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**Office of the Secretary**

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**Supplemental Guidance for Long Term Care Admissions and Discharges**  
May 11, 2020

On March 6, 2020, Governor Andy Beshear signed Executive Order 2020-215 declaring a state of emergency in the Commonwealth due to the outbreak of the novel coronavirus (COVID-19). On April 22, 2020, the Cabinet for Health and Family Services (CHFS), Office of Inspector General (OIG), in collaboration with the Kentucky Department for Public Health (KDPH), issued a Guidance Memorandum concerning the determination of the appropriate level of care for a person living in a long-term care setting who exhibits symptoms or tests positive for COVID-19 virus during the state of emergency.

This memorandum provides supplemental, clarifying information and guidance to health care providers. The current public health emergency has resulted in a rapidly changing environment. The Cabinet for Health and Family Services will continue to provide information and updates to healthcare providers.

- 1) **Definitions** applicable to the April 22, 2020 memorandum referenced above and this one:
  - a. **Guidance:** Recommended course of action; *not* a regulation or directive.
  - b. **Isolation:** Separating infected (both sick and asymptomatic) people from healthy, non-infected people.
  - c. **Long-Term Care Facility (LTCF):** Skilled Nursing or Nursing Facility, Nursing Home, Intermediate Care Facility for Individuals with Intellectual Disabilities, Personal Care Home, Assisted Living Community, Family Care Home, Group Home or Congregate Senior Housing Community.
  - d. **Quarantine:** Keeping someone who might have been exposed to COVID-19 away from others.
  - e. **Standard Precautions (SP)\*:** Assumes that all blood, body fluids, secretions, excretions (except sweat), nonintact skin, and mucous membranes *may* contain transmissible infectious agents. Applies to all patients, regardless of suspected or confirmed infection status, and includes hand hygiene, use of Personal Protective Equipment (gloves, gown, mask, eye protection or face shield) as indicated for the activity or interaction, and safe injection practices. Equipment or items in the patient room must be handled in a manner to prevent transmission of infectious agents, such as wearing gloves for direct contact and properly cleaning and disinfecting reusable items and equipment between uses.
  - f. **Transmission-Based Precautions (TBP)\*:** When the route of transmission is not completely interrupted using Standard Precautions alone, one or more of the following may be necessary; private room strongly preferred.
    - i. **Contact Precautions (CP)\*:** Wear at least gown and gloves for all interactions that may involve contact with the patient or potentially contaminated areas in his/her environment, donning PPE outside the room prior to entry and doffing (except for N95 mask) PPE inside the room prior to exiting; doff mask after patient contact if damp or soiled.

- ii. ***Droplet Precautions (DP)\****: Wear mask for close contact with potentially infectious patient, donning PPE outside the room prior to entry and doffing (except for N95 mask) PPE inside the room prior to exiting; doff mask after patient contact if damp or soiled; if transported outside of the room, patient should wear a mask and follow Respiratory Hygiene/Cough Etiquette.
- iii. ***Eye Protection (EP)\****: Wear eye protection for contact with potentially infectious patient.

(\*) More complete guidance on operationalizing the listed precautions is available from the Centers for Disease Control and Prevention (CDC) at:

- <https://www.cdc.gov/infectioncontrol/guidelines/isolation/precautions.html> and
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-responding.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/shared-congregate-house/guidance-shared-ccngregate-housing.html>

2) **Admission of a new or returning resident to any Long-Term Care Facility (LTCF) from an Acute Care Provider (Hospital), apply the following :**

- One negative COVID-19 test within 48 hours of discharge, and for a person who:
  - Is without a history of COVID-19 and without COVID-19 symptoms: Isolate and monitor for COVID-19 signs or symptoms for 14 days following admission. Wear facemask, eye protection and perform hand hygiene for all patient interactions; add gown and gloves for any activity involving close contact with the patient or the patient’s environment.
  - Previously tested positive for COVID-19, but now presents
    - Residual COVID-19 symptoms: House in single room; patient to wear facemask, if possible, during staff interactions and when out of the room; staff should use Standard Precautions, which may include mask and eye protection depending on facility protocol and patient’s symptoms.
    - Without COVID-19 symptoms: No restrictions necessary, based upon history of COVID-19; follow precautions and monitoring per facility’s protocol for well residents.
- If the LTCF is unable to adequately meet the person's post-acute needs, he/she should either remain hospitalized or be transferred to a LTCF with that capability.

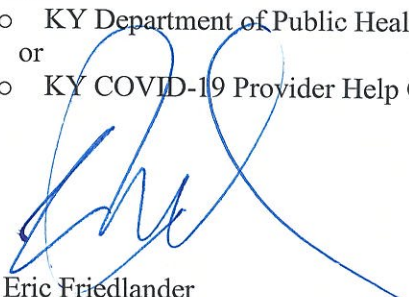
More complete guidance on the discontinuation of TBP’s and the disposition of COVID-19 patients in health care settings is available from the Centers for Disease Control and Prevention (CDC) at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>


3) **Admission/Transfer to a Hospital of a LTCF resident with suspected or confirmed COVID-19, follow the decision pathways described in the April 22, 2020 Guidance Memo, contacting the following resources:**

LTCF’s local public health department and acute care provider,  
and

- KY Department of Public Health TOLL-FREE at 888-404-1539
- or
- KY COVID-19 Provider Help Center TOLL-FREE at 877-435-7219 (877-HELP-C19)



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