

One Minute of Learning: Special Edition



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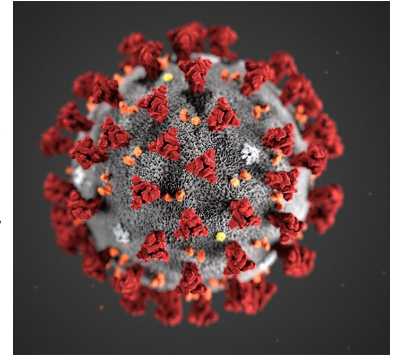
novel coronavirus (COVID-19)

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses. Others cause illness in animals. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact. Coronavirus has been around since the 1960's with 6 common strains that can cause cold symptoms. Novel coronavirus is the new strain of the

virus that had not been previously identified in humans. This is what is being referred to as COVID-19.

COVID-19 is believed to be spread mainly by coughing, sneezing or direct contact with someone who is sick with COVID-19 or with surfaces they have recently touched.

The World Health Organization has now stated the presence of COVID-19 is a Pandemic.



Our Source of Truth

Alberta Health Services (AHS) and the Fraser Health Authority (FHA) provides 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.

AgeCare has added a page to our website where staff, residents, and their family members can access information and link to the AHS and FHA websites also.

AgeCare / Coronavirus

Coronavirus

Updates on Coronavirus (COVID-19)

Residents & Family

Select your province below for updates for residents and family:

Alberta British Columbia

Staff & Volunteers

AgeCare Staff

Coronavirus

Email Updates

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

Stop the Spread... 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

Important Things to Remember...



If you are feeling unwell, you can refer to your provincial websites for direction, call 811 to speak to someone at health link, or use the AHS COVID-19 Online Screening to determine if you need to be tested or see a physician.

ALBERTA; <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>



BC COVID-19 Symptom Self-Assessment Tool

BRITISH COLUMBIA: <https://covid19.thrive.health/>

Recognize Changes in Your Residents

Residents who have a possible respiratory infection will have...

A new cough or change in their chronic cough with a fever AND one or more of the following symptoms:

- ◇ sore throat
- ◇ joint pain
- ◇ muscle aches
- ◇ severe exhaustion

If you see these symptoms, you should isolate your resident and institute Contact and Droplet Precautions.

DROPLET and CONTACT PRECAUTIONS		
CONTINUING CARE		
SINGLE ROOM RECOMMENDED WITH DEDICATED EQUIPMENT		
EVERYONE MUST:		
<p>Clean hands when entering and leaving room</p>		
STAFF MUST:	VISITORS MUST:	RESIDENTS:
<ul style="list-style-type: none"> ✓ Wear mask, eye protection, when within 2 metres or 6 feet of resident ✓ Wear gown and gloves when providing direct care ✓ Discard ALL PPE on leaving room 	<ul style="list-style-type: none"> ✓ Check with nursing staff before entering room ✓ Wear mask, eye protection, when within 2 metres or 6 feet of resident ✓ Wear gown and gloves when providing direct care ✓ Discard ALL PPE on leaving room 	<p>When residents must leave their room:</p> <ul style="list-style-type: none"> ✓ Wear clean clothing and procedure mask