

# COVID-19 Q&A Hour for Long Term Care: Nursing Homes and Assisted Living Facilities



WASHINGTON STATE DEPARTMENT OF HEALTH

Healthcare-Associated Infections (HAI) Program

Shoreline, WA

# Housekeeping



Attendees will be in listen only mode



Self-mute your lines when not speaking



Type questions into the question window. Please include the type of facility you are from in your question (e.g., NH).



Nursing Home

Participants from long-term care, regulatory, public health



No confidential information presented or discussed. This is an educational webinar and does not constitute legal advice.



Local guidance may differ, please consult with your Local Health Jurisdiction (LHJ):

<https://www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions>

# Welcome to the LTC COVID-19 Q&A Hour!

A chance to connect, ask questions, and learn about the COVID-19 response and infection prevention guidance



# Where Can I Find the Q & A Document?

- Posted every Wednesday

- Washington Health Care Association:

<https://www.whca.org/washington-department-of-health-covid-19-qa-session/>

- Washington LeadingAge:

[https://www.leadingagewa.org/ill\\_pubs\\_articles/copy-resources-preparing-your-community-staff-residents-and-families-for-the-coronavirus/](https://www.leadingagewa.org/ill_pubs_articles/copy-resources-preparing-your-community-staff-residents-and-families-for-the-coronavirus/)

- Adult Family Home Council:

<https://adultfamilyhomecouncil.org/department-of-health-qa-webinars/>

# Panelists

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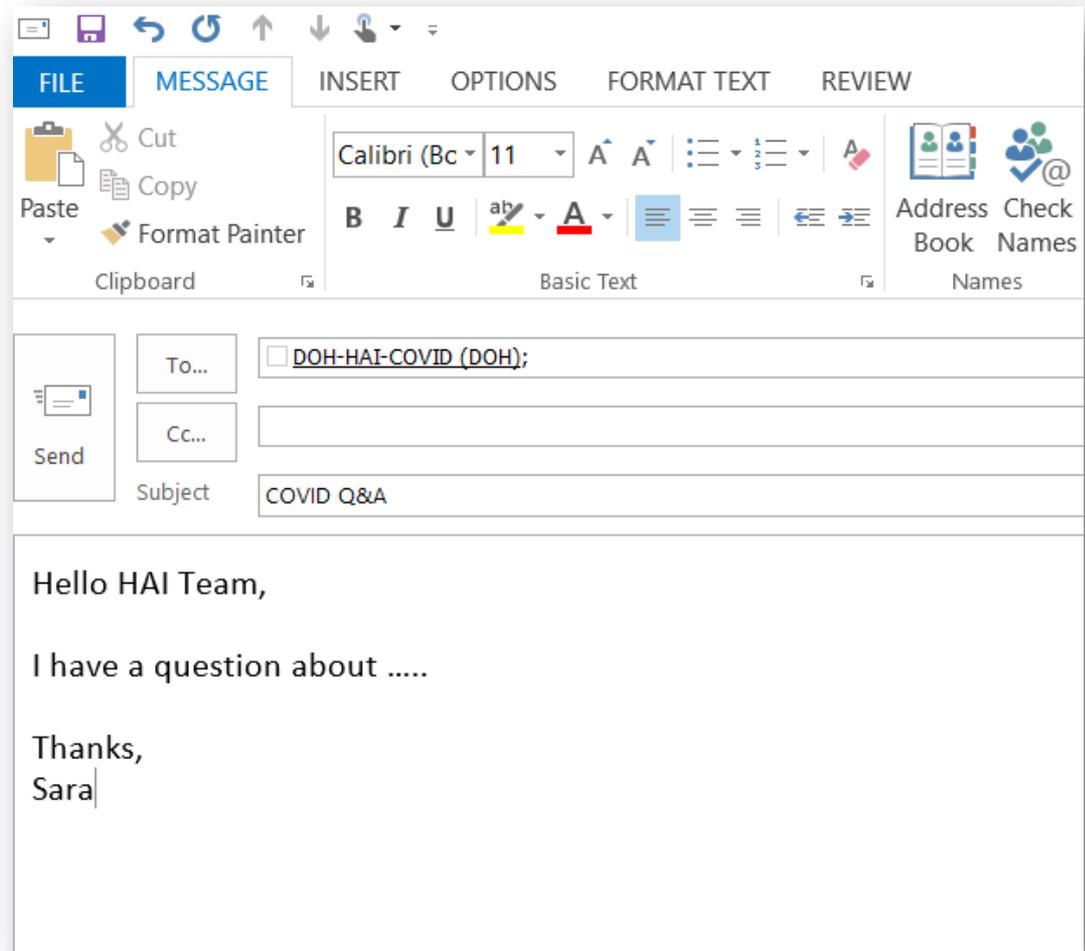


