Dearness Home Essential Caregivers Training
Welcome and Thank You

Thank you for participating in this training program and working towards keeping our residents, our staff and our volunteers safe.

Our priority will continue to keep Dearness Home outbreak-free and provide the opportunity for safe visiting with residents.

It is important to note that visitors who don’t follow the guidelines put forth by Dearness Home and the current government COVID-19 regulations, will not be permitted to return.
General visitors who are visiting indoor must:

• Be fully vaccinated and check in with the Dearness Home testing centre on every arrival.

• Review the Dearness Home Visitor Policy
  • Please only go to your loved one’s room.
  • Use the call button for assistance.
  • The patio may be used for visits.
  • Masks must be worn by residents when outside of their room.

• Clean your hands
  • Please sanitize your hands during the duration of your visit and upon leaving Dearness Home.

• Wear a mask at all times
  • Masks will be provided at the door upon arrival at Dearness Home.
  • If you plan on visiting outside with your loved one, please take two masks upon arrival.
  • It’s important to note that goggles are only needed if the resident is in isolation or an outbreak is declared.
• **Maintain physical distancing**
  - Though physical distancing isn’t required, it is strongly recommended that a distance of 6 feet is maintained if the resident is not fully vaccinated.

• **Respect visiting hours**
  - Covid-19 Hours: 9:00 a.m. to 9:00 p.m., 7 days a week. It is important to note that you must pass check-in by 7:40 p.m., Monday to Friday and 4:40 p.m. on Saturday, Sunday and holidays.
  - Assessment Centre Closed (break times): 10-10:15am, 12-12:30pm, 5-5:30pm

• **Adhere to policies regarding bringing items to the home**
  - Essential caregivers can bring in items to their loved ones.

• **Wear the essential caregiver tag**
  - Please ensure the essential caregiver tag is visible at all times.
The government allows greater freedoms when both the essential caregiver and the resident are fully vaccinated, defined by two doses.

**To be fully vaccinated:**

- Essential caregivers must have received all required doses of vaccine. Confirmation of the vaccine and booster must be shared via the approved/accepted QR Code only with Cheryl Gilmour or a Dearness Home delegate.

- Fully vaccinated essential caregivers who is visiting a loved one who is fully vaccinated as well, will wear a ‘BLUE’ or ‘GREEN’ essential caregiver sticker while visiting Dearness Home.

It’s important to note that rapid testing may be required if determined by the testing centre staff.
Visitor Sticker Status – Where can I go?

• **Fully vaccinated essential caregivers and residents can:**
  - Visit in the resident’s room,
  - Visit in the resident’s Home Area patio;
  - Visit with the resident outside on Dearness Home grounds;
  - Assist resident in the dining room;
  - Join and/or assist in recreation programming.

• **It’s important to note:**
  - Essential caregivers cannot attend any other areas of Dearness Home.
  - Essential caregivers should be masked at all times during the visit.
  - 4 visitors in a resident’s room or Home Area at a time during visits.
Visitor Sticker Status – Where can I go?

• Visiting a resident who is not fully vaccinated, visitors can:
  • Visit in the resident’s room.
  • Visit in the resident’s Dearness Home Area patio.
  • Visit with the resident outside on the grounds of Dearness Home.

• It’s important to note:
  • Essential caregivers cannot attend any other areas of Dearness Home.
  • Essential caregivers should be masked at all times during the visit.
  • 4 visitors in a resident’s room or Home Area at a time during visits.
Covid-19 Screening for Dearness Home Visitors

On your arrival at Dearness Home, you will be screened with the questions regarding Covid-19 and your exposure.

• **The following attestation questions will be asked of essential caregiver only:**
  • Do you attest that you have read the ‘Visits during a Pandemic” policy every month?
  • Do you attest that you have reviewed the “Essential Caregiver Education Information” every three months?
What You Should Know About COVID-19

What is COVID-19?

- Coronavirus or COVID-19 spreads from an infected person to others through respiratory droplets and aerosols (smaller droplets) created when an infected person:
  - Talks
  - Sings
  - Shouts
  - Cough
  - Sneezes

- COVID-19 can also spread by touching something that has the virus on it, then touching your mouth, nose or eyes with unwashed hands.

- You can transmit COVID-19 before you start showing symptoms or without ever developing symptoms.

