

COVID-19 Visitors Information Package



Nithview
Community

A Division of

Tri-County Mennonite Homes

Making Every Day Matter

Message

This course book is intended to provide the necessary training for COVID 19 Infection Prevention and Control measures to ensure the safety of our residents, families, staff and communities.

Nithview Community has begun a careful, phased approach to the gradual resumption of resident visits during the COVID-19 pandemic, ensuring residents receive visitors safely to help protect against the risk of COVID-19. All visitors will be instructed to adhere to the requirements set out in this policy to ensure the health and safety of all residents, staff and visitors, and allow for the continuity of visits that support the mental, physical and spiritual needs of residents for their quality of life while also supporting residents in receiving the care they need and maintaining their emotional well-being.

This policy complies with current ministry requirements per Directive #3 (August 28, 2020) Any non-adherence to the rules set out in the visitor policy could be the basis for discontinuation of visits.

We wish to give you the necessary tools and knowledge to assist with the prevention and spread of COVID19 while providing you the opportunity to be in the home, with your loved one during their time of need. Families and caregivers are essential to the physical, emotional, social and spiritual wellbeing of our residents.

It is our commitment that Nithview Community will do our part to keep family caregivers and residents engaged and involved as partners in care while maintaining the health and safety for all our residents and our team members.

If you have any questions or concerns, contact a member of the Leadership team.

KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca



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Personal Protective Equipment (PPE)

Isolation PPE Sequence:

DON PPE from top to bottom

1. Gown
2. Mask
3. Goggles
4. Gloves

DOFF PPE in Alphabetical Order

1. Gloves
2. Goggles
3. Gown
4. Mask

Use only articles required for each isolation level

- **CONTACT**
 - gown and gloves
- **DROPLET**
 - mask, gown and gloves, goggles
- **AIRBORNE**
 - gown, gloves & respirator

EYE PROTECTION -Splash goggles, face shield or procedure mask with visor

MASK -

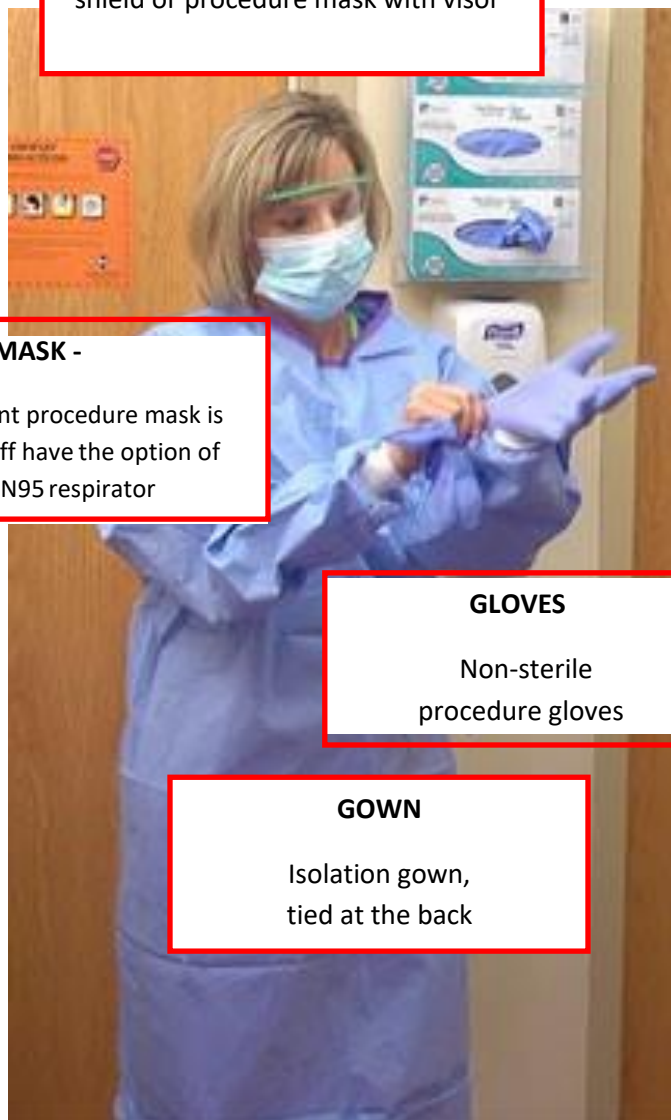
A fluid resistant procedure mask is required - staff have the option of using a N95 respirator