# Send Us Your Questions Ahead of Time

**Subject Line:**  
**COVID Q&A**

**Email:**  
[HAI-COVID@doh.wa.gov](mailto:HAI-COVID@doh.wa.gov)

**Due by: COB Tuesday**



# Infection Control Assessment & Response (ICAR) Program

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**Free, non-regulatory ICARs are a great opportunity for skilled nursing facilities, adult family homes, and assisted living facilities to:**

- Ask a Department of Health infection prevention expert questions.
- Get help finding gaps in your infection control protocols.
- Receive personalized advice and recommendations for your facility.

**There are multiple ways to schedule an ICAR:**

- Visit <https://fortress.wa.gov/doh/opinio/s?s=ICARconsultation>
- Email Maria Capella-Morales [maria.capella-morales@doh.wa.gov](mailto:maria.capella-morales@doh.wa.gov)
- Email Melissa Feskin [Melissa.Feskin@doh.wa.gov](mailto:Melissa.Feskin@doh.wa.gov)

**In partnership with:**

- Local Health Jurisdictions
- LeadingAge Washington
- Washington Health Care Association
- Adult Family Home Council of WA State
- Washington State Hospital Association



**LONG-TERM CARE FACILITY STAFF:**

**Reasons to Get Vaccinated Against COVID-19 Today**

- 1 You are on the front lines and risk being exposed to people with COVID-19 each day on the job.
- 2 Protecting you also helps protect your residents and your family, especially those who may be at higher risk for severe illness from COVID-19.
- 3 You matter to us and play an essential role in keeping your community healthy.



*Lead the way!*

**Encourage your coworkers, residents, family, and friends to get vaccinated.**



11/20/20

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

*Videos:*

Long-Term Care Community

Champions: Voices From the Front Line

**Nursing home staff  
are on the **FRONT LINES**  
with their residents every day**

**Protected staff means  
**PROTECTED RESIDENTS**  
and a protected community**

<https://www.youtube.com/watch?v=k0WbAhveyDY>

Vaccine Resources in multiple languages:

Resources and Recommendations ::

Washington State Department of Health

**1-833-VAX-HELP for  
vaccine information**

<https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-LTCF-staff-poster-reasons-to-vaccinate-today.pdf>

# Calling All Assisted Living Facilities and Adult Family Homes

- Please participate in Washington Department of Health [The COVID-19 Vaccination Survey](#) for assisted living facilities and adult family homes. A short 2-minute monthly survey, the information you provide will be used to understand how vaccination rates fluctuate with staffing and resident movement, and to improve support for COVID-19 vaccination when barriers are identified.
- For questions, contact [LTC-COVID-Vaccination-Survey@doh.wa.gov](mailto:LTC-COVID-Vaccination-Survey@doh.wa.gov) using subject line: LTC COVID-19 Vaccination Survey.

## LTC Q&A Call is Moving to Zoom

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- Beginning with the August 12 call, the webinar platform for the weekly LTC Q&A calls is changing to **Zoom!**
- New registration for Zoom is required and all current and previous GoToWebinar registrants will receive an email with the registration link in the next couple days.
- Sneak preview if you would like to register now:  
[https://us02web.zoom.us/webinar/register/WN\\_KuH3BbrXTFSh8tjqOjp31A](https://us02web.zoom.us/webinar/register/WN_KuH3BbrXTFSh8tjqOjp31A)



# RESPIRATORS: COMMON MISTAKES

LTCF Respiratory Protection Project

August 2021

# Introduction

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The purpose of this presentation is to provide you with information about N95 respirators and to show you the correct ways to don/doff the N95.

