

What You Need to Know About Visiting and the Prevention of COVID-19

Park Place Seniors Living
Visitor Education

Learning Objectives

Following this education you will have a better understanding for the safety aspects of preventing COVID-19 infection before you visit your loved one:

1. What is it
2. Symptoms
3. Health Risks
4. How it spreads
5. Your role in preventing the spread
6. The Exposure risk assessment
7. The screening process



Please Follow the Guidelines

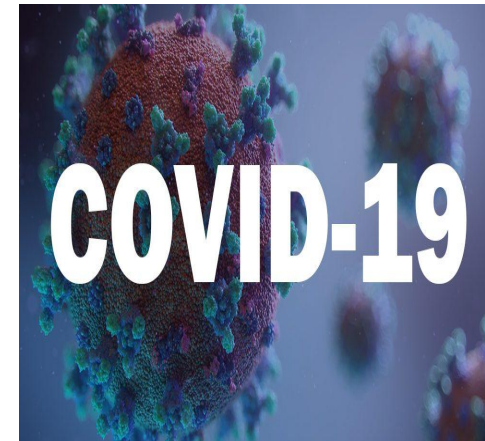
It is very important that you follow **ALL** the guidelines we have set out for your visit:

- ▶ You must assess your own risk for unknown exposure to COVID-19. If you are an individual with a high risk of COVID-19 exposure, you should not visit
- ▶ You will be screened prior to coming in to visit
- ▶ You must only visit with the Resident, you are scheduled to see
- ▶ You must wash or sanitize your hands
- ▶ You must maintain (2 meters) 6 feet of distancing and wear a mask
- ▶ These guidelines are important in keeping all residents and staff safe
- ▶ If you are not able to follow the guidelines you will **NOT** be allowed to visit



What is Covid 19?

- ▶ (COVID-19) is an infectious disease caused by a coronavirus
- ▶ COVID-19 is a new disease that people have never had before
- ▶ Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment
- ▶ Older people, especially those living in care facilities are more likely to develop serious illness and might even die



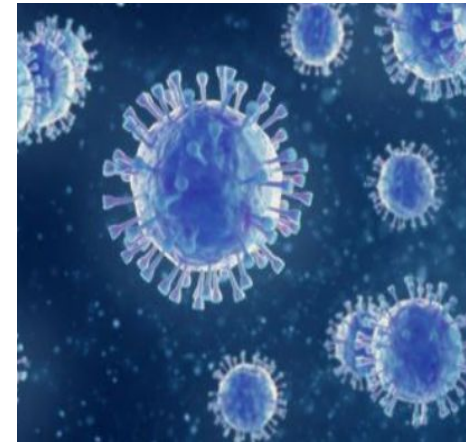
Health Risks

- ▶ Because COVID-19 is a new virus with no treatment it is important for people with any symptoms to stay home and self-isolate to keep it from spreading
- ▶ Serious illness appears to develop more often in people who are older or who have conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes



How COVID-19 Spreads

- ▶ COVID-19 is spread through tiny droplets of liquid produced by people who have the virus
 - ▶ These droplets spread by: coughing, sneezing, talking, laughing, and singing
 - ▶ Touching objects or surfaces the virus has landed on and then touching your eyes, nose or mouth causes the spread
- ▶ People who have COVID-19 can spread it to others before they start to feel sick
- ▶ If you are too close to someone with COVID-19 you can get sick by breathing in air that contains droplets with the virus



Prevent the Spread

We all have a responsibility to help prevent the spread of Covid 19. Please take steps to protect yourself and our Residents:

- ▶ Monitor yourself for symptoms: including cough, fever, shortness of breath, runny nose or sore throat (see full list on next slide)
- ▶ Self-isolate if you have any symptoms that are not related to a pre-existing illness or medical condition
- ▶ Practice physical distancing (2 meters or 6 feet)
- ▶ Practice good hand washing
- ▶ Cover coughs and sneezes with a tissue, and avoid touching your face
- ▶ You must wear a mask when you come to visit
- ▶ Designated Family/Support Persons may be asked to support high touch cleaning in Resident Room after their visit if able



Do Not Visit if You Have Any of the Following Symptoms

- ▶ Fever
- ▶ Cough
- ▶ Shortness of Breath
- ▶ Running Nose
- ▶ Chills
- ▶ Painful swallowing
- ▶ Stuffy nose
- ▶ Headache
- ▶ Muscle joint aches
- ▶ Feeling unwell
- ▶ Fatigue/severe exhaustion
- ▶ Nausea/vomiting
- ▶ Diarrhea
- ▶ Unexplained loss of Appetite
- ▶ Loss of sense of smell or taste
- ▶ Reddened eye/pink eye
- ▶ Skin rash
- ▶ Discoloration of fingers or toes



