



**Rockville Nursing Home**  
303 Adelare Rd.  
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[www.rockvillenursinghome.org](http://www.rockvillenursinghome.org)



Quality Assurance Performance Improvement

Hello Visitors of RNH,

We now have confirmed cases of Coronavirus (COVID-19) in the state of Maryland. A state of emergency has been declared in order to allow Maryland to coordinate and request emergency resources and support. It is important to remain calm as well as updated on Coronavirus as this is a rapidly evolving situation and facts continuously change as more information becomes available.

In this folder, you will find quick facts and commonly asked questions about Coronavirus. In addition, you will find information on RNH's current plan to minimize risk of exposure and transmission of Coronavirus.

Recommended Sources for updates:

➤ CDC, WHO, CMS, MD Health Department



**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**SHORTNESS OF BREATH**



**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**



For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)



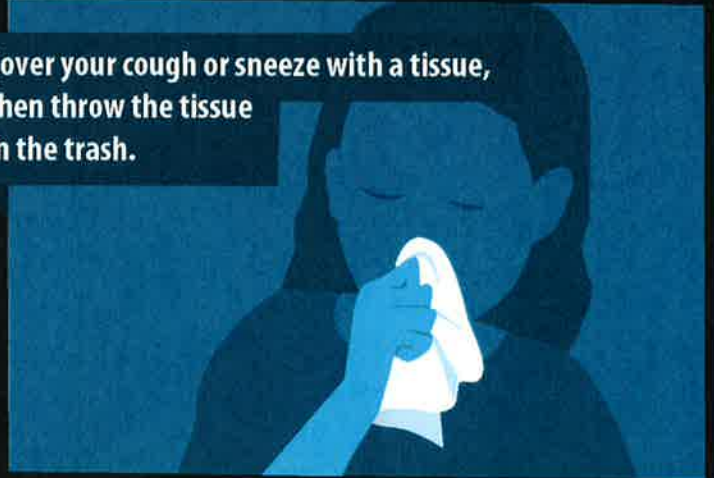
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



## **How COVID-19 Spreads**

- Mainly from person-to-person
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
  - \*These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## **Prevention & Treatment:**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:
  - Avoid close contact with people who are sick.
  - Avoid touching your eyes, nose, and mouth.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

## **Countries with a Level 3 Travel Health Notice: Area with widespread or ongoing community spread.**

- The CDC has issued its most severe threat-level warning for China, South Korea, Italy, and Iran, strongly recommending that US citizens avoid traveling to those countries.

## **What May Happen**

- More cases of COVID-19 are likely to be identified in the coming days, including more cases in the United States. It's also likely that person-to-person spread will continue to occur, including in communities in the United States. It's likely that at some point, widespread transmission of COVID-19 in the United States will occur. Therefore, it is important to stay up to date on the latest information.

**People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.**



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## Commonly Asked Questions

- Should visitors wear face masks?
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
  
- Will you restrict visitors?
  - Per the Maryland Department of Health and Governor Hogan, nursing homes are to restrict access to visitors in their facility. **Effective immediately, visitors and volunteers are restricted from entering Rockville Nursing Home until further notice.**
  
- Is your facility equipped to treat a Coronavirus illness?
  - Treatment of Coronavirus requires negative pressure rooms and N95 masks. We do not have the resources needed to properly treat Coronavirus. Therefore, our focus lies on prevention and early detection.
  
- What measures will you take to prevent the spread and transmission to other residents and staff?
  - Respiratory line list: Resident's are placed on this list when they have an active cough or other signs/symptoms of respiratory illnesses, including but not limited to Coronavirus. Resident's placed on this list should limit exposure to other resident's. Keep in mind this is done for the safety of other resident's and staff. It is our goal to have resident's removed from this list as early as possible after resolution of symptoms.
  - Efforts will be made to screen for high risk individuals who may have been exposed based on CDC guidelines.
  - We would report suspected cases of Coronavirus to the Montgomery County health department. In the case of confirmed Coronavirus cases, the resident or staff will be treated in the hospital.



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- How do you plan to keep RNH staff informed?
  - Staff from all departments have been educated on prevention and early detection of Coronavirus. Meetings will continue to be held as new updates become available so our staff stay up to date.
  
- How can we help?
  - We ask that everyone come together as a community. We ask that you help fight the spread of Coronavirus by staying informed and complying with recommended guidelines by the CDC and MD Health Department. Thank you for your cooperation.