluids
- ▶ While decontaminating or disinfecting

# Order of Donning and Doffing PPE

## Donning

1. Inspect PPE for rips, tears, or wear
2. Perform hand hygiene
3. Don mask
4. Don eye protection (when required)
5. Don gloves

## Doffing

1. Doff gloves
2. Doff eye protection
3. Doff mask
4. Perform hand hygiene

# Gloves

- ▶ Remember to don appropriate protective gloves if you will be helping family or friends who have any potential BSI issue





# Donning and Doffing Gloves



# Doffing Examination Gloves

1. Grasp the palm of one glove near your wrist. Carefully pull the glove down and off. It will roll outside in & clean, inside out.



# Doffing Examination Gloves

2. Hold the glove in the palm of the still-gloved hand. Slip two fingers under the wrist of the remaining glove.



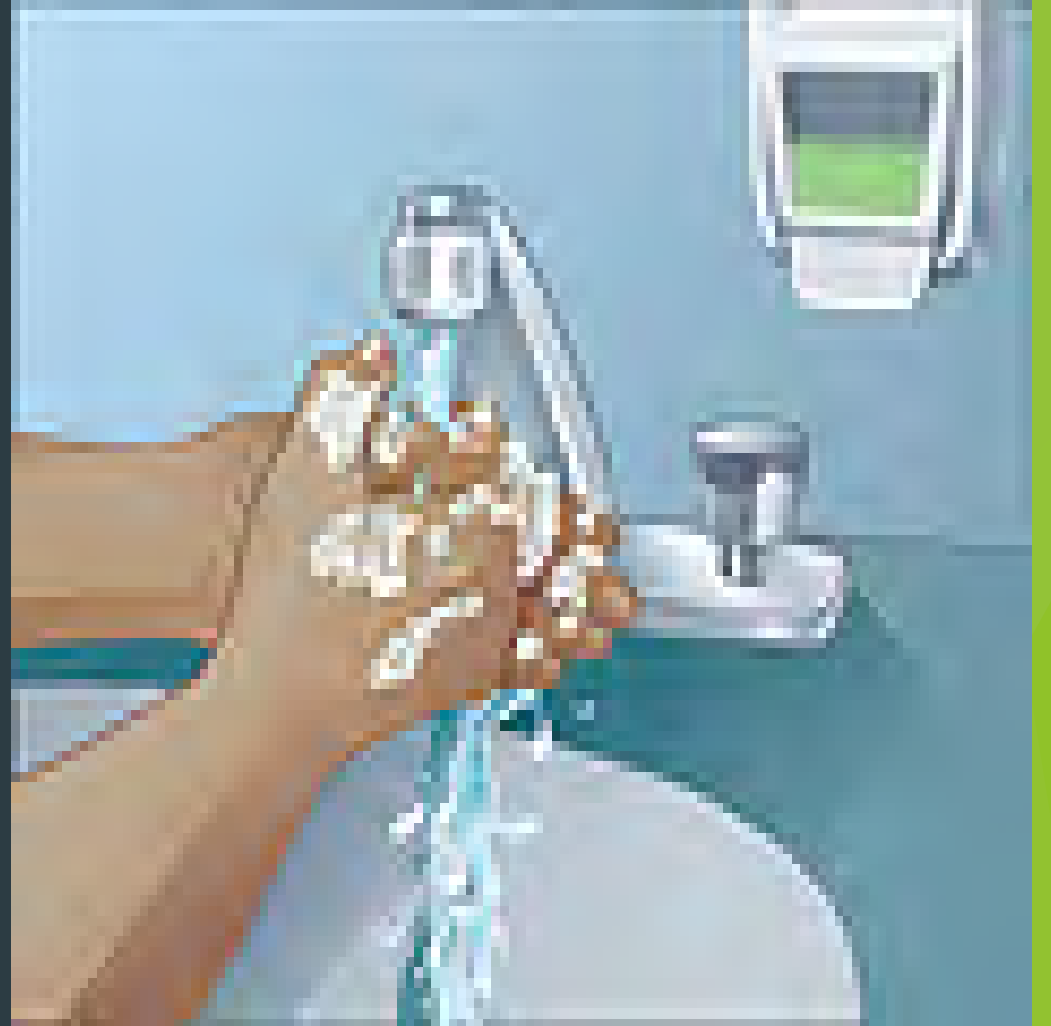
# Doffing Examination Gloves

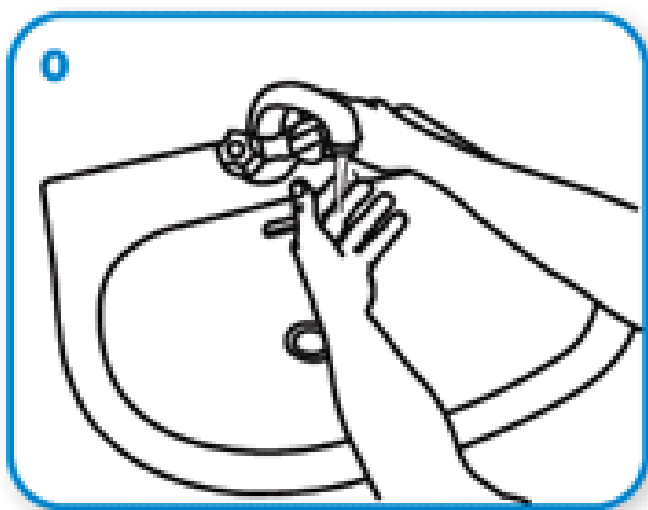
3. Pull the glove until it comes off inside out. The first glove should end up inside the glove you just took off. Dispose of the gloves safely.



