



Thrive Group
Inspiration. Integration. Innovation.

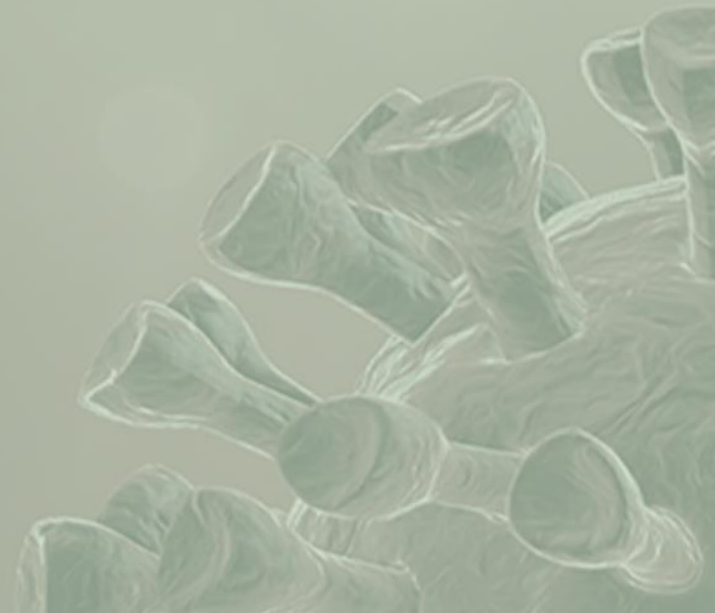
COVID-19

Essential Caregivers

Precautions and Infection Control

Training

Fall 2022





What is COVID-19?

- A coronavirus is a virus (type of germ) that causes lung infections in people
- Symptoms may appear 2-14 days after exposure.
- Possible symptoms include:
 - Cough
 - Fever or chills
 - Fatigue
 - Headache
 - Diarrhea
 - New loss of taste or smell
 - Sore throat
 - Muscle or body aches
 - Shortness of breath (difficulty breathing)

**COVID-19 vaccines help your body develop protection from the virus.
It is recommended that everyone who is eligible stay up to date with their
COVID-19 vaccines.**



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 LTC or Community Congregate Site

Before you arrive:

- Complete the COVID-19 Self-Assessment
 - **If you have symptoms, DO NOT COME to visit!!**
- *Rapid Antigen Testing* is required for everyone entering the site. Rapid testing frequency may change based on the directives, policies and vaccine status of the individual. Please take direction from the screening team about your rapid testing.



Visiting LTC or Community Congregate Site

When you arrive:

- Wear a mask as you enter the site
- Perform hand hygiene
- Remove your mask, perform hand hygiene again
- Apply a new mask (surgical mask provided by the home)
- **Eye protection and N95 may be provided if the site is experiencing an outbreak.**
- Complete Active Screening:
 - Screening questions will be reviewed and results verified
- Disinfect your personal items that you bring into home (please limit what you bring)



Practices to ensure safety...

We all must keep vigilant with the precautions at all times!!

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 visiting restrictions.

Participate in hand hygiene throughout your visit and follow any additional precautions as identified by the site or specifically for your loved one.



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...

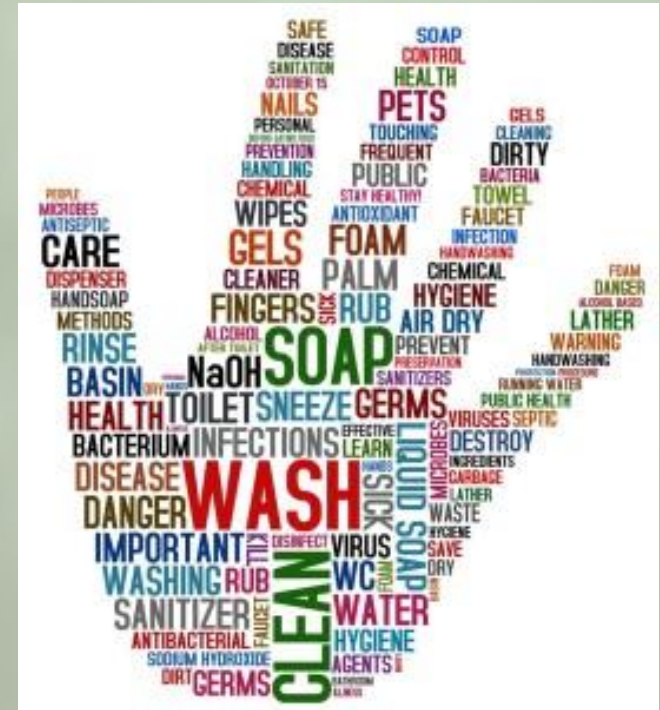




Hand Hygiene

Hand hygiene must be performed:

- ✓ Before entering and leaving the resident's room
- ✓ Before and after each resident contact
- ✓ Before preparing, handling or serving food
- ✓ Before putting on your mask/ face shield and after taking off your mask/ face shield