- Symptoms can range from mild to severe illness and even death.
How Does COVID-19 Spread?

Individuals can become infected by COVID-19 by:

• Close contact with an infected individual. Close contact is less than six feet or two arms lengths.
• COVID-19 is primarily spread from person-to-person.
• Individuals can become infected through respiratory droplets expelled when an individual sneezes, coughs or talks.
• The COVID-19 virus can also be contracted by touching surfaces or objects that have the virus on it, and then touching your mouth, nose or eyes.
Protecting Yourself & Others from COVID-19

• The COVID-19 vaccine is proven to protect against the COVID-19 virus.

• The best way to protect yourself and those you love is to avoid being exposure to the virus by:
  • Avoid close contact with others.
  • Wear a mask that covers your nose and mouth in public settings.
  • Clean and disinfect frequently touched surfaces.
  • Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
  • Practice physical distancing by staying at least six feet away from others.
  • Limit in-person contact – consider deliveries and take-out options.
Protecting Yourself & Others from COVID-19

If you are feeling ill, prevent the spread of COVID-19 by:

• Staying Home if you are feeling ill.
• Avoid public transportation, ride-sharing or taxis.
• Isolate from family members and pets in your home.

It’s important to note that everyone is at risk of getting COVID-19 and older adults or people of any age who have a serious underlying medical conditions may be at higher risk for more severe illness.
Proper hand hygiene and the correct use of personal protective equipment (PPE) is essential in helping to control the spread of COVID-19.

**Hand Hygiene:**
- Alcohol-based hand rub is the preferred method when sanitizing your hands because it is faster and more available.
- When there is no visible soiling of the hands, use a ‘Loonie-sized’ amount of hand sanitizer and rub thoroughly on hands, ensuring areas in between fingers and the tips of the fingers are well covered. Allow the hand sanitizer to air dry. Please do not rub it off with a paper towel.

Please note that if a resident has C-Difficile, soap and water is required for proper hand hygiene.
Knowing how the chain of infection works provides us the opportunity to protect ourselves and our family from infection.
Hand Hygiene & PPE – Why It’s Important.

When to practice proper hand hygiene:

- Before and after providing any care.
- After using the washroom.
- After blowing your nose, coughing or sneezing.
- Before and removing gloves or any PPE.
- Before entering or leaving a resident’s room.
- After touching any high touch surfaces such as handrails, doorknobs, elevator buttons, cell phones.
- Before and after feeding any resident.

View the video on how to perform proper hand washing from Public Health Ontario:
Wearing a medical mask safely is important in slowing the spread of COVID-19.
Hand Hygiene & PPE – Why It’s Important.

Personal Protective Equipment like gloves can also contribute to slowing the spread of COVID-19. Wearing and removing PPE properly is very important.

View this video from Public Health Ontario on how to properly remove gloves.
Putting on personal protective equipment properly is extremely important in slowing the spread of the COVID-19 virus.

View these videos from Ontario Public Health explaining the correct way to put on and remove PPE.
Hand Hygiene & PPE – Why It’s Important.

Cheat Sheets

**How to Put On Personal Protective Equipment**

1. **PERFORM HAND HYGIENE**
2. **PUT ON GOWN**
3. **PUT ON MASK OR N95 RESPIRATOR**
4. **PUT ON EYE PROTECTION**
5. **PUT ON GLOVES**

**How to Remove Personal Protective Equipment**

1. **REMOVE GLOVES**
2. **REMOVE GOWN**
3. **PERFORM HAND HYGIENE**
4. **REMOVE EYE PROTECTION**
5. **REMOVE MASK OR N95 RESPIRATOR**
6. **PERFORM HAND HYGIENE**

For more information, visit publichealthontario.ca
Keeping You and Your Family Safe

Remember:

• Wash your hands thoroughly and often
• Cough and sneeze into your sleeve or a tissue, disposing of the tissue immediately and wash your hands.
• Disinfect and clean surfaces often.
• If you are feeling sick, please stay home.

If you have symptoms, please call Telehealth Ontario at 1-866-797-0000 (TTY: 1-866-797-0007) or contact your local Public Health Unit. For more information, visit Ontario.ca/coronavirus
Question One:

Which of the following scenarios is the responsibility of the essential caregiver to follow for a successful visiting experience?

