

Malazi kwa Kujitenga, Karantini, na Upataji Nafuu ya COVID-19 ya Ho Hum

Kituo cha Huduma za Dharura cha Jimbo la Vermont: Mkakati wa Kujitenga, Karantini na Upataji Nafuu

Ho Hum katika Burlington Kusini ni moteli inayosaidia kutimiza jukumu katika afua za afya ya umma zinazotekelezwa na AHS kwa niaba ya Kituo cha Huduma za Dharura cha Jimbo.

Ho Hum inakubali wageni ambao wanashukiwa kuwa COVID-19+, walio katika hatari kubwa ya kuwa COVID-19+, au ambao wamethibitishwa kuwa COVID-19+ wasiohitaji matibabu ya kiwango cha hospitali, lakini ambao hawawezi kufuata miongozo ya afya ya umma ya kujitenga katika eneo lao kuu au makazi. Malazi kwa Kujitenga, Karantini na Upataji Nafuu siyo afua ya matibabu, lakini mkakati wa dharura wa afya ya umma ambapo watu hupokea makazi mbadala ya muda mfupi yaliyo na ufikiaji wa huduma ya afya ya mbali na huduma za jamii huku wakijitenga na kupata nafuu kutokana na COVID-19.

Wageni wanahitaji ufuatiliaji mdogo wa huduma za afya, wanaweza kujitunza wenyewe, na hawahitaji msaada kwa shughuli za maisha ya kila siku. Watoa huduma ya matibabu - kwa mbali isipokuwa kwa upimaji – wanasaidia uingizaji, ufuatiliaji wa afya, ruhusa ya kwenda nyumbani na udhibiti wa uzuiaji maambukizi. Wageni hukaa kwenye eneo la Ho Hum kwa hiari.

Wageni wa malazi ya Upataji Nafuu ya COVID-19 wanakidhi vigezo vifuatavyo:

- ✓ Wanaonyesha dalili na wanashukiwa kuwa na COVID-19 lakini hawahitaji huduma ya hospitali; **au**
- ✓ Wamekuwa katika hatari ya kuambukizwa COVID-19 na wametathminiwa kuwa katika hatari kubwa ya kuwa COVID-19 + na mtoa huduma ya matibabu; **au**
- ✓ Wamepimwa na kukutwa kuwa wana COVID-19 (kisa kilichothibitishwa) wakiwa na dalili ndogo au bila dalili; **na**
- ✓ Wanahitaji kujitenga sababu ya hatari ya kuambukiza wengine wakati wanapata nafuu na hawana mahali pengine panapofaa pa kujitenga; **na**
- ✓ Hawahitaji kiwango cha huduma ya hospitali (wanaweza kuwa wamepewa ruhusa kuondoka hospitalini au wamepewa rufaa ya moja kwa moja kutoka kwa makazi ya sasa); **na**
- ✓ Hawahitaji msaada wa maisha ya kila siku na wanaweza kujiondoa kutoka kwenye jengo ikiwa inahitajika.

Malazi kwa Kujitenga, Karantini na Upataji Nafuu katika Ho Hum

Malazi kwa Kujitenga, Karantini na Upataji Nafuu katika Ho Hum ni ushirikiano kati ya Shirika la Champlain Housing Trust, Kituo cha Afya cha Jamii ya Burlington (CHCB), na Shirika la Huduma za Binadamu la Vermont (AHS). Eneo hili hutoa malazi ya muda mfupi yaliyo na ufikiaji wa msaada wa kiafya na wa mpango kwa wakazi wa Vermont ambao wanashukiwa kuwa COVID-19 +, walio katika hatari kubwa ya kuwa COVID-19 +, au ambao wamepimwa na kukutwa kuwa wana COVID-19 na hawana mahali panapofaa pa kujiweka karantini wakati wa kupata nafuu.

Malengo yetu

Kutoa eneo lenye huruma na uponyaji wakati watu wanapata nafuu, kupunguza ueneaji wa maambukizi katika jamii, na kupunguza mzigo kwa hospitali ili wale wanaohitaji kulazwa waweze kuhudumiwa.

