

FOR CNA • LPN • RN

SPOT IT & ACT FAST

Early COVID looks mild and non-specific. You can't tell yet whose symptoms will get severe, and early treatment helps prevent mild cases from becoming severe. By the time you can tell it's serious, the treatment window has already closed.

WATCH FOR THESE SIGNS:



New confusion or sudden change from baseline



New fall or unsteady gait, with no other clear reason



Not eating or drinking like usual (poor PO intake)



Unusual sleepiness or hard to rouse



Just “off,” family or aide says “not herself”



Loose stools, nausea, or new GI symptoms



Cough, fever, sore throat, runny nose, cold symptoms



Shortness of breath, faster breathing, or low O2 sat

IF SOMETHING SEEMS OFF, TEST FOR COVID

Frail residents often do not have fever or other typical symptoms. **Mild signs are not reassurances, they're your window to act.**

IF YOU SEE...

TEST FOR COVID IF...

NEW CONFUSION

No clear infection source on rapid look. Don't stop at “probably a UTI.”

FALL

No obvious mechanical cause. Frailty + new fall = check for infection.

POOR PO INTAKE

Acute, not their usual pattern.

“JUST A COLD”

Residents are high-risk for severe outcomes. Test, don't assume, and be proactive so you can prevent an outbreak and treat positive cases.

TEST BOTH: COVID + UA. THEY ARE NOT EITHER/OR.

ANTIVIRALS: BEAT THE CLOCK

The 5-day clock for most antivirals **starts when symptoms begin**, not when you test.

DAYS SINCE ONSET OF SYMPTOMS

DAY 1 BEST	DAY 2 BEST	DAY 3 GOOD	DAY 4 HURRY	DAY 5 LAST DAY	DAY 6+ TOO LATE
Treat now	Treat now	There's still time!	Act now! Don't wait for AIM rounds.	Call the on-call tonight. Don't wait.	The window for treatment has closed

ONE STEP: DO IT NOW.

Call the provider and say, **“Positive COVID, day ____ of symptoms, need treatment decision today.”**

Nights and weekends: Call the on-call provider. Do not wait for Monday or AM rounds. Document the time of symptom onset and your call.



ALMOST ALL NH RESIDENTS QUALIFY

- Age 50+: yes
- Lung, heart, or kidney problem: yes
- Diabetes: yes
- Dementia, frailty, or disability: yes
- BMI >25: yes
- Current or former smoker: yes

If unsure → assume they are eligible.
Let the provider rule out.



BE READY

Before you call the provider, have your provided SBAR ready:

1. Date and time symptoms started
2. Vitals + O2 sat + mental status.
3. Most recent creatinine / GFR.
4. Complete medication list (especially blood thinners, statins).
5. Ability to swallow whole pills
6. Whether family contact, informed & consented