A. The essential caregiver must attest to reviewing the “Visits during a Pandemic” policy monthly.
B. The essential caregiver will need to sign in and out, as well as be screened only on departure of their visit.
C. The essential caregiver must attest they have reviewed the essential caregivers education provided quarterly.
D. The essential caregiver must leave the resident room whenever they need anything to go and find staff.
E. The essential caregiver must wear the ‘Blue’ visitors badge at all times during their visit.
COVID-19 Knowledge Quiz

Question One Answer:

The following scenarios is the responsibility of the essential caregiver to follow for a successful visiting experience?

A. The essential caregiver must attest to reviewing the “Visits during a Pandemic” policy monthly.
C. The essential caregiver must attest they have reviewed the essential caregiver's education provided quarterly.
E. The essential caregiver must wear the ‘Blue’ visitors badge at all times during their visit.
COVID-19 Knowledge Quiz

Question Two:
Which of the following scenarios shows the essential caregiver following proper routine practices?

A. Essential caregiver use double or triple gloves to provide better protection.
B. Essential caregivers stores masks in his/her pocket for immediate use.
C. Essential caregivers washes hands immediately after removing gloves and gowns.
D. Essential caregivers wear protection over prescription glasses.
E. Essential caregivers cannot use Dearness Home N95 Masks.
Question Two Answer:
Which of the following scenarios shows the essential caregivers are following proper routine practices?

C. Essential caregiver washes hands immediately after removing gloves and gown.

E. Essential caregiver cannot use Dearness Home N95 Masks
COVID-19 Knowledge Quiz

Question Three:
You are required to perform the specific task below. Remembering that during COVID-19 that all essential caregivers must wear a mask at all time, select the proper PPE to perform the task below.

Task: Help a resident exercise his/her arm?

a. Gown
b. Gloves
c. Mask
d. No PPE
COVID-19 Knowledge Quiz

Question Three Answer:

You are required to perform the specific task below. Remembering that during COVID-19 that all essential caregivers must wear a mask at all time, select the proper PPE to perform the task below.

Task: Help a resident exercise his/her arm?

C. Mask
COVID-19 Knowledge Quiz

Question Four:

Arrange the following steps for hand washing in the correct sequence:

A. Turn off tap with paper towel.
B. Rinse with running water.
C. Dry with paper towel.
D. Apply soap.
E. Wet hands.
F. Wash hands for 15 seconds.
G. Turn on taps.
COVID-19 Knowledge Quiz

Question Four Answer:

Arrange the following steps for hand washing in the correct sequence:

G. Turn on taps.
E. Wet hands
D. Apply soap
F. Wash hands for 15 seconds
B. Rinse hands with running water
C. Dry with paper towel.
A. Turn off taps with paper towel.
COVID-19 Knowledge Quiz

Question Five:
What is the first step to donning PPE and the last step to doffing PPE?

A.  
B.  
C.  

A. [Image of a person wearing protective gloves and a mask]
B. [Image of safety goggles]
C. [Image of hands washing with soap]
COVID-19 Knowledge Quiz

Question Five Answer:
What is the first step to donning and doffing PPE?

C. Performing hand hygiene
COVID-19 Knowledge Quiz

Question Six:
Which mask is being worn correctly?

A.  
B.  
C.  
D.
COVID-19 Knowledge Quiz

Question Six Answer:
Which mask is being worn correctly?

D.

Please note that the blue side of the mask should be facing out.
Did you receive all the education you need to become an essential caregiver:

- Screening for symptoms arriving for a visit
- Attestation/proof of negative COVID-19 test
- Hand hygiene – hand washing, how to perform hand hygiene using alcohol-based hand sanitizer
- Using Personal Protective Equipment – putting on and removing
- Ministry of Health’s Directive 3 and Directive 5 and City of London Policy
- COVID-19 information – symptoms, self-isolation, how to prevent spread, physical distancing
- The importance of masking
- The Chain of Infection
- The Dearness Home “Visits during Pandemic” policy
- COVID-19 Knowledge Quiz

I have been trained and understand the above list, policy and directives and any failure to comply may result in visits being cancelled

CIRCLE ONE: YES or NO  DATE:__________  Print Name: _____________________________  Signature:________________________
Thank you for allowing us the privilege of caring for your loved ones. It truly is an honour for us.