Maadili yetu

Hadhi na heshima kwa wote. Mawasiliano wazi na washirika. Uponaji na faragha kwa wale wanaopata nafuu.

Watu Wanaohudumiwa katika Ho Hum

Watu wote wa umri wowote, miundo yote ya familia na demografia zote wanakaribishwa. Hadi vyumba 34 vinapatikana kwa watu ambao:

- ✓ Wanatimiza vigezo (vilivyo hapo juu) vya Malazi kwa Kujitenga, Karantini na Upataji Nafuu,
- ✓ Hawako kwenye kumbukumbu ya wahalifu kingono ya Kitaifa au Vermont,
- ✓ Wamefanya chaguo la hiari la kupata nafuu kutokana na dalili zao katika Ho Hum, na
- ✓ Wamekubali kufuata matarajio ya eneo kama ilivyoelezwa katika Makubaliano na Mgeni

Itifaki, Huduma na Mpango wa Afya na Usalama

Wakati wanapopata nafuu, wageni wanaweza kufikia vifuatavyo:

Usalama na Ulinzi

- ✓ Ulinzi katika eneo ili kuhakikisha mahali pako salama na faragha ili kupata nafuu.
- ✓ Ukuta kuzunguka eneo lote.
- ✓ Alama zenye maelezo zinazoimarisha miongozo ya afya ya CDC.
- ✓ Huduma za Dharura za Eneo zimejulishwa na kuratibiwa kwa kushirikiana na eneo.
- ✓ Wageni na wafanyakazi wote wanahitajika kuvaa PPE na kufuata itifaki ya matibabu.

Usafishaji, Ufukizaji Dawa ya Kuu Viini, Taka, Dobi

- ✓ Kutakuwa na usafishaji mara mbili kwa siku kwa maeneo yanayoguswa sana ofisini. Chumba cha udobi na dirisha la dawati la mapokezi vitasafishwa kila baada ya matumizi.
- ✓ Kutakuwa na uondoaji taka, urejeshaji wa bidhaa, na taka za matibabu kama inavyohitajika.
- ✓ Shuka za kitanda na taulo zitafuliwa kama inavyohitajika. Wageni wanapata huduma ya udobi kwa ufuaji binafsi kama inavyohitajika.
- ✓ Wageni wanapata vifaa vya usafishaji ili kusafisha vyumba vyao mara kwa mara.
- ✓ Vyumba husafishwa kulingana na miongozo ya CDC baada ya mgeni kuondoka na kabla ya mgeni mwingine kuingia.

Uratibu wa Huduma ya Afya na Huduma za Afya ya Mbali

- ✓ Wageni wote watapata msaada wa kuratibu ujazo wa dawa, uwasilishaji, na ufikiaji wa watoa huduma wao wa afya, kama inavyohitajika.
- ✓ Wageni ambao hawana mtoa huduma wa msingi wa kuwasaidia kupata nafuu kutokana na COVID 19, wataandikishwa katika Vituo vya Afya vya Jamii ya Burlington ili kufanya ufuatiliaji wa mbali na miadi ya afya ya mbali ya mara kwa mara.
- ✓ Wageni pia wanaweza kudumisha mahusiano na watoa huduma wao wa afya, na wafanyakazi wa huduma za wageni wanaweza kuwasaidia kuratibu upangaji wa miadi hiyo.
- ✓ Vifaa kwa wageni ili kujipima halijoto yao.
- ✓ Upatikanaji wa dawa za faraja zinaweza kupatikana kama inahitajika kwa watu walio na Matatizo ya Matumizi ya Dawa za Kulevya (SUD).
- ✓ Ufuatiliaji wa ustawi wa kila siku na wafanyakazi wa huduma za wageni.
- ✓ Miadi ya Afya ya Mbali (simu au video) iliyopangwa kama ilivyobainishwa na mtoa huduma wao wa afya (kutoka Vituo vya Afya vya Jamii ya Burlington na/au watoa huduma wao).

Vyakula

- ✓ Milo mitatu kwa siku itatolewa kwa kila mgeni. Wageni wanaweza kushauri wafanyakazi wa dawati la mapokezi kuhusu mahitaji maalum ya lishe.

