

# Public Health Update for Central Coast Residential Aged Care Facilities

Prepared by **Gina Stuart & Sally Freeman**  
CNCs, Communicable Disease  
Gosford Public Health Unit

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**Health**  
Central Coast  
Local Health District

# Public Health Unit RACF update

## Public Health RACF/ Venues Team

- Kara Pollard-Operations Manager
- Dr Meg Whitley
- Sally Freeman CNC
- Gina Stuart CNC
- Nursing & planning staff
- Special thanks to Dr Duncan Reed
- Dr Paul Byleveld – PHU Acting Director

[CCLHD-COVID19-RACF@health.nsw.gov.au](mailto:CCLHD-COVID19-RACF@health.nsw.gov.au)

Phone: (02) 4320 9703 (option1, Then 3)

## Session Overview

- Reporting an outbreak
- Undertaking a risk assessment
- The line list



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# Reporting an Outbreak

Current definitions:

## **RACF COVID-10 outbreak**

- A resident of a RACF who has been diagnosed with COVID-19 via PCR test and has been onsite at the RACF at any time during their infectious period; or
- Two or more staff/visitors of the RACF diagnosed with COVID-19 through PCR test within 72 hours who worked/ visited during their infectious period.

## **RACF COVID19 exposure (can be self managed by the RACF)**

- One COVID-19 positive staff member or a COVID-19 positive visitor has exposed the facility during their infectious period.

*\*Infectious period is generally considered to be 48 hours prior to symptom onset or test date.*

*\*The LHD will be the operational lead and will confirm the presence of the outbreak and provide further advice when contact is made.*

*\*Outbreak is a 'status' and does not mean the facility is in strict lockdown*



# Reporting an Outbreak



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## Initial notification of a COVID-19 exposure or outbreak in a RACF

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### NOTIFICATION

Thank you for notifying Central Coast Public Health about a confirmed case/s of COVID-19 within your facility.

For the below information, please consider who is the best placed point of contact for your facility. Public Health will require the phone numbers of the staff who will monitor all cases and testing and report back to the public health unit.

Please provide two mobile phone numbers that our team can use to contact the personnel responsible for managing this outbreak 24 hours x 7 days a week.

Name of notifier:

\* must provide value

Facility name:

\* must provide value

if you cant find facility type (Other)

Type of facility:

Can you please provide details around who will be your contact person for the current outbreak.

\* must provide value

[Notification of a COVID-19 Outbreak or Exposure in a Residential Aged Care Facility \(RACF\)](#)

Report an outbreak via the survey link, or email [CCLHD-COVID19-RACF@health.nsw.gov.au](mailto:CCLHD-COVID19-RACF@health.nsw.gov.au)



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# Reporting an Outbreak

## Essential information:

- Contact details
- Current positive cases
- Exposure of these cases to residents and staff
- Facility numbers and layout
- Line list

[Notification of a COVID-19 Outbreak or Exposure in a Residential Aged Care Facility \(RACF\)](#)

Report an outbreak via the survey link, or email [CCLHD-COVID19-RACF@health.nsw.gov.au](mailto:CCLHD-COVID19-RACF@health.nsw.gov.au)



# Exposure Risk

- **Low-risk scenarios**

Minimal or transient interaction; for example, observing meals and short time frames

- **Medium-risk scenarios**

Close contact for up to 4 hours; for example, administering medication, transfer assistance, shared recreational room activities

- **High-risk scenarios**

Close contact for 4 hours greater; assisting aggressive or yelling residents, close personal care activities.  
Aerosol generating procedures, eg.CPAP,



# Staff Contact

\* Depending on risk assessment

\*\* Depending on risk assessment for AGB/AGP

		Contact type		
		<u>Transient contact – Low Risk Scenarios</u>	<u>Medium Risk Scenarios</u>	<u>High Risk Scenarios</u>
		<p>Transient, limited contact that does not meet the definition of face-to-face contact</p> <p>Note: always subject to local documented risk assessment, including assessments of occupational exposures and of the closed space</p>	<p>Face-to-face contact within 1.5 metres for less than 4 hours</p> <p>OR</p> <p>Based on agreed documented risk assessment including assessments of occupational exposures and of the physical environment</p>	<p>Face-to-face contact within 1.5 metres for 4 hours or greater</p> <p>OR</p> <p>Case with AGBs / undergoing AGP</p>
PPE worn by health worker contact and case	<p><b>Staff Contact:</b> No PPE</p> <p><b>Case:</b> No PPE</p>	Moderate*	Moderate	High
	<p><b>Staff Contact:</b> Surgical mask</p> <p><b>Case:</b> No PPE (or vice versa)</p>	Low	Moderate*	High
	<p><b>Staff Contact:</b> Surgical mask</p> <p><b>Case:</b> Surgical mask</p>	Low	Low*	Moderate** OR High
	<p><b>Staff Contact:</b> Surgical mask and eye protection</p> <p><b>Case:</b> No PPE</p>	Low	Low*	Moderate** OR High
	<p><b>Staff Contact:</b> Surgical mask and eye protection</p> <p><b>Case:</b> Surgical mask</p>	Low	Low	Low (if no AGB/AGP) OR Moderate**
	<p><b>Staff Contact:</b> P2/N95 mask and eye protection</p> <p><b>Case:</b> With or without PPE</p>	Low	Low	Low