- Update information
- We will cover common mistakes and the correct practices in:
  - Donning/doffing
  - Seal interference
  - Strap placement
  - N95 with head coverings and eye protection
- Activity

# Respirator Guidance Changes

- Conventional use: Single respirator for single resident
- Annual Respirator Fit testing has resumed:
  - Temporary catch-up phase; up to 2 years from last test

Last Fit Test	Refit test must be done by	Example
Before Sept 2019	Before September 2021	Fit test: 8/9/19, due before 9/1/21
Between Sep. - Dec. 2019	Same month of 2021	Fit test: 10/3/19, due by 10/3/21
After 2020	Annual or ASAP, but before 2 years from last test	Fit test: 2/1/20, due ASAP, if you have many employees - before 2/1/22

## No longer allowed:

- KN95 as respirators
- Reuse/store disposable type of respirators

# Common Mistake 1: Incorrect Donning, Doffing

Incorrect donning (putting on)  
The respirator can't protect you!



<https://www.cdc.gov/niosh/npptl/NPPTLInfographics.html>

Incorrect doffing (taking off)  
Can cause self-contamination!



DO NOT TOUCH the front  
of the respirator! It may be  
contaminated!

<https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>

# Corrections for Common Don/Doff Mistakes

- Always don and doff outside the contaminated area/room
- Correct donning:
  - Cup the respirator in your hand with the straps dangling
  - Place the respirator to your face (metal strip at the bridge of the nose)
  - The top strap goes to top of the head (the crown)
  - The bottom strap goes around your neck (under your hair for long hair)
  - Adjust metal nose strip with both hands
- Correct doffing
  - Use clean gloves/hands
  - Do not touch the front of the respirator (the filter)
  - Remove bottom strap first
  - Remove top strap carefully and discard the respirator

# Common Mistake 2: Incorrect Seal Check

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- Skipping the seal-check
- Incorrectly performing seal check

Without the seal check, you won't know if there is a leak.... and the respirator will not protect you!



**Incorrect**

<https://www.youtube.com/watch?v=CoSb-HJJ5tk>

# Corrections for Common Seal Check Mistakes

- Correct seal check:
    - Hands cover respirator without placing pressure on the respirator
- Positive pressure seal check:
- Take a deep breath, then **exhale** sharply
  - Note any air blowing on cheeks, eyes
- Negative pressure seal check:
- Take a deep breath, then **inhale** sharply
  - Note the respirator should collapse against your face

**Correct**



**NOTE:** Please follow the manufacturer's instructions

# Donning and Doffing Video (3 minutes each)

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**Cup type**

[How to Wear | N95 Respirator Nursing Skill Tutorial](#)



**Tri- fold type**

[1870 Respirator Fitting Instructions](#)



**Duckbill type**

[Donning the Kimtech™ N95 Pouch Respirator](#)

Please follow the manufacturer's instructions

# Common Mistake 3: Interference with the Seal - Facial Hair

## Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators

Hairstyle	Compatibility	Notes
CLEAN SHAVEN	✓	
STUBBLE	✗	
LONG STUBBLE	✗	
FULL BEARD	✗	
FRENCH FORK	✗	
DUCKTAIL	✗	
VERDI	✗	
GARIBALDI	✗	
BANDHOLZ	✗	
SOUL PATCH	✓	
GOATEE	✗	(Careful! Chin hair may easily cross the seal)
CHIN CURTAIN	✗	
EXTENDED GOATEE	✗	
CIRCLE BEARD	✗	
ANCHOR	✗	(Careful! Chin hair may easily cross the seal)
BALBO	✗	(Careful! Chin hair may easily cross the seal)
VAN DYKE	✗	
IMPERIAL	✗	
SIDE WHISKERS	✓	
MUTTON CHOPS	✗	
HULIHEE	✗	
HORSESHOE	✗	(Careful not to cross the seal)
ZAPPA	✓	
WALRUS	✓	
PAINTER'S BRUSH	✓	
CHEVRON	✓	
HANDLEBAR	✓	
PENCIL	✓	
LAMP SHADE	✓	
ZORRO	✓	
VILLAIN	✗	(Careful not to cross the seal)
WET NOODLE	✗	
ENGLISH	✗	
DALI	✗	

\*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.  
 This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.  
 Source: OSHA Respiratory Protection Standard  
[https://www.osha.gov/pb/oshaweb/owadisp.show\\_document?p\\_table=standards&p\\_id=12716](https://www.osha.gov/pb/oshaweb/owadisp.show_document?p_table=standards&p_id=12716)  
 Further Reading: NIOSH Respirator Trusted-Source Webpage  
[https://www.cdc.gov/niosh/nppt/topics/respirators/disp\\_part3respource3fittest.html](https://www.cdc.gov/niosh/nppt/topics/respirators/disp_part3respource3fittest.html)