GLOVES

Non-sterile
procedure gloves

GOWN

Isolation gown,
tied at the back



HOW TO APPLY A MASK

1



ALWAYS WASH YOUR HANDS WITH HAND SANTIZIER OR SOAP AND WATER BEFORE PUTTING ON AND REMOVING A MASK.

2



MAKE SURE THE MASK IS COMPLETELY COVERING YOUR NOSE, MOUTH, AND CHIN, WITH THE COLOURED SIDE FACING OUT.

3



PINCH THE MASK AT THE BRIDGE OF YOUR OF YOUR NOSE TO KEEP IT SECURE.

4



TO REMOVE A USED MASK, HOLD ONLY THE EAR LOOPS AND LIFT AWAY FROM YOUR FACE.

5



CHANGE AND DISPOSE OF YOUR MASK IF IT BECOMES SOLIED OR WET.

6



WASH YOUR HANDS WITH HAND SANTIZIER OR SOAP AND WATER AFTER DISPOSING THE USED MASK IN A DESIGNATED PPE TRASH CAN.

Cover Your Cough

Stop the spread of germs that make you and others sick!



Cough or sneeze into your sleeve, NOT your hands

or



Cover your mouth and nose with a tissue and put your used tissue in the waste basket

Clean your hands after coughing or sneezing



or



Wash your hands with soap and warm water for 20 seconds. If soap and water are not available use an alcohol-based hand rub.



You may be asked to put on a face mask to protect others.

Coronavirus Disease 2019 (COVID-19)

Physical Distancing

What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.



Staying connected from home

- Work from home, if possible.
- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Spend time reading, playing board games and watching movies.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.



If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Use delivery services where possible. When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Things to avoid



Non-essential trips outside your home



Hugging or shaking hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group activities or sports



Visiting popular destinations



Play dates, parties or sleepovers

Physical distancing and your mental health

Physical distancing disrupts our normal social routines. During times of uncertainty and change, it is normal for people to worry. If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. Get support if you need to talk. For more information see:

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see [How to Self-Isolate](#).

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of April 2, 2020

Infection Prevention

Chain of Transmission

The chain of transmission of microorganisms and subsequent infection within the care community may be likened to a 'chain', with each link in the chain representing a factor related to the spread of microorganisms. Transmission does not take place unless all six of the elements in the chain of transmission are present (see Figure 1). By eliminating any of the six links, or '*breaking the chain*', transmission does not occur (see Figure 2).

Figure 1: The Chain of Transmission

Transmission occurs when the agent, in the reservoir, exits the reservoir through a portal of exit, travels via a mode of transmission and gains entry through a portal of entry to a susceptible host.