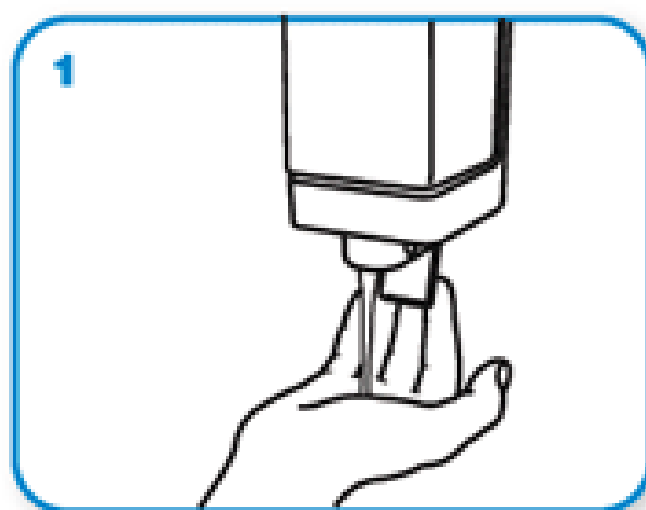
# Doffing Examination Gloves

4. Always wash your hands after removing gloves. Gloves can have holes in them that are too small to be seen.

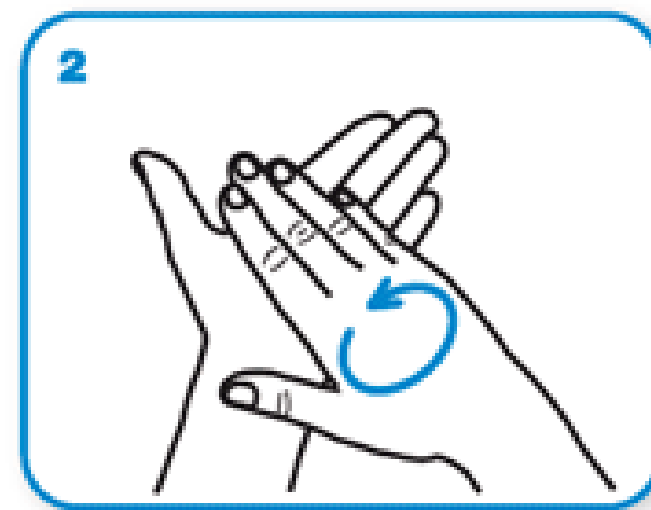




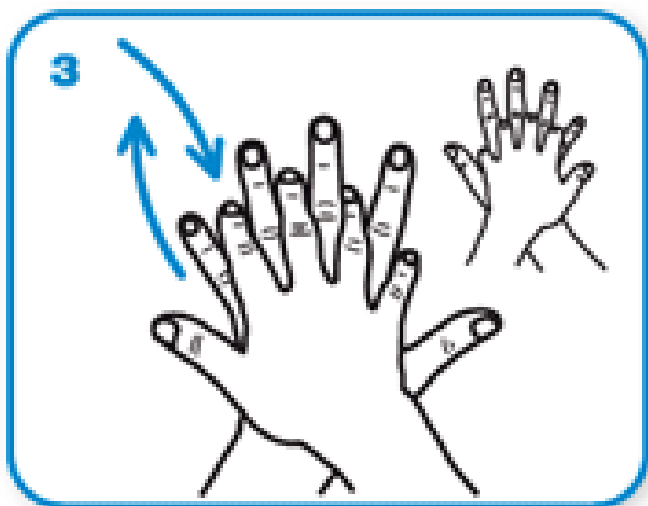
Wet hands with water



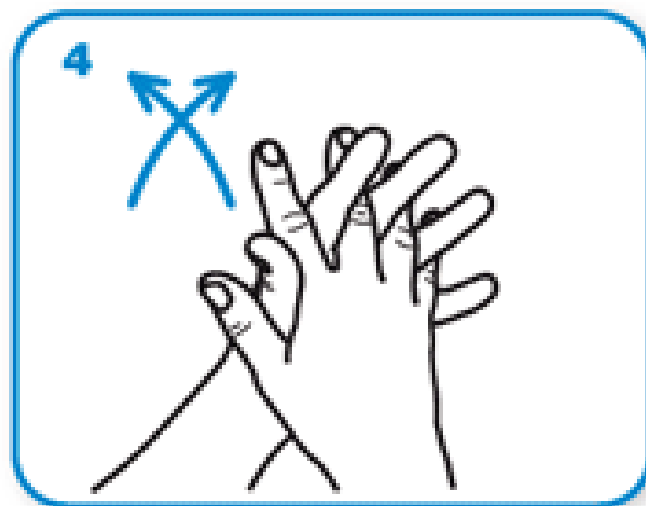