Original image vector by frederisher/Shutterstock.com

Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health

2017

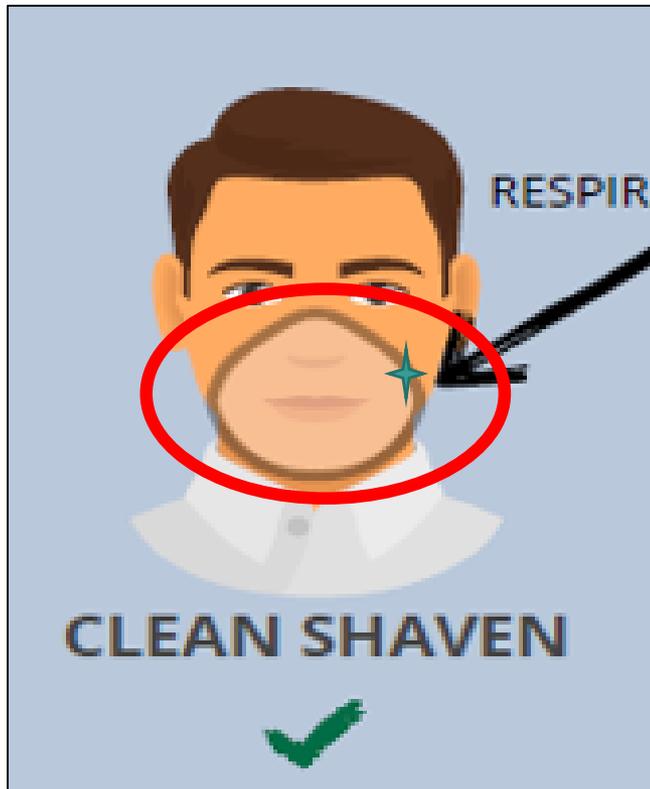
Adapted from CDC image <https://www.cdc.gov/niosh/nppt/images/FacialHairWmask11282017-508.PNG>

# Common Mistake 3: Interference with the Seal – Facial Jewelry

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## Respirator Seal Area



## Effectiveness of PPE

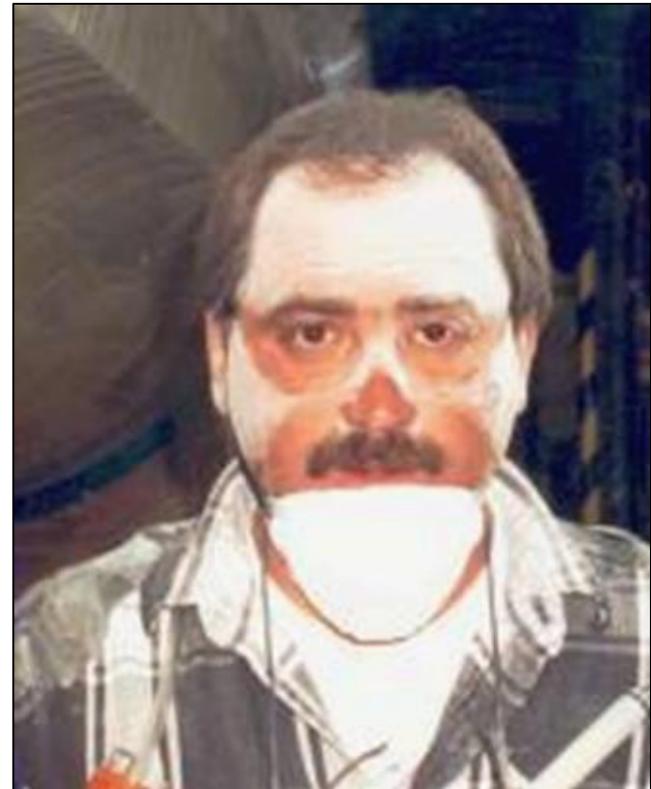


Photo: L&I Training Dust mask

# Common Mistake 4: Crossing the Straps

**Incorrect** strap placement:

- Straps are crossed
- **Do not cross** the straps!

