



## 10 Tips to Prevent Infectious Disease

**COVID-19 upended many long-term care policies and practices for long-term care facilities, but it also taught us valuable lessons about how to slow the spread of diseases. Learn 10 ways you can make sure staff are ready for infection prevention in future outbreaks.**

### 1. Conduct a Self- Assessment:

Both CMS and LeadingAge offer self-assessment tools online to help you review your preparedness and address gaps.

### 2. Prepare for surveys:

Run mock surveys and maintain a survey book that's current and contains required documentation.

### 3. Have a Full-Time Infection Preventionist:

Required since 2019, be sure to designate 1 or more individuals to lead your facility's infection prevention and control.

### 4. Ensure Adequate Resources:

To prevent transmission, make sure to have available protection for staff of PPE such as N95 masks.

### 5. Encourage Vaccination:

All Patients should receive COVID-19, flu, and pneumonia vaccines per recommended guidelines.

### 6. Perform Active Surveillance:

If there's an active illness in your local community, conduct daily surveillance among staff, patients, and visitors.

### 7. Test:

When a resident has signs or symptoms of a respiratory illness, administer flu and COVID-19 testing per CDC or state agency guidelines.

### 8. Establish Infection Prevention Standards:

Create a framework that addresses top areas of concern such as hand hygiene, cleaning and disinfection, and use of PPE.

### 9. Education:

Instruct staff on how to recognize and report signs and symptoms of infection diseases among patients and themselves.

### 10. Follow Reporting Requirements:

Be sure to notify, as required, the CDC or state or local health departments of suspected outbreaks.

Even before the pandemic, good infection control in long-term care was essential to preventing transmission of infectious diseases. And that holds true post-COVID-19 as well.