



## National PACE Association

*Support. Innovate. Lead.*

NPA has received several inquiries regarding protocols or guidelines for dealing with potential coronavirus outbreak.

It is imperative that PACE organizations do all they can to limit the spread of the coronavirus among participants and staff. Data from other countries around the world show that elderly persons are at the highest risk of experiencing serious health consequences from the virus. The virus attacks the lungs, so elderly persons with a history of smoking or other conditions that compromise the lungs are particularly vulnerable.

The best way to prevent illness is to avoid being exposed to this virus. The World Health Organization (WHO) and Centers for Disease Control recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands with soap and water for at least 20 seconds whenever you return home, after coughing or sneezing, after caring for the sick, before eating, after using the toilet, and after handling animals or animal waste.
- If you cannot wash your hands, use alcohol or an alcohol-based sanitizer.
- When coughing or sneezing, use the crook of your arm to cover your mouth or use a tissue. Throw the tissue in a closed bin, and then wash your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. The CDC believes the virus can spread within 6 feet, so keep at least that much distance between yourself and someone showing symptoms.
- Clean and disinfect frequently touched objects and surfaces.

Additionally, we encourage members to:

- Review your organization's emergency preparedness plans
- Review infection prevention and control policies.
- Utilize the NPA e-Communities to dialogue with other members on the topic