**Correct** strap placement:

- Bottom strap around neck
- Top strap at top of head



## Common Mistake 5: Hair Coverings

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- Straps need to be directly on your head
  - Hair covering should be over the strap



Photo: N95 Respirators ([cardinalhealth.com](http://cardinalhealth.com))

# Strap Placement with Eye Protection



**Correct**

Strap is under the goggle



**Incorrect**

Strap is over the goggle

## Activity

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WHAT'S WRONG WITH THIS PICTURE?

# What's wrong with this picture?

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CDC Image library, 2007

- N95 around neck: Respirator must cover mouth and nose
- Exhalation valve cannot be used as source control. Use caution!! Cover valve with surgical mask.

# Which strap replacement is **correct** ?

**Incorrect:**



**Straps should be under the head covering**



<https://www.lazada.co.id/products/masker-kn95-n95-mask-5-ply-model-hijab-2-pcs-i4822856901.html>

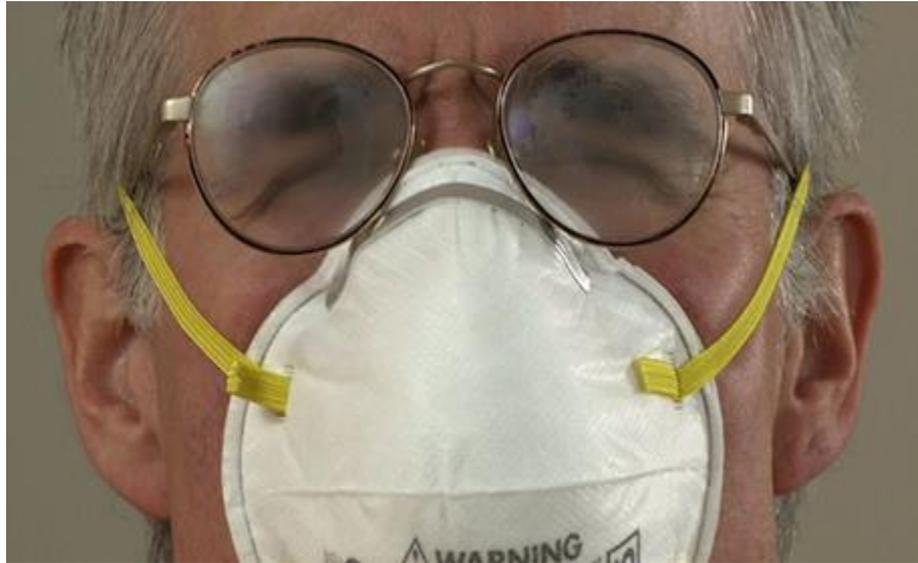


**Correct**



<https://www.sefamerve.com/en/mask/ffp2-n95-yuz-maskesi-1-adet-1001-01--586145>

# What's wrong with this picture?



<https://www.finehomebuilding.com/2015/09/30/how-to-stop-your-glasses-from-fogging-while-wearing-a-dust-mask>

- Poor seal: The metal strip around the nose needs to be shaped, the glasses nose pad is under the N95 → creating a gap
- Bad strap placement: Eyeglass legs are under the straps possibly shifting the respirator when adjusting glasses

# What's wrong with this picture?



<https://www.henslersurgical.com/product/niosh-approved-n95-filtering-facepiece-respirator/>

- **Bad strap placement:**

- Eyeglass legs are under the straps possibly shifting the respirator when adjusting glasses
- Lower strap needs to be on the skin, underneath the hair
- Top strap needs to be on the crown of the head

What's wrong with this picture?

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The Philadelphia Inquirer: Jessica Griffin

# What's wrong with this picture?

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**Top strap  
goes to top  
of head**

**Do not  
use a  
mask  
over N95**

The Philadelphia Inquirer: Jessica Griffin

# Which metal nose strip shaping is **correct**?



## **Correct**

- Put the respirator on and properly place the straps
- Shape the metal nose strip using both hands after strap replacement



## **Incorrect**

- The straps are not placed
- Using only one hand to pinch the metal nose strip to shape it

# Bonus

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YouTube (Clip): NUFeinbergMed [Donning Continuous Use Surgical Mask / N95 Respirator & Eye Protection - YouTube](#)

- ❌ Wrong order for donning: Put on gown first, then respirator!

Questions?

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# Fit Testing :: Washington State Department of Health

General e-mail:

HAI-FitTest@doh.wa.gov

