

One Minute of Learning: Special Edition



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Am I Still Safe from COVID-19?

There are still cases of Coronavirus being reported every day, however, there are fewer incidences of people becoming ill and less of our care centers in our provinces having to declare an outbreak. We should continue to be diligent but not fearful.

As the provinces continue to open up and relax their regulations, it is suggested that practicing physical distancing helps to limit the spread of COVID-19 and reduce the risk of getting sick.

Physical distancing involves taking steps to limit the number of people you come into close contact with. This is not the same as **isolation** – you do not need to remain indoors.

To protect yourself and others:

- keep at least 2 metres (about the length of a hockey stick) distance from people outside your household or cohort family
- limit the number of times you leave your home for errands; try to limit grocery store visits to once a week
- try to have only one person in the household do the shopping
- try to shop at less busy times order online to have groceries or other items delivered if possible
- avoid overcrowding in elevators or other enclosed spaces

- follow the provincial mandatory restrictions on gatherings
 - wash or sanitize your hands
- Other things you can do:**
- wear a mask in public when distancing is not possible
 - use gloves properly if you choose to wear them (they are not necessary)
 - cover coughs and sneezes with a tissue or your elbow
 - avoid touching your face with unwashed hands
 - avoid travel outside Canada
 - watch for COVID-19 symptoms
 - take the COVID-19 self-assessment to arrange testing if you have any symptoms and follow mandatory isolation requirements

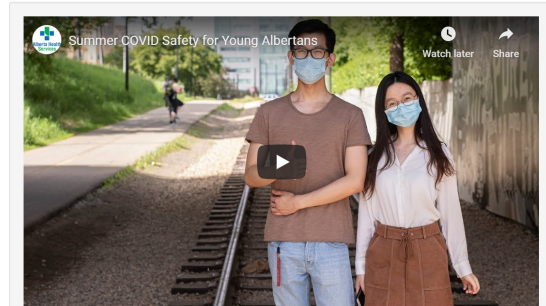
Keeping Yourself Safe

Both Alberta Health Services (AHS) and the Fraser Health Authority (FHA) provide updates to our communities and corporate office if any changes occur. AgeCare will refer to these websites for the most current information related to the numbers of people ill in our provinces, the risk rating, and any new actions we need to take to protect our staff and residents.

Both provincial websites have great information, handouts, videos and podcasts on what you and your family can do to protect yourself. Check them out!!

Don't forget about our AgeCare webpage also.

Visit our Webpage visit
www.agecare.ca/Coronavirus
or call (403) 351-8984 for updates.



<https://www.albertahealthservices.ca/topics/Page17164.aspx>



<https://news.gov.bc.ca/>

What is AgeCare Going to Do?

Our AgeCare communities are going to continue with some of our established practices. We will continue to...

- limit our visitors inside our buildings to those who are deemed “essential”
- screen all staff, residents and essential visitors that come on to our sites
- promote scheduled outdoor visits for our residents with their families
- follow all established provincial guidelines and recommendations
- screen our residents for symptoms twice a day and isolate them when we suspect they have new or worsening symptoms
- isolate any new residents we welcome and when they return from hospital
- provide and teach our staff on the use of PPE, when and how to use gloves and gowns
- limit the numbers of residents and staff within in-services and recreation programs. Promote and maintain the physical distance within these settings
- continuous masking provided for all staff working in our communities
- perform enhanced cleaning of high touch surfaces (examples: door knobs, faucets, etc.), at least 3 times per day



- plan and prepare for a possible second wave of Covid with planning around supplies, staffing and the provision of essential services when needed.

Remember... Take a Breath and Practice What You Know!

Use routine practices for all residents at all times.

As staff members of AgeCare, you are trained, skilled and knowledgeable on how to prevent the spread respiratory infections such as Influenza or CoVID-19 to yourself or to others by:

- Wash your hands often and well.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick (unless you are wearing the recommended personal protective equipment)
- Clean and disinfect surfaces that are frequently touched.
- When sick, cover your cough and sneezes and then washing your hands.

4 Moments for Hand Hygiene



- Stay home when you are sick
- If you are feeling unwell, notify your Supervisor. You may be asked to call into 811 and/or seek testing.

Any HR questions can be sent to the HR COVID-19 Support email. COVID-19Support@agecare.ca