

Iowa Guidance for Senior Centers and Adult Day Programs

June 11, 2020

This guidance is for senior centers and adult day programs as they consider ways to safely resume activities. These facilities often serve vulnerable populations that are older or who have underlying conditions. The following recommendations serve to help prevent illness in these settings. Such programs should consider virus activity in the communities they serve to help inform activities. Information about virus activity in the community can be found at coronavirus.iowa.gov by clicking on the county where the facility is located, and analyzing the virus activity information that appears below the blue state map.

Any lowan considering joining senior center or adult day program activities should make their own decisions about whether they can safely participate.

Screening

- All employees, visitors, patrons and clients should be screened for symptoms, fever and close contacts with anyone who has been recently diagnosed with COVID-19 at arrival.
- Persons reporting symptoms or having a fever should not be allowed to enter and should seek healthcare as appropriate.
- Anyone who has been in close contact with a confirmed case of COVID-19 in the last 14 days should not be allowed to enter and should quarantine for 14 days from their last contact with the confirmed case.
- Consider requiring the use of cloth face coverings for all employees, visitors, patrons and clients when safe and appropriate.

Activities

- When possible, activities should be performed while maintaining a 6 foot distance with small numbers of individuals. Consider requiring the use of cloth face coverings especially when maintaining distance of at least 6 feet between individuals is not possible.
- Avoid sharing objects and practice frequent cleaning of objects that are handled with an appropriate, EPA-approved cleaner.
- Employees, visitors, patrons and clients should practice frequent hand-washing or sanitizing (containing at least 60% alcohol) and supplies should be readily available throughout a center.

Communal Dining

- The number of individuals dining together at one time should be adjusted to ensure limited numbers of people dining at the same table, and spacing of at least 6 feet between tables.
- If staff assistance with eating is required, appropriate hand hygiene must occur between residents as well as [appropriate use of PPE](#).

Environmental Cleaning

- Clean high-touch surfaces and restrooms with an appropriate, EPA-approved cleaner at regular intervals throughout the day.

Early Identification

- If an employee, visitor, patron or client becomes ill while in a senior center or adult daycare, they should immediately isolate, leave the facility as soon as possible and seek care and testing as appropriate. Testing can be accessed through [Test Iowa](#), the State Hygienic Laboratory ([see criteria](#)), or at the discretion of an individual's healthcare provider. Upon recognition or notification of a case of COVID-19 in an employee, visitor, patron or client a center should work with local or state public health as soon as possible to perform an assessment of close contacts (persons who have spent more than 15 minutes within 6 feet) at the center. This will allow for notifications and recommendations to those close contacts as advised by public health.
- Centers should immediately perform appropriate cleaning, including disinfection of high-touch surfaces.
- Centers may make individual decisions to close if needed.