<b>LOW RISK</b>	<p>Continue to work</p> <p>HW alert to mild symptoms</p> <p>Test (rapid antigen test [RAT] or PCR) if symptomatic</p>
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<b>MODERATE RISK</b>	<p>Continue to attend work with risk management plan</p> <p>RAT not earlier than day 2 post exposure</p> <p>For 14 days after exposure:</p> <ul style="list-style-type: none"> <li>- Consider redeploying to lower patient risk area if possible</li> <li>- Mask wearing at all times – surgical or P2/N95 as per CEC guidance</li> <li>- Do not enter shared spaces such as tearooms &amp; do not participate in any staff gatherings</li> <li>- Careful monitoring for symptoms</li> </ul>
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<b>HIGH RISK</b>	<p>Immediately isolate for 7 days.</p> <ul style="list-style-type: none"> <li>- Day 1-2 and 6 RAT</li> <li>- Return to work (RTW) when day 6 test result returns negative and asymptomatic</li> <li>- After RTW, RAT at least every second day until day 14</li> <li>- Routine PCR testing is not required</li> <li>- Continue to monitor for symptoms until day 14 and immediately isolate and test if symptomatic. PCR testing is recommended if symptomatic and RAT negative</li> <li>- Apply additional requirements on RTW as per Table 1</li> </ul>
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COVID-19 exposures in Residential Aged Care Settings  
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## Resident or Visitor Contact

<sup>#</sup> Depending on risk assessment

<sup>##</sup> Depending on risk assessment for AGB/AGP

		Contact type		
		<u>Transient contact – Low Risk Scenarios</u> Transient, limited contact that does not meet the definition of face-to-face contact	<u>Medium Risk Scenarios</u> Face-to-face contact within 1.5 metres for less than 4 hours	<u>High Risk Scenarios</u> Face-to-face contact within 1.5 metres for 4 hours or greater OR Case with AGBs / undergoing AGP
PPE worn by resident/visitor contact and case	<b>Contact:</b> No Mask <b>Case:</b> No Mask	Moderate <sup>#</sup>	Moderate <sup>#</sup>	High
	<b>Contact:</b> No PPE <b>Case:</b> Surgical mask	Low	Moderate <sup>#</sup>	High
	<b>Contact:</b> Surgical mask <b>Case:</b> No PPE	Low	Moderate <sup>#</sup>	High
	<b>Contact:</b> Surgical mask <b>Case:</b> Surgical mask	Low	Low	Moderate <sup>##</sup>
	<b>Contact:</b> Surgical mask <b>Case (HW):</b> P2/N95 respirator	Low	Low	Low

**Note:** For actions based on risk classification in the matrix above, see the table on page 9.



Actions based on risk classification			
Risk classification	Low Risk	Moderate Risk	High Risk
For all categories below, monitor for symptoms, and test <sup>1</sup> and isolate if symptomatic			
Requirements for residents	Isolation not required	Consideration for residents to leave their room based on risk assessment <sup>1,2,3</sup> and RAT at least every second day for 7 days and day 12 post exposure	Isolate for 7 days Consideration for residents to leave their room based on risk assessment <sup>1,2,3</sup> and RAT at least every second day for 7 days Test <sup>4</sup> every 48-72hrs from day 8-14 (where removed from isolation and able)
Requirements for visitors	Isolation not required	Do not attend the Residential Aged Care Facility until negative day 6 swab Isolation in the community not required Test at day 2 and 6 post exposure	Do not attend the Residential Aged Care Facility for 14 days Isolate in community until day 7 if negative day 6 swab Test at day 2 and 6 post exposure

**Notes:**

**Please note:** Testing in this document refers to rapid antigen test (RAT) unless otherwise specified

<sup>1</sup>An assessment should be made regarding the ability of residents to be isolated within the Aged Care Facility. Cohorting of residents based on level of risk may be required depending on the layout of the premises and resident factors

<sup>2</sup> Where residents cannot be effectively isolated from each other, more frequent swabbing may be required to detect cases early, identify ongoing transmission and guide implementation of additional infection control measures.

