Covid-19 Safety for CNAs Training Series

Training One: Covid-19 101 and Caregiver Self-Care

The participant will be able to:

Identify at least two ways Covid-19 is transmitted.

Describe proper hand hygiene and the role it plays in COVID-19 prevention.

Name at least three things they should do if they get COVID 19.

Identify at least three methods of self-care.

**Attitudes Assessment Questions:**

Use the ranking system below to answer questions 1-3

1. Very Confident
2. Confident
3. Somewhat Unconfident
4. Unconfident

*With your current knowledge and skills how confident are you in your ability to*

1. *Identify Covid-19 safety concerns in my organization.*
2. *Create solutions to safety concerns.*
3. *Voice safety concerns to others in my organization.*

Using the scale below, rate your level of agreement with the statements in questions 4 and 5.

1. Strongly Agree
2. Agree
3. Disagree
4. Strongly Disagree
5. *I play an important role in Covid-19 prevention and control in my organization.*
6. *As it relates to Covid-19, my actions influence my safety and the safety of those around me.*

**Pre/Post Test Questions:**

1. Which of the following puts you at highest risk of getting COVID-19?
   1. Touching a surface in a resident’s room
   2. A person close to you coughing
   3. Contact with takeout food containers
   4. Insect bites
   5. Takeout food
2. If you test positive for covid-19 you should
   1. Eat healthy and continue your normal daily activities
   2. Do not share drinks or personal items with family members and rest
   3. Quarantine and rest
   4. A and C
   5. B and C
   6. All the above
3. True or False – Soap and water is the preferred hand hygiene method during Covid-19.
   1. True
   2. False
4. Which is NOT an example of self-care?
   1. Set Goals
   2. Disconnect from family and friends
   3. Eat fruits and vegetables
   4. Practice gratitude

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Answers:

1. B
2. B & C
3. B - False
4. B