

Supporting Assistants in
our homes during this
Pandemic

L'ARCHE CALGARY RESPONSE TO COVID-19

PREVENTION



- COVID-19 is spread
 - primarily through inhalation of **droplets** from an infected person
 - and secondarily through **contact** with those droplets that have landed on surfaces
- The first line of defence is to avoid people who are ill with the virus
- Second, avoid spreading the virus by touching contaminated surfaces and then your face or someone else's face.
- Avoid contamination through contact:
 - Keep surfaces disinfected
 - Frequent and thorough handwashing

SOCIAL DISTANCING

The best way to avoid spread of COVID-19 to our homes is for **everyone** to practice social distancing outside the homes.

- We decided early on that **all** Assistants and Personnel would avoid all contact with people in the wider community except essential contact (i.e., grocery stores).
- This means that everyone in L'Arche Calgary interacts only with those in their place of residence (and for some, in the L'Arche home they provide support in).
- All other times, we must all stay 2 meters away from others.
- We do not know who has COVID-19 and the virus can be spread from someone who has mild or no symptoms.
- To stop the spread, we must assume that others have it.



AHS GUIDELINES

- Keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs
- Limit the number of times you leave your home for errands
- Try to shop at less busy times
- Order online to have groceries or other items delivered if possible
- Go for a walk in your neighborhood or park while maintaining distance from others
- Avoid overcrowding in elevators or other enclosed spaces
- Follow Alberta's recommendations on mass gatherings
- Wash or sanitize your hands after touching communal surfaces
- [Social Distancing Video](#)

ENTRY INTO L'ARCHE HOME

Alberta Health has **required** us to take additional precautions to limit visitors to our homes:

All persons entering the home who are not currently living there must complete a questionnaire **every time** they enter. This is the procedure:

- Anyone who is expected to arrive (official visitor) is greeted at the door by a designated assistant.
- Official visitor completes and signs the questionnaire, which is then filed.
- Designated assistant looks it over and decides to allow or not allow entry.
- If allowed entry, Official visitor takes off any outer garments and footwear, placing them in a designated area.
- Official visitor immediately heads toward the sink and performs hand hygiene.

Designated visitors are friends or family members of a core member. They require extra precautions.









































DESIGNATED VISITORS






- Only one designated visitor per core member will be allowed entry to the home throughout the pandemic (e.g., if father is designated visitor, then mother cannot visit the home).
- Designated visitors (DV) **must** call ahead to arrange a visit.
- DVs must bring a thermometer to the home in order to visit.
- Upon entry, DV is greeted by the designated assistant.
- DV takes their own temperature and shows the result to the assistant.
- DV fills out and signs the questionnaire and adds the temperature reading to it.
- Designated assistant decides to allow or not allow entry based on questionnaire.
- The next steps are the same for the DV as for anyone else who enters the home (i.e., clothing storage and hand hygiene).



SYMPTOMS OF COVID-19

SYMPTOMS OF COVID-19, FLU AND COLD

	 DRY COUGH	 FEVER	 RUNNY NOSE	 SORE THROAT	 BREATH-LESSNESS	 HEADACHE	 BODY ACHES	 SNEEZE	 FATIGUE	 DIARRHOEA
COVID-19										
FLU										
COLD										

 FREQUENTLY
  SOMETIMES
  LITTLE
  RARE
  NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC

CC-BY-SA

FOR THE LATEST INFO PLEASE SEE [who.int](https://www.who.int) or [health.govt.nz](https://www.health.govt.nz)

Sudden onset of NEW cough or change in existing cough

PLUS one or more of the following:

- ☐ Fever – 38°C or higher
- ☐ Sore throat
- ☐ Joint pain
- ☐ Muscle aches
- ☐ Severe exhaustion/weakness



HOW TO SELF-ISOLATE

- Assistants
 - who become ill or
 - who come in contact with someone who is ill outside a L'Arche home
- need to self-isolate by:
 - Staying home—if they do not live in a L'Arche home
 - Moving to the Cenacle—if they live in a L'Arche home
- for 14 days if returning from travel; for 10 days from first day of symptoms, or longer if symptoms persist.

ISOLATING CORE MEMBERS



- Core members who become ill but are not in respiratory distress
 - Need to stay in their rooms
 - Only leaving their rooms to use the toilet
- If a core member is having trouble breathing
 - An assistant needs to call 911 ***immediately***

CONTACT AND DROPLET PRECAUTIONS



- Ill core member remains in their own room
- Door may remain open
- Assistants entering room to clean hands before and after wearing gloves
- Clean and disinfect shared equipment after use (e.g., thermometer)
- Ill core member to leave room only for essential purposes
- When leaving room must be supervised, have clean hands and clothing and a mask

PERSONAL PROTECTIVE EQUIPMENT

- Clean gown
- Fresh gloves
- Mask
- Goggles
- Donning and Doffing PPE



BEFORE EACH ENTRY INTO ROOM



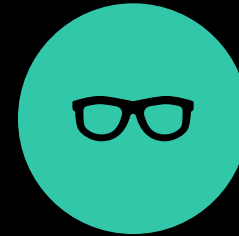
WASH HANDS WITH
SOAP AND WATER
FOR 30 SECONDS