Huduma na Mipango Mingine

- ✓ Wafanyakazi watasaidia wageni kwa shughuli za afya ya mbali, kuhimiza mapumziko na ustawi, burudani, milo na msaada kwa ujumla.

Wanaokubaliwa, Usajili, Ufuatiliaji wa Mbali, na Ruhusa ya Kuondoka

Wanaokubaliwa na Usajili

- ✓ Mtoa huduma ya afya ataamua kwanza ikiwa mgeni mtarajiwa anafaa kitabibu kukaa Harbor Place.
- ✓ Kisha mashirika yanayowapa rufaa watu au familia kuja eneo hili yatapiga simu dawati la mapokezi kupitia **802-233-8922** . Wafanyakazi wa Ho Hum watawapitisha mashirika yanayotoa rufaa na watu binafsi kwenye mchakato wa usajili. Mashirika yanayotoa rufaa yataombwa kupokea nyaraka, yashirikiane na mtu huyo ili kujaza, na kutuma maelezo kwa usalama.
- ✓ Pale ambapo nafasi ikithibitishwa, shirika linalotoa rufaa litapigiwa simu kuhusu maagizo ya kuwasili. Mashirika yanayotoa rufaa yana jukumu la kupanga usafiri kwenda Ho Hum. (angalia: [Miongozo ya Usafiri kwa Makazi ya Kujitenga na Upataji Nafuu kutokana na COVID-19](#))

Usafiri kwenda na Kufika katika Ho Hum

- ✓ Usafiri utapangwa na mashirika yanayotoa rufaa.
- ✓ Watu watasafirishwa kwenda kwenye eneo kwa kutumia magari yasiyo ya dharura.
- ✓ Mgeni atakuwa amevaa barakoa kabla ya kuwasili. Baada ya kuwasili, wageni watakwenda kwenye dirisha la Dawati la Mapokezi ili kuhakikisha kuwa nyaraka zimejazwa na kupokea ufunguo wa chumba.
- ✓ Wafanyakazi wa huduma za wageni watasaidia wageni kutulia na kukagua Kifurushi cha

Kuwakaribisha Wageni.

Msaada wa Afya na Ustawi

- ✓ Wafanyakazi wa huduma za wageni watasaidia wageni katika kupanga na kujiandaa kwa miadi ya mwanzo ya huduma ya afya ya mbali ndani ya siku tatu za kwanza.
- ✓ Wafanyakazi wa huduma za wageni watafanya ukaguzi wa kawaida ili kuhakikisha kuwa wageni wanaendelea vizuri na kwamba wanawasiliana mara kwa mara na mtoa huduma wao wa matibabu.

Wageni ambao wako tayari kuondoka watakuwa wamekidhi vigezo vyote vya sasa vya CDC¹:

- ✓ Hawana homa kwa saa 24 bila kutumia dawa za kupunguza homa,
- ✓ Dalili za kupumua zimepata nafuu (kwa mfano, kukohoa, tatizo la kupumua),
- ✓ Angalau siku 10 zimepita tangu dalili zilipoanza kwanza, na
- ✓ Wamependekezwa na mtoa huduma ya afya kufuatia tathmini ya ruhusa ya kuondoka.

Mchakato na Usafirishaji kwa Wageni Wanaokamilisha Kipindi Chao cha Kukaa

- ✓ Wageni watasafirishwa kwenda mahali walipotoka au makazi mengine salama kama ilivyopangwa. Wageni wanaohitaji makazi ya dharura yanayoendelea wataombwa wawasiliane na ESD.
- ✓ Kupanga kuondoka kunaanza mwanzoni, ili watu waweze kuondoka wakiwa wamejiandaa.
- ✓ Wakati wageni wako tayari kumaliza kipindi chao cha kukaa, wafanyakazi watasaidia kupanga usafirishaji alimradi kipindi cha kujitenga kinatimiza mapendekezo ya matibabu ya afya.