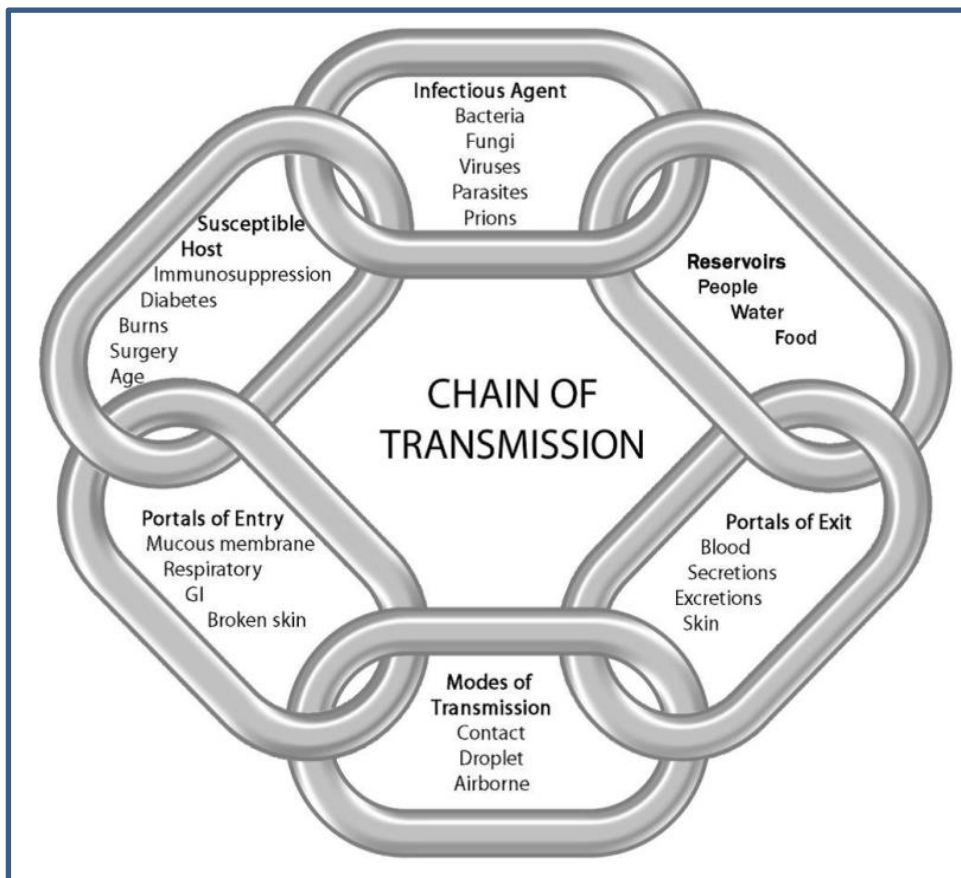
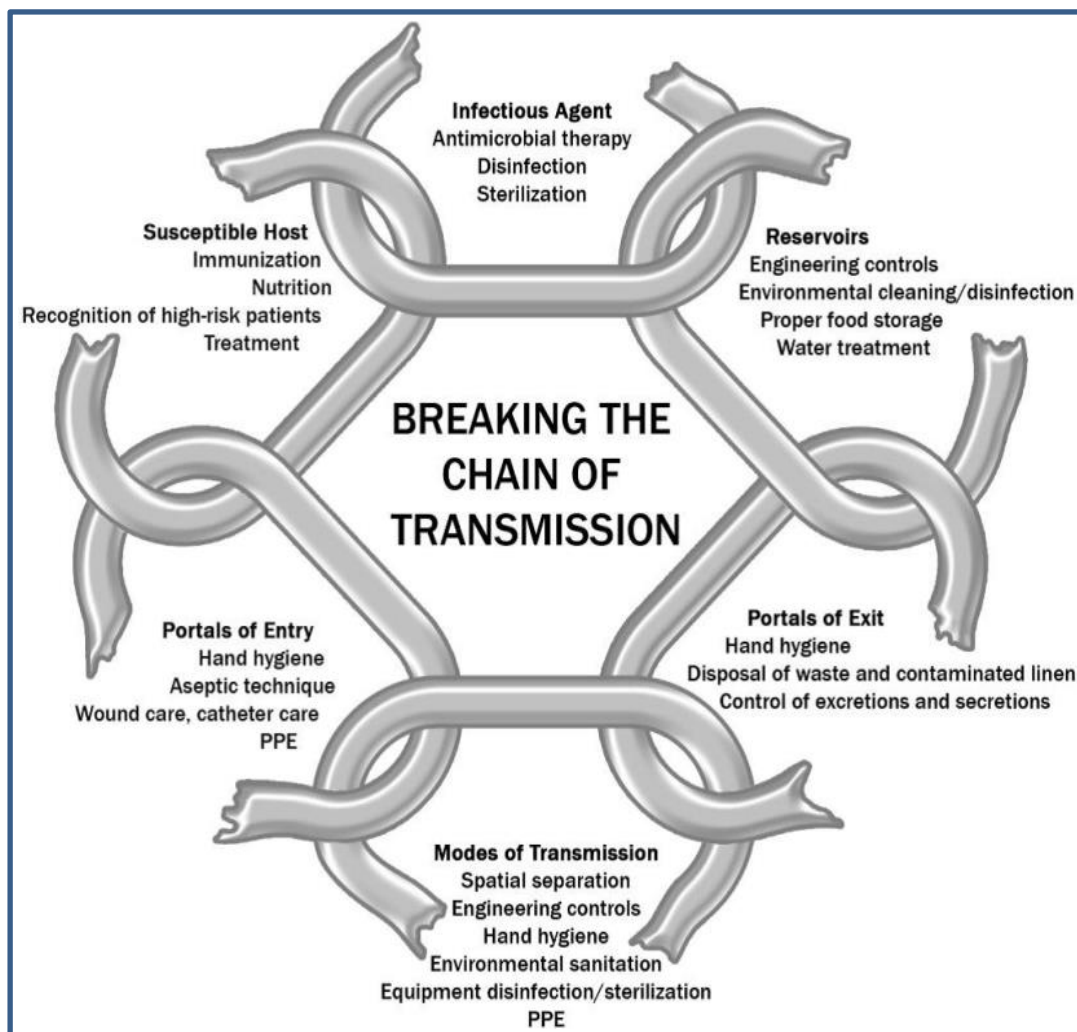