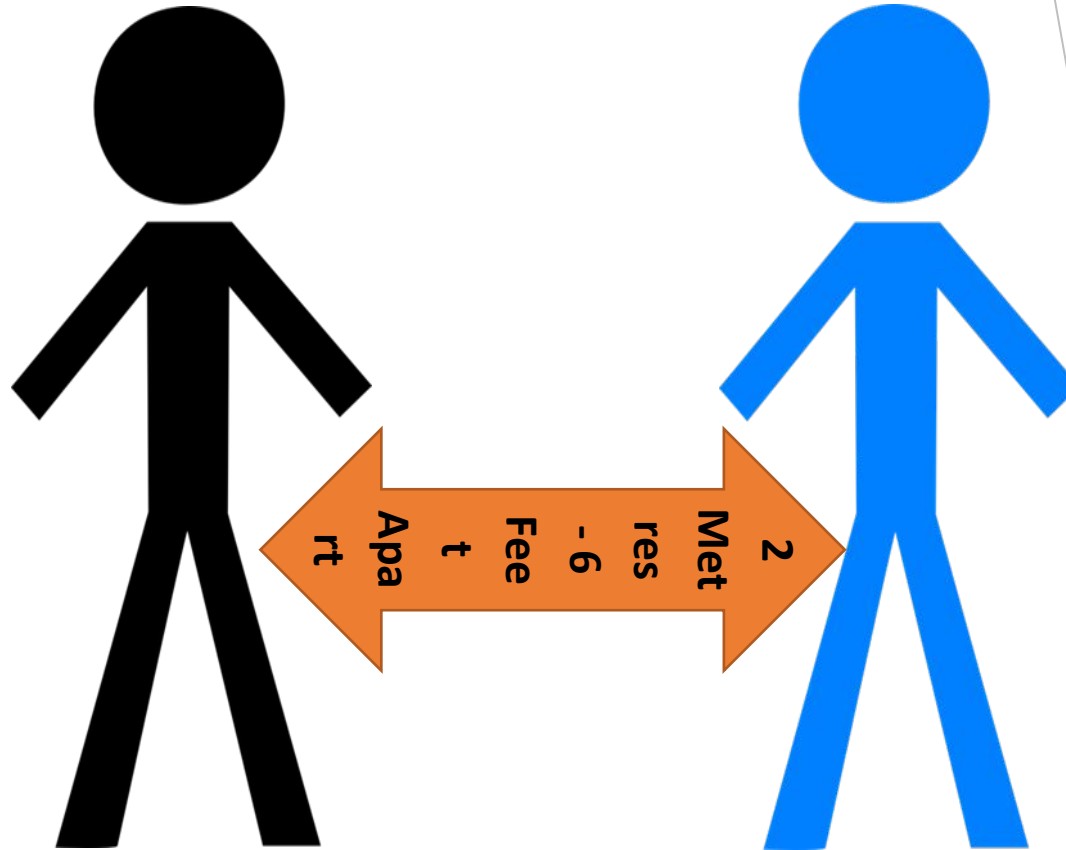
Screening

- ▶ Upon arrival for your visit you will be asked questions about how you are feeling and who you have been in contact with
- ▶ You will have your temperature taken because fever is a symptom of COVID 19
- ▶ If you do not pass the screening process, you will **NOT** be allowed to visit



What is Social Distancing

- ▶ The aim of social distancing is to reduce the spread of COVID-19
- ▶ It means you must stay apart
- ▶ When you visit your loved one we require that you **stay 6 feet away from each visitor and loved one**
- ▶ **Safe Touch:** In certain circumstances, safe touch such as a hug may be supported - talk to the site staff to understand how to ensure safe touch



Hand Washing

- ▶ Hand washing is the most important thing we can do to prevent the spread of COVID-19
- ▶ Hand washing decreases the number of germs on the surface of your skin
- ▶ You can perform hand washing using alcohol-based hand rub or soap and water
- ▶ When you visit your loved one you **MUST** wash your hands prior to your visit



How to Use Hand Sanitizer

- ▶ Apply a dime sized amount of waterless hand sanitizer to the palm of one hand
- ▶ Rub hands together covering all surfaces of hands and fingers
- ▶ Rub until waterless hand sanitizer is absorbed



How To Perform Hand Washing With Soap & Water

- ▶ Use warm running water and soap
- ▶ Apply friction for at least 20 seconds (sing happy birthday)
- ▶ Dry hands with a clean towel or paper towel
- ▶ Turn off taps with paper towel to avoid recontamination of your hands

Remember to wash your:

- ▶ Palms
- ▶ Between and around your fingers
- ▶ Back of your hands
- ▶ Finger tips
- ▶ Thumbs
- ▶ Under your nails



Why Do I Need to Wear a Mask?