apply enough soap to cover all hand surfaces.



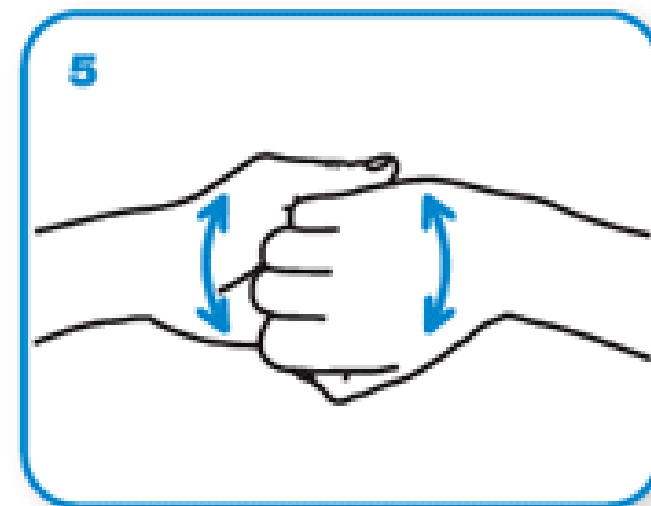
Rub hands palm to palm



right palm over left dorsum  
with interlaced fingers  
and vice versa



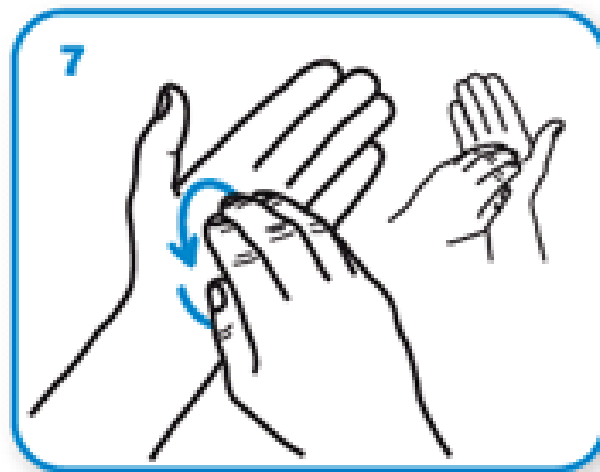
palm to palm with fingers  
interlaced



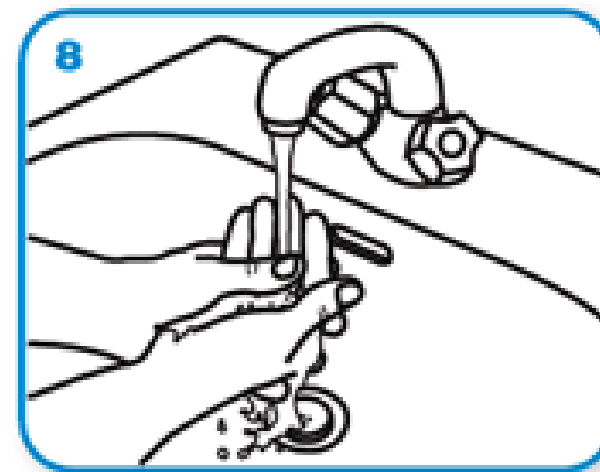
backs of fingers to opposing  
palms with fingers interlocked