PUT ON FRESH
GOWN



PUT ON MASK



PUT ON GOGGLES



PUT ON GLOVES

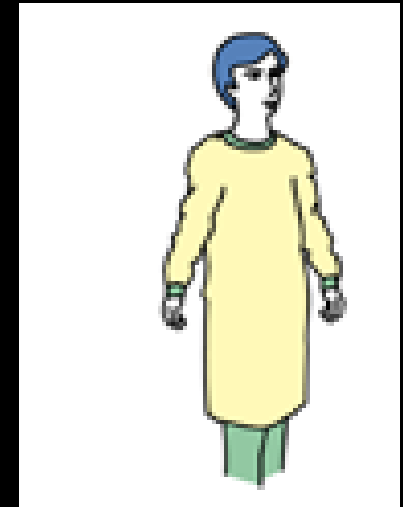
HAND HYGIENE – HOW TO

Show Videos on [Alcohol-based Hand Sanitizer](#) and [handwashing](#)

- Roll up long sleeves and push up any wrist accessories.
- Wet hands with warm water and apply enough soap to ensure all hand surfaces, including palms, areas between fingers, back of hands, fingers, fingertips, thumb, and under the ring if one is worn, are lathered thoroughly.
- Vigorously rub soap over palms and backs of each hand, interlocking and interfacing fingers to ensure fingers and thumbs are rubbed to remove visible soil and/or organic material, for 30 seconds.
- Thoroughly rinse hands in a downward position under warm running water.
- Pat hands dry with disposable towel.
- Use a disposable towel to turn off manual faucets and to open door.
- Discard the towel.
- Periodically apply hand lotion to assist in maintaining skin integrity.

GOWN

- Wear a new gown to enter core member room.
- Fasten the tie strings at the neck and the waist.
- Make sure the sleeves cover your wrists.
- Put on gown *before* putting on gloves; gloves should cover the gown cuffs.
- Do not wear a gown outside the room unless transporting contaminated items.
- Remove soiled gowns as soon as possible.
- Take off gloves and use hand sanitizer *before* taking off gown.
- Place used, disposable gowns in regular waste container, do not tear or rip to remove, and perform hand hygiene.
- Place washable gowns in a bag dedicated to the room and perform hand hygiene.



FACIAL PROTECTION

- If you need a mask, you also need eye protection.
- Perform hand hygiene before putting on and immediately after taking off facial protection.
- Proper wearing of masks includes:
 - ensuring a snug fit over the nose and under the chin;
 - molding the metal bar over the nose;
 - wearing the mask with the moisture-absorbing side closest to the face;
 - removing mask when leaving room;
 - changing mask when it becomes moist;
 - careful removal after use, touching only the elastic or ties;
- Prescription glasses will not protect you.
- Clean and disinfect eye protection after each use.
- Discard single-use masks in regular waste container.



GLOVES

- Wear non-sterile gloves to enter room.
- Put on gown first and then gloves *after*, cover gown cuffs.
- Gloves are single-use. Use only once, then dispose of immediately after use.
- Never wear gloves outside room unless transporting contaminated items.
- Remove damaged gloves as soon as possible and perform hand hygiene.
- Take off gloves and perform hand hygiene *before* taking off gown.
- Discard used gloves in a waste container.





WASH HANDS

Wash your hands again ***immediately*** after leaving ill core member's room

BEDSIDE MANNER

The ill core member, as well as others in the home, will need

Explanations

Reassurance



Don't forget that you will not look like you usually do.

You will need to explain who you are and why you are dressed like this

ADDITIONAL PRECAUTIONS



MAKE SURE THAT THERE IS PLENTY
FOR THE ILL INDIVIDUAL TO DO
WHILE IN THEIR ROOM. IF POSSIBLE,
PROVIDE A SCREEN FOR
WATCHING TV, PLAYING GAMES,
ETC.



DO NOT REMOVE ITEMS FROM ILL
INDIVIDUAL'S ROOM TO BE USED
BY OTHERS



USE SANI-CYCLE ON DISHWASHER
OR SET ASIDE SEPARATE
PLATES/UTENSILS FOR ILL
INDIVIDUAL.



THOROUGHLY DISINFECT
BATHROOM AFTER USE BY ILL
INDIVIDUAL

TREATING THE SYMPTOMS



Fever

Give Tylenol (NOT Ibuprofen), as directed on package when fever becomes uncomfortable for core member (Do not provide extra Tylenol for those taking it regularly for other reasons) Contact 811 or family doctor to confirm Tylenol dosage if unsure.



Cough

If necessary, can offer cough syrup or lozenges
Offer lemon ginger tea



Drinking lots of fluids is recommended



Call 911 if core member begins to have trouble breathing or fever cannot be controlled.

LAUGHTER IS THE BEST MEDICINE



Is your headache
feeling better yet?



KEEP THINGS
LIGHT