¹ Kwa vigezo vya hivi karibuni zaidi: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

Vistawishi vya Wageni

Wageni katika Ho Hum wanaweza kupata huduma zifuatazo:

- ✓ Vyumba vya kulala na bafu binafsi
- ✓ Milo mitatu kwa siku - kifungua kinywa, chakula cha mchana, na chakula cha jioni - kuletwa vyumbani
- ✓ Msaada wa simu kwa wageni kwa ustawi wa afya ya jamii na akili
- ✓ Huduma ya udobi na mashuka safi, kama inavyohitajika
- ✓ Uletaji wa dawa za maelekezo kutoka Kinney Drugs
- ✓ Vifaa vya usafishaji (kitakasa mikono, vitambaa vya ufukizaji wa kuuu viini, karatasi shashi)
- ✓ Vifaa vya usafi wa binafsi vinaweza kununuliwa na wageni na kuwasilishwa na Kinney Drugs
- ✓ Vifaa vya Kinga Binafsi (PPE) (barakoa, glavu)

Ho Hum COVID-19 Isolation, Quarantine, & Recovery Accommodations

Vermont State Emergency Operations Center: Isolation, Quarantine & Recovery Strategy

The Ho Hum in South Burlington is a motel helping to fill a role as a public health intervention implemented by AHS on behalf of the State Emergency Operations Center.

The Ho Hum is accepting guests who are suspected to be COVID-19+, at high risk for being COVID-19+, or who are confirmed COVID-19+ who do not need hospital-level medical attention, but who cannot follow public health guidelines to isolate in their primary place or location of residence. The Isolation, Quarantine, and Recovery Accommodations are not a medical intervention, but an emergency public health strategy in which people receive temporary alternative housing with access to telehealth and social services while they self-isolate and recover from COVID-19.

Guests require limited health care monitoring, can care for themselves, and do not need assistance with activities of daily living. Medical providers - offsite except for testing - support intake, health monitoring, discharge and infection prevention control. Guests stay at the Ho Hum site on a voluntary basis.

Guests of COVID-19 Recovery accommodations meet the following criteria:

- ✓ Are symptomatic and suspected of having COVID-19 but do not require hospital care; **or**
- ✓ Have been exposed to COVID-19 and have been assessed as high-risk for being COVID-19+ by a medical provider; **or**
- ✓ Test positive for COVID-19 (confirmed case) with minimal or no symptoms; **and**
- ✓ Require self-isolation due to risk of infecting others during recovery and have no other suitable place to self-isolate; **and**
- ✓ Do not require hospital level of care (may be discharging from a hospital or referred directly from current housing); **and**
- ✓ Do not require assistance with daily living and can self-evacuate the building if needed.

Isolation, Quarantine, & Recovery Accommodations at the Ho Hum

The Isolation, Quarantine, and Recovery accommodations at the Ho Hum are a partnership between the Champlain Housing Trust, the Community Health Center of Burlington (CHCB), and the Vermont Agency of Human Services (AHS). The site provides temporary accommodations with access to health and programmatic supports for Vermonters who are suspected of being COVID-19+, at high-risk for being COVID-19+, or who have tested positive for COVID-19 and have no suitable place to self-quarantine during their recovery.

Our goals

To provide a place of compassion and healing while people recover, reduce spread of the infection in communities, and reduce the burden on hospitals so those who need hospitalization can be served.

Our values

Dignity and respect for all. Open communication with partners. Healing and privacy for those recovering.

Populations Served at the Ho Hum

All people of all ages, all family structures and all demographics are welcome. Up to 34 rooms are available for people who:

- ✓ Meet the criteria (above) for Isolation, Quarantine, and Recovery Accommodations,
- ✓ Are not on the National nor Vermont sex offender registry,
- ✓ Make a voluntary choice to recover from their symptoms at the Ho Hum, and
- ✓ Agree to follow site expectations as described in the Guest Agreement

Health and Safety Protocols, Services & Programming

During their recovery, guests have access to the following:

Safety and Security

- ✓ Onsite security to ensure a safe and private place to recover.
- ✓ Perimeter fence around the site.
- ✓ Informational signs reinforcing CDC health guidelines.
- ✓ Local Emergency Services notified and coordinated with the site.
- ✓ All guests and staff are required to wear PPE and follow medical protocol.

