



Lincoln Hills Cares (LHC) COVID-19

Policies and Procedures

Lincoln Hills Cares (LHC) is closely monitoring guidelines from the Centers for Disease Control and Prevention (CDC), the Colorado Department of Public Health & Environment (CDPHE), the Gilpin County Public Health Agency and Colorado state and municipal officials. We aim to offer programming with prevention and mitigation measures in place to keep everyone safe. This document provides a brief introduction to help you understand what each of our roles are to mitigate the risk of exposure, and protocols you can expect for programs facilitated at Lincoln Hills.

Partner Prevention and Mitigation Protocols

- Conduct health screening measures of your participants before you depart for LHC:
 - Temperature checks
 - Check participants for symptoms using the [Health Screening](#) form
 - **Ask:** Have you had close contact with anyone who has tested positive for COVID-19 in the last 14 days or has been required to self-quarantine by a medical provider? Close contact includes household members and being within 6' or less for 15 minutes (refer to Center for Disease Control COVID-19 Community Spread Exposure Guidelines: ([CDC Public Health Guidelines](#))).
 - Are you or anyone in your household exhibiting signs and symptoms of COVID-19 as outlined below?
- Practice 6' social distancing
- Bring Face Masks!
- Limit the sharing of food
- Have participants and staff regularly wash hands (or use hand sanitizer)

LHC Prevention and Mitigation Protocols

[Per State of CO Guidelines](#), LHC will implement 6' social distancing measures to the greatest extent possible. LHC will also be conducting daily health screening measures before each program including temperature and symptom checks of staff as outlined in CDPHE's COVID-19 employer guidelines.

Daily Health Screening and Evaluation Protocols

Your Participants: If you do not screen the participants in your group (as advised by state guidelines) before you depart for Lincoln Hills, we will screen them upon your arrival. This will include **Infrared Temperature Checks** and **Screenings for symptoms**. Any participant exhibiting a fever of 100.4° F or higher or exhibiting any other symptoms will need to be sent home or isolated. In order to avoid and delays of activities, please ensure you follow the guidelines.

LHC Employees: If an *LHC Employee* does not pass the daily health screening and/or temperature check, or otherwise has a positive or suspected case of COVID-19, that employee will not be allowed to enter the site and must be sent home until they have met the qualifiers outlined in LHC's COVID-19 Prevention Procedures below:

- LHC will conduct **Infrared Temperature Checks** of all staff before the start of the program or event.
 - If staff exhibit a fever (100.4° F or higher) they may not return until they are fever-free for 24 hours.

- LHC will conduct [Health Screenings](#) of our staff prior to the start of any/all programs.
 - All Staff must disclose any illness prior to start of day and will be sent home if exhibiting COVID-19 signs or symptoms. They may not return until symptoms resolve.
 - If Staff exhibits symptoms and has a family member who tested positive for COVID-19 or has been in contact with someone who has tested positive, they will not be able to return to work until a 14-day quarantine period has passed.
 - If staff are uncomfortable fulfilling their work commitment due to the risk of coronavirus, they are encouraged to speak with their supervisor about their options.

Cleaning and Disinfecting

- LHC Staff will perform regular routine cleaning/disinfecting of frequently touched surfaces including bathroom fixtures, handles and tables.
- LHC Staff will perform regular routine cleaning/disinfecting of program supplies and equipment.

Personal Hygiene

- Staff and participants will frequently and thoroughly wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol. All staff and participants must wash hands **before** and **after** lunch.
- Staff will cover all coughs/sneezes in the elbow.
- Staff will minimize touching their faces.

Signs and Symptoms

The disease most likely spreads the same way as similar respiratory illnesses¹:

- Person-to-person contact:
 - To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet of someone with a confirmed infection for a prolonged period of time.
 - Exposure can occur through respiratory droplets -- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- Infected surfaces or objects:
 - It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly your eyes.
- Evidence shows that COVID-19 may be spread by people who are not showing symptoms.

People with COVID-19 have had a wide range of symptoms reported² – ranging from mild symptoms to severe illness. One or more of following symptoms may appear 2-14 days after exposure to the virus:

- Cough
- Shortness of breath or difficulty breathing
- Fever (100.4 or higher)
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

¹ Colorado Department for Public Health and the Environment: <https://covid19.colorado.gov/about-covid-19>

² Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If you or your participants develop any of the following signs and symptoms³ for COVID-19 seek medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Individuals Who May Be High Risk⁴

LHC is not a controlled environment, and while the organization and its employees will be asked to follow guidelines and protocols for lowering risk, participating with LHC may not be appropriate for those who are at high-risk for both contracting the virus and experiencing severe symptoms of the disease.

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised:
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Questions or Concerns?

If you have questions or concerns regarding the *LHC COVID-19 Policies and Procedures*, please contact our Program Director, Tim Flynn at: tim@lhcares.org or (303)718-7116.

³ This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you. Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

⁴ Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>