<sup>3</sup>Residents are part of the same exposure event and are asymptomatic and RAT at least every second day

<sup>4</sup>PCR testing is recommended if symptomatic and RAT negative

# The Line List

- Insight into the outbreak
- An invaluable tool to document, investigate, & monitor an outbreak.
- Assists in implementing control measures to control/manage an outbreak
- Assists in knowing when to close the outbreak



# The Line List

## Keeps track of:

- Outbreak commencement
- Number, location & types of:
  - diagnosed covid19 cases (residents & staff)
  - unaffected residents & staff
- Symptoms & onset dates, duration, & recovery
- Testing dates and results
- Key exposures related to the outbreak
- Level of risk
- Epidemic curve

- **Who**
- **What**
- **Where**
- **When**
- **Why**



# Line List Example

TOTAL No OF RESIDENTS:											30												Facility CONTACT PERSON							
Symptoms (Y=yes, N=no)											Specimen Diagnosis Ensure all positive RATs are registered with Service NSW											RISK ASSESSMENT	Comments. Infection source if known (staff contact, family, community)							
Sore throat	Shortness of breath	Headaches	Malaise	Feverishness	Muscle Aches	Date of illness resolution (dd-mm)	Specimen day 0 (date)	RAT or PCR	Swab result	Specimen day 2 (date)	RAT or PCR	Swab result	Specimen day 4 (date)	RAT or PCR	Swab result	Specimen day 6 (date)	RAT or PCR	Swab result	Specimen day 9 (date)	RAT or PCR	Swab result	Specimen day 12 (date)	RAT or PCR	Swab result	Seen by Dr for symptoms	Admitted to Hospital? (dd-mm)	Deceased during outbreak? (dd-mm)	Low, Moderate, High. Use exposure risk matrix (Resident or Visitor Contact)		
n	n	n	n	n	n		12/02/2022	RAT	Negative				16/02/2022	RAT	Negative				21/02/2022	RAT	Negative								Low	No interaction with case during infectious period
y	n	y	n	n	n		12/02/2022	RAT	Negative	13/02/2022	RAT	Positive																Moderate	Went to afternoon tea with case, outdoors for 30 mins. Is now isolated in room. To come out on day 10, 23/02/2022. RAT registered with Service NSW.	
n	n	n	n	n	n		12/02/2022	RAT	Negative				16/02/2022	RAT	Negative				21/02/2022	RAT	Negative							Moderate	Went to afternoon tea with case, outdoors for 30 mins.	

Note: Keep recording the one outbreak on the same line list. Can add additional tabs if you want to separate wings. Ensure the result of the risk assessment is recorded, and any comments on why that resident/staff is High or Moderate risk.

# Local COVID-19 epi curves

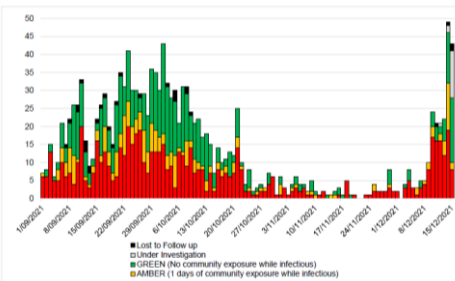


Figure-1. Daily case summary by isolation status

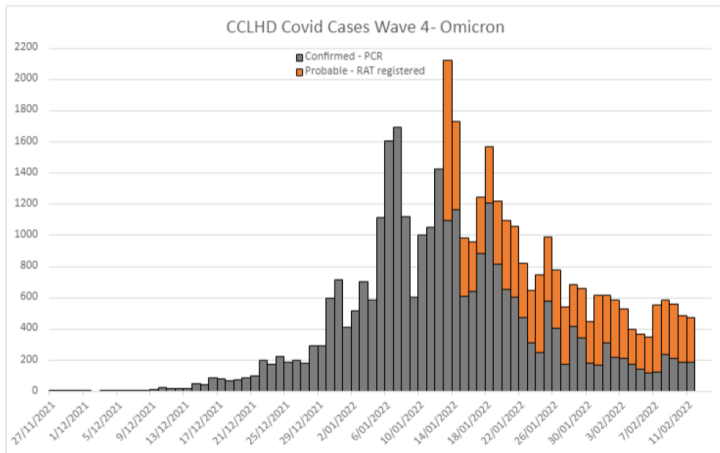


Figure 1: CCLHD Epidemic curve from 27 Nov 2021 (Wave 4 - Omicron).

\*Source MOH daily summaries. Confirmed = PCR confirmed, Probable = RAT registered

# Additional resources

- <https://www.health.nsw.gov.au/Infectious/covid-19/Documents/racf-immediate-actions.pdf>
- [https://www.cec.health.nsw.gov.au/\\_data/assets/pdf\\_file/0004/701617/Guidance-to-support-assessment-of-workers-residents-and-visitors-in-Residential-Aged-Care.pdf](https://www.cec.health.nsw.gov.au/_data/assets/pdf_file/0004/701617/Guidance-to-support-assessment-of-workers-residents-and-visitors-in-Residential-Aged-Care.pdf)
- [Support for Aged Care](#)
- [Support for Disability Service Providers](#)
- <https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-aged-care-guidance-aged-care-visitation-guidelines>

**Thank you for all you are doing. Please contact us if you need assistance:**

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