Cleaning, Disinfecting, Waste, Laundry

- ✓ There will be a twice daily cleaning of the high touch areas in the office. The laundry room and the front desk window will be cleaned after each use.
- ✓ There will be a removal of waste, recycling products, and medical waste as needed.
- ✓ Bed linens and towels will be laundered as needed. Guests have access to a laundry service for personal laundry as needed.
- ✓ Guests have access to their own cleaning supplies to regularly clean their own rooms.
- ✓ Rooms are cleaned per CDC guidelines after guest discharge and before next guest arrives.

Health Care Coordination & Telehealth Services

- ✓ All guests will receive help coordinating prescription refills, delivery, and access to their health care providers, as needed.
- ✓ Guests who do not have a primary care provider able to support their COVID 19 recovery, will be enrolled in the Community Health Centers of Burlington to provide regular telemonitoring and telehealth appointments.
- ✓ Guests are also able to maintain relationships with their own health care providers, and guest services staff can help coordinate the scheduling of those appointments.
- ✓ Equipment for guests to check their own temperature.
- ✓ Access to comfort medications can be available as necessary for people with Substance Use Disorder (SUD).
- ✓ Daily wellness check-ins by guest services staff.
- ✓ Telehealth (phone or video) appointments scheduled as determined by their health care provider (from the Community Health Centers of Burlington and/or their own providers).

Food

- ✓ Three meals a day will be delivered to each guest. Guests can advise front desk staff of special dietary needs.

Other Services & Programming

- ✓ Staff will help guests with telehealth activities, encourage rest and wellness, entertainment and recreation, meals, and for general support.

Intake, Registration, Telemonitoring, and Discharge

Intake and Registration

- ✓ A health care provider will first determine if a potential guest is appropriate medically for Harbor Place.
- ✓ Agencies referring individuals or families to this site will then call the front desk at **802-233-8922**. Ho Hum staff will walk referring agencies and individuals through the registration process. Referring agencies will be asked to receive paperwork, work with the individual to complete, and send back information securely.
- ✓ When a reservation has been confirmed, the referring agency will receive a call back with instructions for arrival. Referring agencies are responsible for arranging transportation to the Ho Hum. (see: [Transportation Guidelines to COVID-19 Isolation and Recovery Housing](#))

Transportation to & Arrival at the Ho Hum

- ✓ Transportation will be arranged by referring agencies.
- ✓ People will be transported to the site by non-emergency vehicles.
- ✓ The guest will be wearing a mask prior to arrival. Upon arrival, guests will go to the Front Desk window to make sure that paperwork is complete and receive a room key.
- ✓ Guest services staff will help guests settle in and review the Guest Welcome Packet.

Health & Wellness Support

- ✓ Guest services staff will support guests in setting up and preparing for an initial telehealth appointment within the first three days.
- ✓ Guest services staff will provide regular check-ins to make sure guests are doing well and in regular communication with their medical provider.

Guests who are ready to leave will have met all of the current CDC criteria²:

- ✓ No fever for 24 hours without the use of fever-reducing medications,
- ✓ Improved respiratory symptoms (e.g., cough, shortness of breath),
- ✓ At least 10 days having passed since symptoms first began, *and*
- ✓ Be recommended by a health care provider following an assessment for discharge.

Process & Transportation for Guests Ending their Stay

- ✓ Guests will be transported to their place of origin or another safe residence as planned. Guests in need of ongoing emergency housing will be told to contact ESD.
- ✓ Planning for departure begins at the start, so that people are able to leave when ready.
- ✓ When guests are ready to end their stay, staff will help arrange transportation as long as the period of self-isolation meets health care recommendations.

Guest Amenities

Guests at the Ho Hum have access to the following amenities:

- ✓ Private bedrooms and bathrooms
- ✓ Three meals a day – breakfast, lunch, and dinner – delivered to rooms
- ✓ Telephonic support for guest social and mental health well-being
- ✓ Laundry service and fresh linens, as needed
- ✓ Prescription delivery from Kinney Drugs
- ✓ Cleaning supplies (hand sanitizer, disinfecting wipes, paper towels)
- ✓ Personal hygiene items can be purchased by guests for delivery by Kinney Drugs
- ✓ Personal Protective Equipment (PPE) (facemasks, gloves)

² For most current criteria: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>