Figure 2: Breaking the Chain of Transmission

Transmission may be interrupted when:

- the agent is eliminated or inactivated or cannot exit the reservoir
- portals of exit are eliminated through safe practices
- transmission between objects or people does not occur due to barriers and/or safe practices
- portals of entry are protected; and/or
- hosts are not susceptible



Hand Hygiene

Hand Washing

Hand washing with soap and running water must be performed when hands are visibly soiled. Antimicrobial soap may be considered for use. If running water is not available, use moistened towelettes to remove visible soil, followed by use of alcohol-based hand rub.

Bar soaps are not acceptable in public settings. Hands must be lathered for at least 20 seconds during the hand washing procedure.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

1 Wet hands with warm water

2 Apply soap

3 For at least 20 seconds, make sure to wash:

- palm and back of each hand
- between fingers
- under nails
- thumbs

4 Rinse well

5 Dry hands well with paper towel

6 Turn off tap using paper towel

1-833-784-4397 @ canada.ca/coronavirus

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Alcohol-based Hand Rub (ABHR)

Alcohol-based hand rub is the preferred method for decontaminating hands when hands are not visibly soiled.

Alcohol-based hand rubs:

- 1) Apply 1-2 pumps of product to palms of dry hands (1.5 mL), or a drop about the size of a nickel.
- 2) Rub hands together vigorously, palm to palm.
- 3) Rub in between fingers and around fingers.
- 4) Rub back of each hand with palm of other hand.

- 5) Rub fingertips of each hand in opposite palm; rub each thumb clasped in opposite hand.
- 6) Rub hands until product is dry. Do not use paper towels.
- 7) Once dry, your hands are safe.

