

One Minute of Learning: A Special Edition for Families



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Staying Safe Out in the Community

Corona virus seems to be here for awhile and the influenza season will be here before you know it. As we learn to navigate the new way of living with these ever prevalent

germs, we encourage all families and loved ones to think ahead about the actions they are taking in their day-to-day lives to stay healthy and prevent the spread.

With direction from the most recent order from the Medical Officer of Health, AgeCare sites are moving from a restricted access to “Safe Access” for families

and visitors to see their loved ones. With the changes, residents and families will accept and work with us to minimize the risk of exposure to and stop the spread of the COVID-19 virus.

To assist you with this, here is some information and important actions you can take to prevent the spread of all germs, bacteria and viruses.

Protecting yourself protect others.

What's Included in this Issue

- What puts you at High Risk
- Remember to maintain Social Distance
- Reminders about Hand Hygiene and Personal Protective Equipment like masks

What Puts You at High Risk

It is important for all of us to understand our risk of unknown exposure to any virus, specifically COVID-19. Any unknown exposure increases the risk of contracting the infection or spreading it to others who are frail or immunocompromised. Socially, we have a responsibility to take any measure we can to protect ourselves and others.

Here are some things that increase your risk:

- If you work or live in an area of high COVID-19 exposure
- Work outside the home where distancing is not consistently maintained and masking is not consistently used
- Worked at or visited a location with a declared outbreak in the last 14 days
- Travelled outside the province or country in the last 14 days

- Live with a larger cohort of people (> than 15)
- Have had guests in your home in the last 14 days
- Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used
- Don't maintain personal physical distancing and do not wear a mask
- Don't frequently or consistently perform hand hygiene

We need you to stay safe so your family members and our staff can stay safe.

Visit our Webpage
www.agecare.ca/Coronavirus
for updates.

Continue to Protect Myself and Those that I Care About



There are many things you can do to lessen the risk of an unknown exposure to germs, viruses and bacteria.

You can:

- Avoid certain or busier public

settings such as transit, shopping centers, spiritual and cultural settings, theatres, conferences etc.

- When out in the public area, maintain the appropriate space or distance between others
- Avoid common greetings, such as handshakes or hugs
- Cleaning and disinfecting your own high touch areas such as door handles, sinks, bathrooms etc.
- Limit unnecessary travel out

of province or the country

- Perform regular health checks for yourself to ensure you are not experiencing symptoms
- Recognize when you don't feel well and isolate as necessary
- If you are experiencing symptoms, complete the online self assessment
- Make an appointment for a swab for COVID-19

Hand Hygiene

Performing Hand Hygiene will always be one of the best ways to prevent the spread of infections.

Hand Hygiene can be performed with the use of any hand sanitizing product containing 60% or greater in alcohol content or good old

fashioned soap and water.

Remember the principles:

- Wash your hands often
- Wash your hands for at least 20 seconds
- Wash your hands after using the washroom, before you eat, after contact with another person



- Wash your hands any time you feel your hands may be soiled

Wearing PPE

When you are visiting in our community, you will be required to wear a procedure mask continually.

If your loved one has to be on isolation, you may be required to wear a gown, gloves and eye protection.

When you are required to wear personal protective equipment (PPE) get the information and the education on when and



where to wear it and how to put it on and take it off.

Here are some tips to remember:

- Your mask should cover both your mouth and your nose
- Avoid touching your mask when it is on your face
- Use the elastics to help you put the mask on, adjust and take it off
- Perform hand hygiene before you put your mask on and when you take it off
- Change your mask when it is wet or dirty