- ▶ **Masks** are important in our fight against the spread of COVID-19
- ▶ **Masks** alone will not prevent the spread of COVID-19
- ▶ There is evidence that masking along with frequent hand washing and physical (social) distancing are good measures of protection
- ▶ As a visitor it is important you wear a **mask** to protect your loved one from exposure to COVID-19
- ▶ **Important:** All visitors will need to bring a mask with them to visit



How Does a Medical Procedure Mask Work?

- ▶ **Masks** contain filters that prevent germs and pollutants from being spread
- ▶ A standard procedure mask is a 3 ply or 3 layers
- ▶ Both outer and inner layers do not filter any bacteria. The filtration is done by the center layer
- ▶ The white side is designed to absorb exhaled fluids that would otherwise collect on the mask and decrease its effectiveness and to increase comfort
- ▶ For hygiene reasons, use disposable **masks** for your visit



Wearing a Mask

The following principles apply to Mask use:

- ▶ Securely cover your nose and mouth
- ▶ Do **NOT** touch your mask while wearing it
- ▶ Wash hands and then remove your mask
- ▶ Discard your mask immediately into an appropriate waste basket and wash your hands again
- ▶ Do not allow your mask to hang or dangle around your neck
- ▶ Do not fold your mask or put it in your pocket for later use



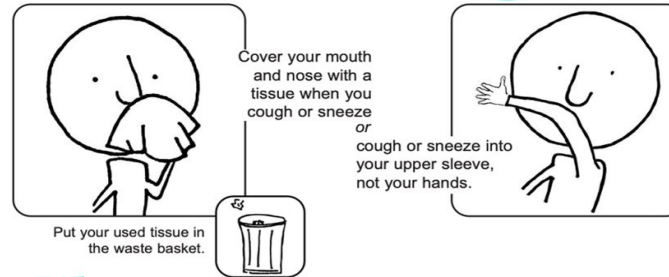
Respiratory/Cough Etiquette

Please
Cover
Your
Cough
and
Clean
Your
Hands



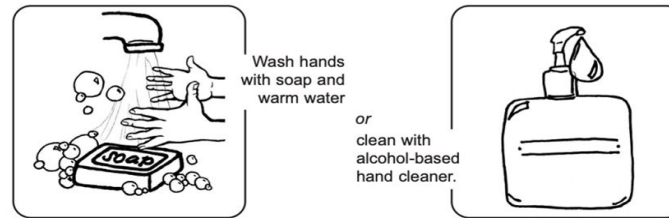
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



Assess Your Risk For Exposure to Covid 19

You are an individual with a high risk of exposure if you meet one of the following:

- ▶ You work where you can not stay (2 meters) 6 feet away or wear a mask
- ▶ You visited a location with a declared outbreak in the last 14 days
- ▶ You go on outings where you make contact with people outside your household and don't stay (2 meters) 6 feet away or wear a mask
- ▶ You carpool or use transit and can't stay (2 meters) 6 feet away or wear a mask
- ▶ You belong to a large group of people that do not consistently stay (2 meters) 6 feet away from each other or wear masks
- ▶ You don't often wash or sanitize your hands

Planning visits

- ▶ Designated Family/Support Persons will be able to schedule standing visit times to ensure a smooth screening process while balancing number of individuals in the Home at any given time
- ▶ Designated Family/Support Persons visits will not be overly restricted but there may be scenarios where visits will be postponed or cancelled due to events such as an outbreak, staffing resources, increased number of COVID-19 cases in the area or other emergent types of events
- ▶ Any changes to Designated Family/Support Person visiting will be communicated to the Residents and Visitors consistently and in a timely manner and be re-evaluated every 14 days at minimum
- ▶ As our Homes find their visitor 'rhythm' additional time slots and visit types will open up if safe to do so

In Summary

Below are **important practices** that you **MUST** follow to ensure a safe visit with your loved one:

- ▶ Please follow all the guidelines set out to keep everyone safe
- ▶ Pre screen your self for symptoms
- ▶ Do not visit if you have any symptoms
- ▶ Do not visit if you are a person with a high risk of exposure to COVID-19
- ▶ Practice good hand washing
- ▶ Keep your distance (6 feet)
- ▶ Practice cough etiquette
- ▶ Use of a Mask when you are visiting