Advantages of ABHR

- Contain a variety of acceptable alcohols in concentrations from 60-90%; 70-90% is preferred for healthcare settings
- Less time-consuming than washing with soap and water
- Active against all bacteria and most clinically important viruses and fungi
- Rapid kill of most transient microorganisms
- Spreads quickly across the skin
- Evaporates quickly
- Leaves an emollient on hands that prevents drying and cracking
- No sink necessary



Procedure

All Staff/Volunteers/Visitors will practice hand hygiene:

- Before starting/entering work area and before leaving work area
 - Before and after performing a procedure or task involving close resident contact
 - Before administering a medication by any route
 - Before handling/consuming food or drink – including during nourishment passes and when serving resident meals
 - Before and after all breaks and eating and drinking
 - Between tasks and procedures on the same resident to prevent cross-contamination of different body sites
 - After removing any personal protective equipment
 - After contact with body substances or specimens, contaminated or soiled items (laundry, waste, equipment)
 - After using the washroom/toilet
 - After sneezing, coughing, or blowing nose
 - After touching hair, face, etc.
 - After smoking cigarettes
 - Whenever hands become visibly soiled with dirt, blood, or other organic material
- Wash resident's hands before and after eating, after toileting, when hands are soiled, after touching therapy and visiting animals, and after activities involving touching and eating.

CORONAVIRUS DISEASE (COVID-19) CLEANING AND DISINFECTING PUBLIC SPACES

This document provides guidance on cleaning and disinfecting of public settings, including schools, universities, public libraries, museums, public transit, communal residences and workplaces.



WHAT YOU SHOULD KNOW

- ▶ Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.
- ▶ It is not yet known how long the virus causing COVID-19 lives on surfaces, however, early evidence suggests it can live on objects and surfaces from a few hours to days.

CHOOSE A PRODUCT THAT CLEANS AND DISINFECTS

- ▶ When cleaning public spaces, choose products that clean and disinfect all at once (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available).
 - **Cleaning products** remove germs, dirt, and impurities from surfaces by using soap (or detergent) and water. Cleaning does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

- **Disinfecting products** kill germs on surfaces using chemicals.

- ▶ Use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

CREATE A CLEANING PROCEDURE

- ▶ Operators of community settings should develop or review protocols and procedures for cleaning public spaces. This will help determine where improvements or additional cleaning may be needed.
- ▶ Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- ▶ Wash hands with soap and water or use alcohol-based hand sanitizer after removing gloves.



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- ▶ Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
- ▶ Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often
- ▶ In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
- ▶ Shared spaces such as kitchens and bathrooms should also be cleaned more often.



**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus
or contact
1-833-784-4397



Prior to visiting any resident for the first time after this policy is released, and at least once every month thereafter:

For Caregivers/General Visitors/Personal Care Service Providers:

The caregiver, general visitor/personal care service providers verbally attests that they have:

1. Read/Re-Read the following documents:

I. The home's visitor policy - **Appendix A**

II. Public Health Ontario's document entitled- ***Recommended Steps: Putting on Personal Protective Equipment (PPE)***

<https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ppe-recommended-steps.pdf?la=en>

2. Watched/Re-watched the following Public Health Ontario videos:

I. Putting on Full Personal Protective Equipment

II. Taking off Full Personal Protective Equipment

III. How to Hand Wash

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>

<https://www.publichealthontario.ca/en/videos/ipac-handwash>

Note -Visitor Requirements Identified Herein:

As part of the Nithview Community policy on visits during COVID-19, all visitors will be provided with the information package, including education on all required protocols. All visitors must review the contents of the information package prior to their visit, and all visitors must agree to comply with the home's policy and procedures. Visitors will be asked to attest they have completed the education as part of the screening upon arrival at the home.

I have read and reviewed this booklet	.	Yes	No
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I acknowledge reading Nithview Community Visiting policy and aware that it may change according to Ministry or Public Health directives.	Yes	No
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I have Recommended Steps: Putting on Personal Protective Equipment (PPE)	Yes	No
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I have reviewed the following education videos

Putting on Full Personal Protective Equipment	Yes	No
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Taking off Full Personal Protective Equipment	Yes	No
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How to Hand Wash	Yes	No
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