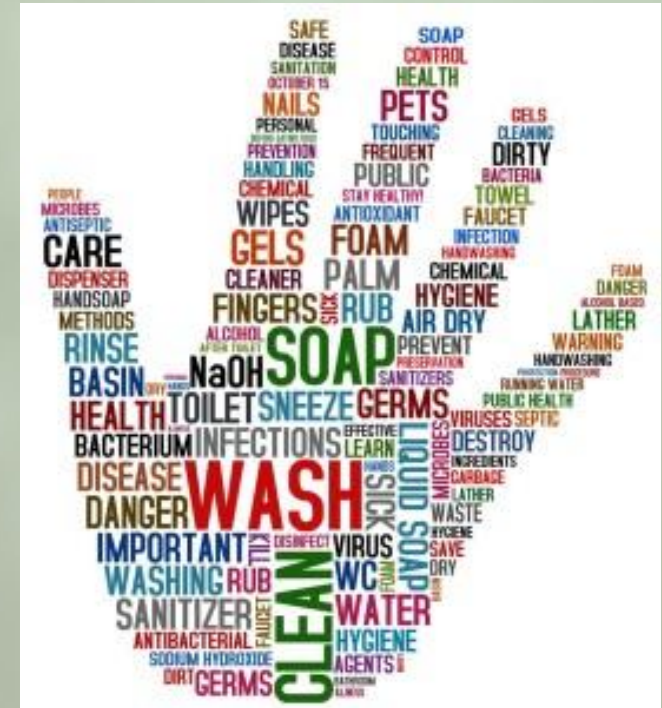




Hand Hygiene

Hand hygiene must be performed:

- ✓ After personal body functions (blowing one's nose, after using the washroom)
- ✓ Whenever hands come into contact with a resident's secretions, excretions, saliva, sputum and bodily fluids
- ✓ After contact with items in the resident's environment (room)





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

COVER YOUR COUGH
Stop the spread of **germs** that can make you and others sick!

Public Health Ontario | Santé publique Ontario

Cover your mouth and nose with a tissue when you cough or sneeze.
Put your used tissue in the waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 15 seconds.
If soap and water are not available, use an alcohol-based hand rub.

For more information contact Public Health Ontario's Infection Prevention and Control Department at ipac@oahpp.ca or visit www.publichealthontario.ca/en/health-topics/infection-prevention-control/clinical-office-practice.
This is an excerpt from Infection Prevention and Control for Clinical Office Practice

Ontario



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 common/shared spaces.**

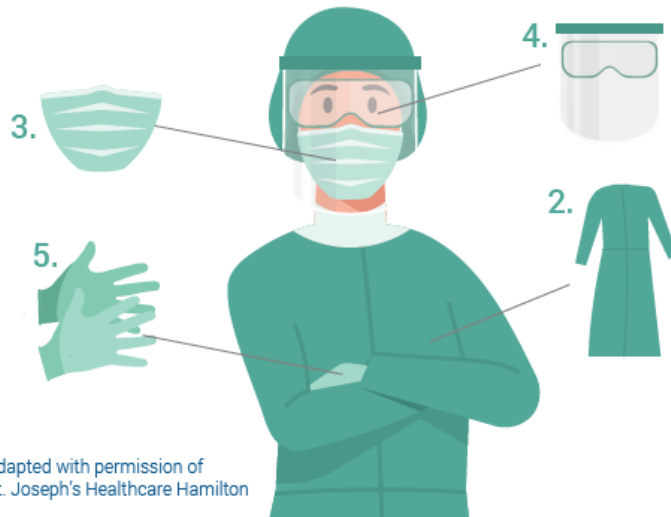
Follow directions from staff and signage










PUTTING ON PPE

1.  20 seconds
2. Put on Gown
3. Put on Mask or N95 Respirator
4. Put on Face Shield or Goggles
5. Put on Gloves



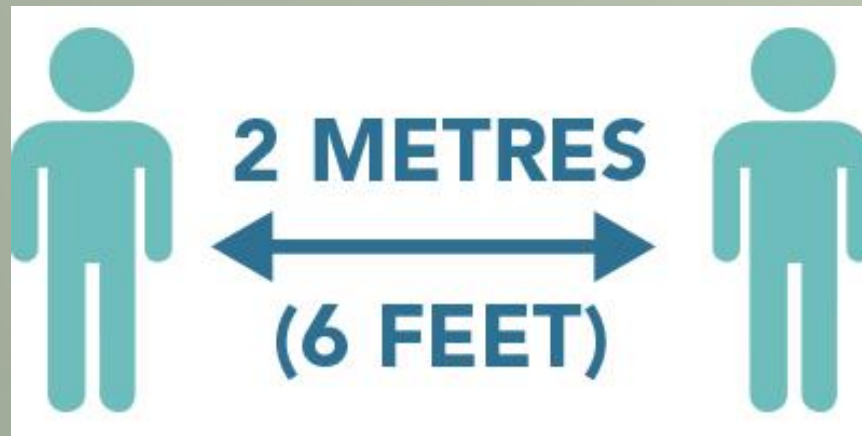
TAKING OFF PPE

1. Remove Gloves
2.  20 seconds
3. Remove Gown
4.  20 seconds
5. Remove Face Shield or Goggles and DISINFECT (or DISCARD)
6.  20 seconds
7. Remove Mask or N95 Respirator
8.  20 seconds
9. Put on New Mask or N95 Respirator
10. Put on Face Shield or Goggles
11.  20 seconds



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
- Perform hand hygiene before removing your mask
- Dispose of your mask upon leaving the building, wash your hands before touching your face or anything else!