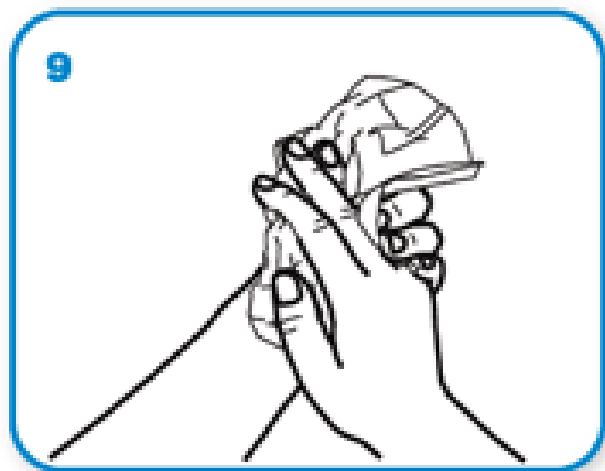
rotational rubbing of left thumb  
clasped in right palm  
and vice versa



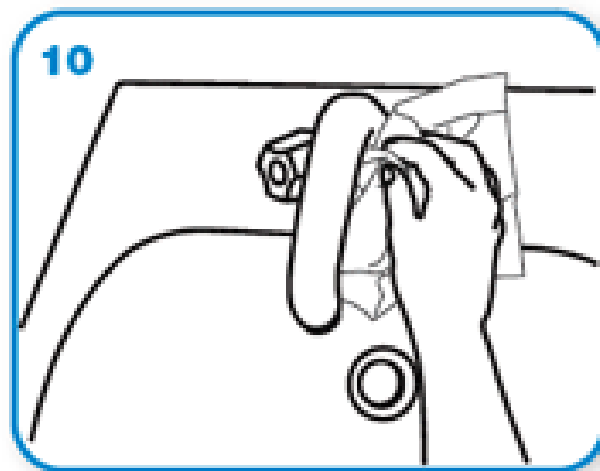
rotational rubbing, backwards  
and forwards with clasped  
fingers of right hand in left  
palm and vice versa.



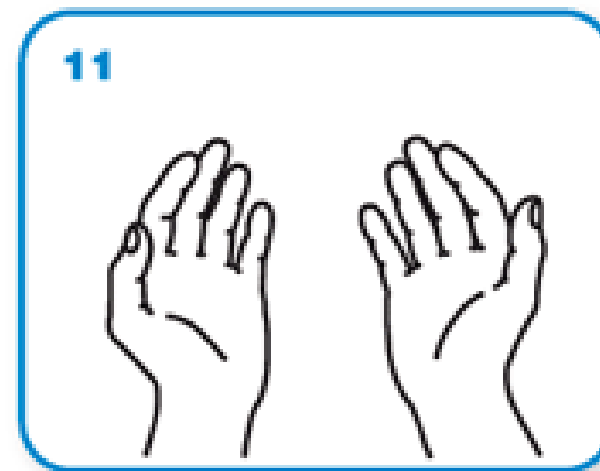
Rinse hands with water



dry thoroughly with a single  
use towel



use towel to turn off faucet



...and your hands are safe.

# Most Commonly Missed During Washing



■ Most Often Missed Areas    ■ Often Missed Areas    ■ Less Often Missed Areas

Reference: Taylor, C. J. An evaluation of handwashing techniques. Nursing Times January 1978.

The fingertips, between the fingers, and the thumbs (especially the thumb on the non-dominant hand) are the most commonly missed parts when hand washing



# Mask vs. Respirator

Is there a difference?

# Mask vs. Respirator



# N95

- ▶ Disposable Filtering Facepiece Respirator



# Donning the N95 Respirator Mask



# Prepare Mask



# Position Mask



# Place Mask



# Secure Mask





# Shape Mask



# Adjust Mask



# User Seal Test



# Donning the N95 Face Mask Respirator

- ▶ Prepare
- ▶ Position
- ▶ Place
  
- ▶ Secure
- ▶ Shape
  
- ▶ Adjust
- ▶ Conduct user seal test

# Special CERT Considerations

- ▶ Members will not be OSHA fit tested for N95 masks at this time
- ▶ If future missions require it, you will be advised by leadership

# Special CERT Considerations

Fit Test

vs.

User Seal Check



# For Detailed Protection Measures and Current Status Updates

Refer to Center for Disease Control website

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

# For More Information

Check Local Public Health Department Updates

<https://montgomerycountymd.gov/HHS>

Then choose Coronavirus



# For Alerts

Signup For Alert Montgomery

<https://alert.montgomerycountymd.gov>

Questions?

