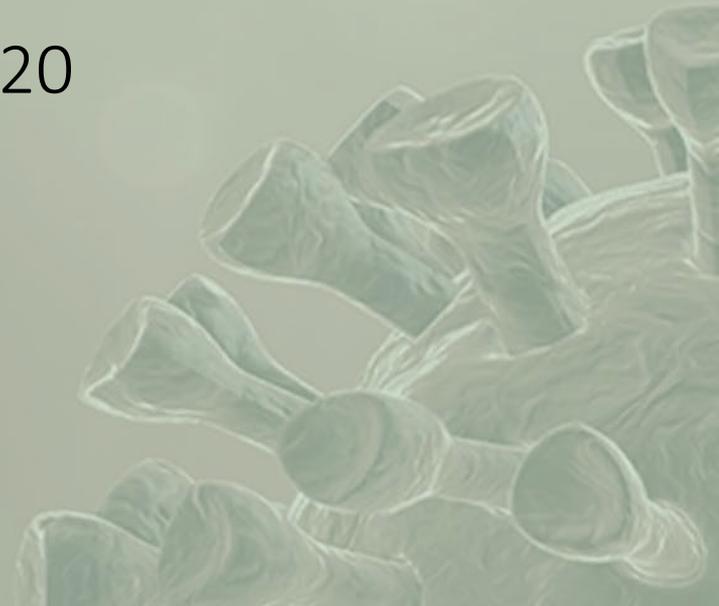




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COVID-19 Essential Family Caregiver Precautions and Infection Control Training

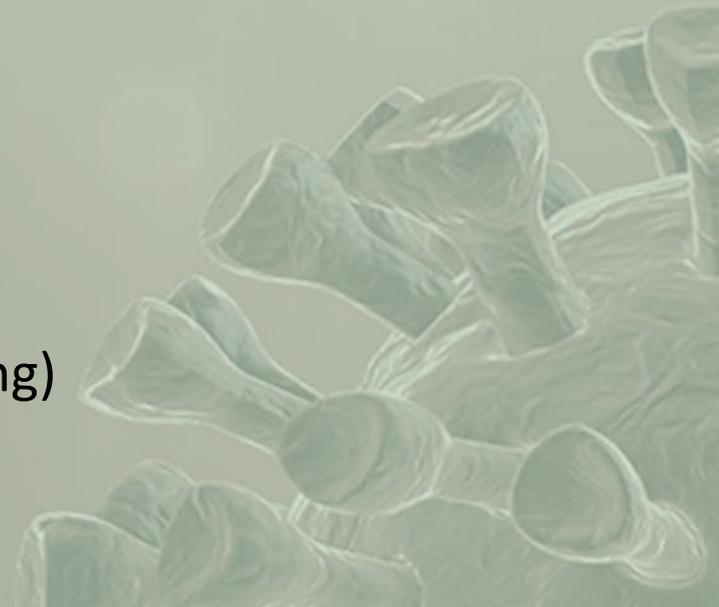
Updated July 22, 2020





What is COVID-19?

- A new coronavirus is a virus (type of germ) that causes lung infections in people
- At present there is not specific treatment or vaccine
- Symptoms can take up to 14 days to appear and may include some or all of the following:
 - Cough
 - Fever
 - Fatigue
 - Diarrhea
 - Sore throat
 - Muscle aches
 - Shortness of breath (difficulty breathing)





How is COVID-19 spread?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread through:

- **Respiratory droplets** of saliva or discharge from the nose when an infected person coughs, sneezes or talks
- **Person-to-person:** touching, shaking hands or close personal contact (less than 2m apart)
- **Surface-to-person:** person touches a surface or object that has virus present and then touches their own mouth, nose or eyes before washing hands





Visiting a Long-Term Care Home

Before you book your visit:

- You will need to have a COVID-19 test with a negative result within two weeks of each visit

Before you arrive:

- Complete Self-Screening
 - Do you have a fever, chills or any symptoms of COVID-19?
 - Have you been outside of Canada in the last 14 days?
 - Have you been in contact with anyone that is ill in the last 14 days?



Visiting a Long-Term Care Home

When you arrive:

- Wear a mask as you enter the LTCH (city bylaw)
- Perform hand hygiene
- Remove your mask, perform hand hygiene again
- Apply a new mask (surgical mask provided by the home)
- Complete Active Screening:
 - Screener will ask you a series of questions
 - Have your temperature checked
- You will be assigned an ID badge to wear for your visit
- Disinfect your personal items that you bring into home (please limit what you bring - no food or beverages)



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Practices to ensure safety...

As always, we will continue to take our direction from our public health authorities. Visiting guidelines may change or be stopped based on the evolving nature of the pandemic.

Should our home have an outbreak, we will be taking direction from the Ministry and Public Health to determine if visiting is permitted.

