

Caring for participants with Covid-19

If a participant is suspected or diagnosed with COVID-19, we will continue to provide residential services to that person **in their group home**. The manager or staff will call 811 to consult and receive direction regarding formal medical assessment and treatment. If a participant's symptoms worsen, the manager will consult with 811 again and/or a physician for further direction. If a participant is in medical crisis, call EMS.

The following information will provide guidance on caring for a participant in the home with Covid-19.

Communication - Notify others about the outbreak	
	<p>Notify staff and those living in the home of the illness.</p> <p>Communicate with staff and record in ETO any participants suspected or confirmed to be ill using the COVID-19 Tracking TouchPoint</p>
	<p>Actively monitor for new cases of illness. Record and track who is ill using the attached Monitoring Symptoms Tracking sheet (<i>attached</i>) and complete daily update entries on ETO using the COVID-19 Tracking TouchPoint.</p>
	<p>Caseworker or designate notify referring agency</p> <p>Caseworker or designate notify family</p>
Keep the sick away from the well	
	<p>Anyone who is ill should stay in their bedroom away from others, including for meals, until their symptoms are gone . Refer to the Public Health Agency of Canada document <i>How to isolate at home when you have Covid-19</i> (attached)</p>
	<p>Have a separate bathroom for the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.</p>
	<p>Please contact your manager if you are a person who is at higher risk of serious illness from Covid-19 due to chronic medical conditions (eg. heart disease) or compromised immune systems.</p> <p>Refer to the Public Health Agency of Canada document <i>Coronavirus Disease (Covid-19) How to Care for a Person with Covid-19 at Home: Advice for Caregivers</i> (attached)</p>
	<p>Personal protective equipment- gowns, gloves, masks, eye protection (Contact and droplet precautions) should be used by anyone who is within 2 meters of the ill person.</p>
	<p>If staff are ill, they should not come to work.</p>
	<p>If a participant is directed by 811 or a physician to get a COVID-19 test, a staff person, while wearing PPE, will accompany the</p>

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participant, who is wearing a mask, to the testing site. Following the transport, the vehicle will be cleaned and disinfected.

Hygiene - The most important measure to prevent the spread of illness

Washing your hands with soap and warm water is best; alcohol based hand rub (60-95% ethanol), if available, can be used if hands are not visibly soiled.

Perform hand hygiene **as soon as you arrive at work** and then frequently throughout the day and as follows:

- before and after assisting each person
- before preparing medications
- before preparing/serving/handling food
- before and after using gloves
- before eating or drinking
- after using the bathroom/diapering
- before feeding someone
- after cleaning

Place hand washing posters around the building reminding everyone to wash their hands properly and frequently.

Recreation and Social Activities

- Cancel activities until further notice including special events like parties, BBQ, dances, parties and gatherings
- Avoid activities that take participants into the community to public places with large gatherings, such as Walmart, grocery stores, parks, and gas stations. (Note: this does NOT apply to participants who need to leave the building for medical care such as dialysis, medical visits, etc.). Please ensure that efforts are taken to limit all coming and going of participants and staff to help minimize possible risks. This might mean your team needs to do some brainstorming around issues like allowance spending.
- Stay at home or in your yards as much as possible. You can still access Ranch facilities for activities and use rural areas for activities such as hikes.
- Practice social distancing as much as possible in the units by modifying routines around group meetings and mealtimes and trying to maintain the two meters between people.
- Assist residents to use technology to keep in touch with friends and family rather than face-to-face visits.

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Enhanced Cleaning	
	<p>Cleaning and disinfection of high touch surfaces in common areas and resident rooms should be done more often. Public Health recommends that areas be cleaned and disinfected at least three times daily. Examples of high touch surfaces include but are not limited to:</p> <ul style="list-style-type: none"> • Staff and public bathrooms • Hand rails/stair rails • Door knobs, push plates • Dining tables and chairs after each meal • Call lights/bed rails/overbed table • Key pads (security doors) • TV remotes/telephones • Light switches
	Make a checklist documenting the dates and times that cleaning is occurring in the program
	Clean and disinfect all equipment that is shared between people.
	<p>Multiple cleaning cloths will be needed while cleaning and disinfecting. Cloths must leave surfaces wet for the required amount of time (**read product label).</p> <ul style="list-style-type: none"> • If using single use disposable cleaning cloths, discard into the garbage after use. • Reusable cleaning cloths must not be put back into the buckets of cleaning solution - place in laundry after use –No Double Dipping • When mixing solutions in buckets, measure accurately and follow directions on the label. <p>Use a cleaning product that is also a disinfectant (will kill most germs). The Covid-19 virus is easily killed by your daily use of disinfectant products.</p>

CORONAVIRUS DISEASE (COVID-19) HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

Limit contact

- ▶ Only one healthy person should provide care.
- ▶ Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

Protect yourself

- ▶ If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.
- ▶ If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and eye protection.
- ▶ Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- ▶ Do not re-use masks or gloves.
- ▶ Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- ▶ Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.

Keep your environment clean

- ▶ Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the ill person can be washed with other laundry.
- ▶ At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

Monitor yourself for symptoms

- ▶ If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- ▶ If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.



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CORONAVIRUS DISEASE (COVID-19) HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19



Isolation means staying at home when you have symptoms of COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19, it is expected that you take the following measures.

Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching the pet.

Keep your hands clean

- Wash your hands often with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cough or sneeze into the bend of your arm or into a tissue.

Avoid contaminating common items and surfaces

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- Put the lid of the toilet down before flushing.

Care for yourself

- Monitor your symptoms as directed by your healthcare provider or **Public Health Authority**
- If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and follow their instructions.
- Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.



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COVID-19 ASSESSMENT FOR PARTICIPANTS

After collecting all of the following information, call 8-1-1 to speak to a nurse to have the participant's symptoms assessed.

Participant's Health Information		
Name		
Date of Birth		
Home Province		
Health Card Number		
Treaty Number		
Medical conditions		
Physician's name		
Medications including dosage & frequency		
Allergies		
Symptoms	Starting Date & Time (Duration)	
Fever greater than 38 C or 100.4 F		
Cough		
Shortness of Breath		
Note: Use Self-Monitoring Tracking Sheet attached to track symptoms		
Questions	Yes (Check)	No (Check)
In the past 14 days has the participant had close contact with someone who is confirmed as having COVID-19?		
In the past 14 days has the participant returned from travel to any other locations outside of Canada?		

IMPORTANT:

Call 9-1-1 or go to the nearest emergency room if participant is experiencing any of the following symptoms:

- Severe difficulty breathing (struggling for breath, speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Lost consciousness
- Shortness of breath when resting
- Inability to lie down because of difficulty breathing
- Difficulty managing chronic conditions because of current respiratory illness