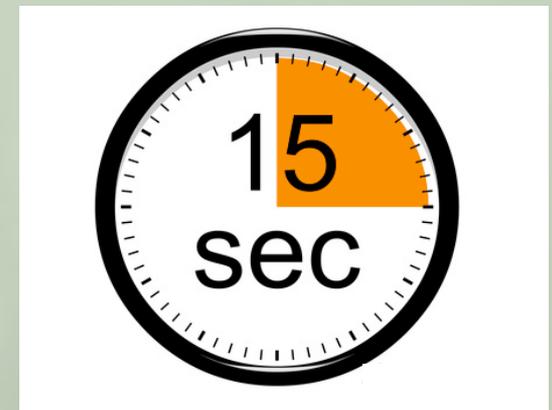


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What is COVID-19 Infection Prevention and Control?

Infection Prevention and Control (also known as IPAC) are the practices and procedures that can prevent or reduce the spread of germs from one person to another...





Hand Hygiene Techniques

Two Ways to Clean your Hands

Alcohol-based hand rub is the preferred method for cleaning your hands.

Alcohol-based hand rub is located in the hallways and in each resident room

Ensure you use enough product to keep your hands wet for at least 15 seconds. Allow the alcohol to dry on your hands (do not wipe it off)

Handwashing with soap and water must be done for 15 seconds

Use a paper towel to turn off the tap and open the door when finished



Respiratory Hygiene/Etiquette

Practice proper coughing and sneezing etiquettes by covering your mouth with a tissue or coughing into your arm/elbow

Coughing and sneezing etiquette

- Cover your mouth and nose with a tissue.
- Dispose of your tissue properly.
- If there is no tissue, cough or sneeze into the bend of elbow – not your hand.
- If you sneeze or cough into hand, wash your hands as soon as possible.

Source: US Centres for Disease Control and Prevention



Personal Protective Equipment (PPE)

Know how to put on (don) and remove (doff) the PPE without contaminating yourself and spreading infection



Gloves

- Do not clean or reuse gloves
- Do not put hand sanitizer on your gloves
- Always clean hands before putting on and after taking off gloves



Gowns

- When removing gown, unfasten the ties, peel the gown away from the neck and shoulders (turning it inside out), fold or roll into a bundle and discard



Masks

- Change your mask if it becomes wet
- Never touch your mask or your face while wearing a mask
- Remove mask by touching elastic straps



What PPE should I use and when?

Masks

- Everyone is wearing masks for “source control”, to prevent the spread of COVID-19 from people without symptoms
- Masks should be covering your mouth and nose at all times when in the home

Follow directions from staff and signage





PPE Donning and Doffing

PUTTING ON PERSONAL PROTECTIVE EQUIPMENT

- 1** PERFORM HAND HYGIENE 
- 2** PUT ON GOWN 
- 3** PUT ON MASK OR N95 RESPIRATOR 
- 4** PUT ON EYE PROTECTION 
- 5** PUT ON GLOVES 

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REMOVING PERSONAL PROTECTIVE EQUIPMENT

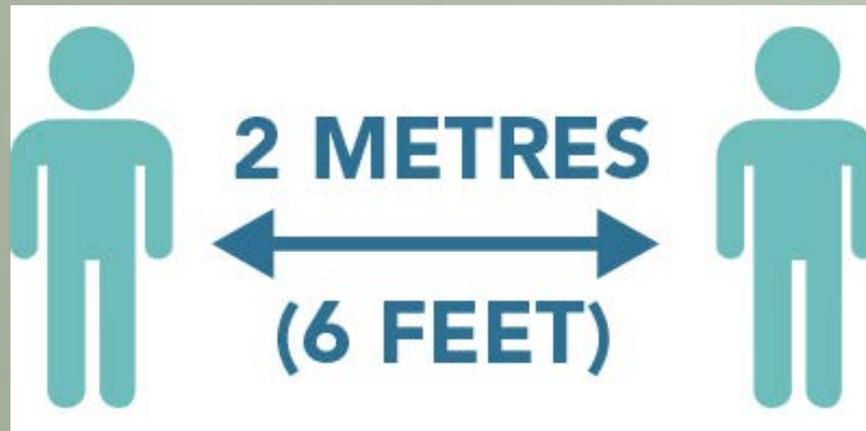
- 1** REMOVE GLOVES 
- 2** REMOVE GOWN 
- 3** PERFORM HAND HYGIENE 
- 4** REMOVE EYE PROTECTION 
- 5** REMOVE MASK OR N95 RESPIRATOR 
- 6** PERFORM HAND HYGIENE 



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Physical Distancing and Limiting Movement in the Home

When in the home, you are to maintain physical distancing of 2m from all staff and residents with the exception of the resident you are there caring for.



Visits should take place in residents room. Meals can still be provided in the dining room with appropriate physical distancing.



Cleaning and Disinfection

- This includes frequent cleaning and disinfecting of the high-touch surfaces (e.g. doorknobs, light switches, elevator buttons, computer keyboards, handrails, resident rooms, common areas and equipment)
- Please provide the housekeeping team with space to do this cleaning and disinfection





When leaving the home...

- Wash your hands before leaving the resident's room/floor
- Report again to the screening table for screening and a temperature check
- Return your ID badge for disinfection and re-use
- Perform hand hygiene before removing your mask
- Dispose of your mask in the garbage by the entrance, wash your hands before touching your face or anything else!
- Apply your own mask to go home