



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.



Thank you for Knowing the Safe Visiting Education!

Essential Caregivers who are visiting indoor must:

- **Review the Dearness Home Visitor Policy and your education package monthly**
- **Prescreen answering “NO” to the screening questions**
- **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.
 - Bringing food or drink for your resident during your visit is fine BUT visitors are not allowed to partake as the mask needs to remain on at all times
 - 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.



Thank you for Knowing the Safe Visiting Education!

- **Respect visiting hours**
 - Covid-19 Hours: 9:00 a.m. to 9:00 p.m., 7 days a week including holidays.
- **Importance of Signing in and out**
 - Ministry requirement - In accordance with section 267(2) of O. Reg. 246/22, homes must maintain visitor logs of all visits to the home. The visitor log must include, at minimum: • the name and contact information of the visitor • time and date of the visit • the purpose of the visit (for example, name of resident visited) These visitor logs or records must be kept for a period of at least 30 days and be readily available to the local public health unit for contact tracing purposes upon request.
- **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. ONLY Essential Caregivers can visit during a Covid-19 outbreak (up to 4 in the room at a time)



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.

Clean frequently touched surfaces regularly

Viruses can stay on hard surfaces for an extended period of time. For your health and wellbeing, take time to do extra cleaning of surfaces.





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.



Hand Hygiene & PPE – Why It's Important.

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.

How to use Hand Sanitizer



Apply the product on the palm of one hand.



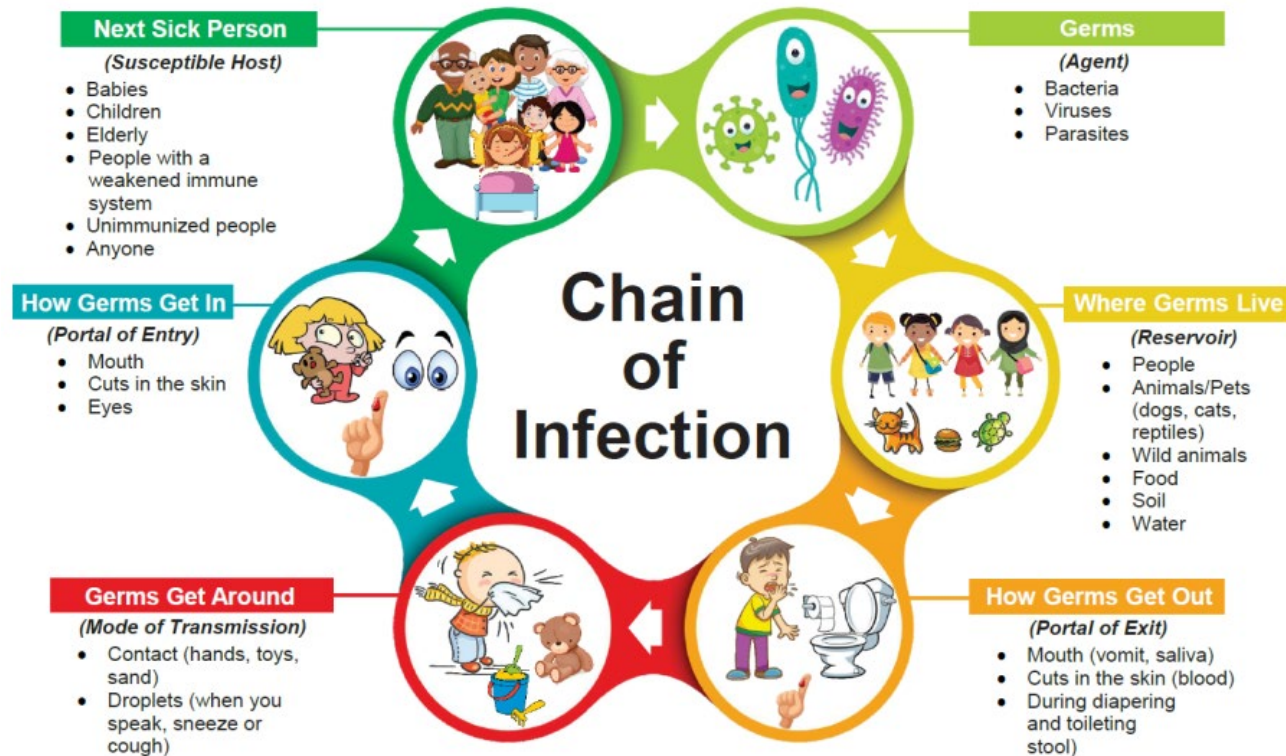
Rub hands together



Cover all surfaces until hands feel dry (20 sec)

The Chain of Infection

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:



Hand Hygiene & PPE – Why It's Important.

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.

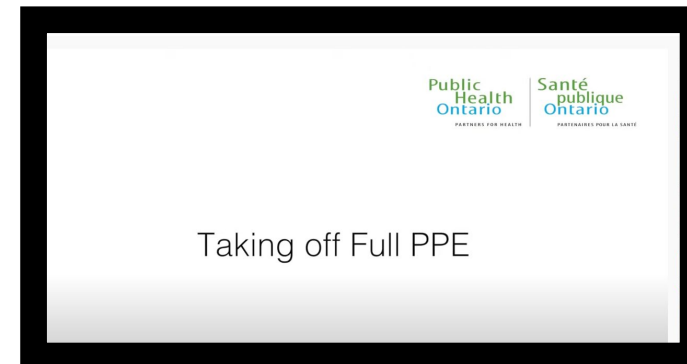
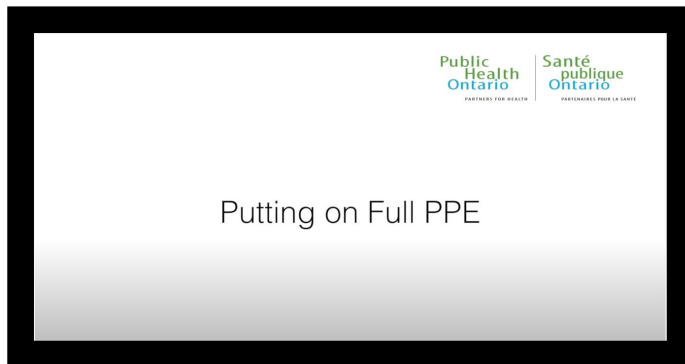
View this video from Public Health Ontario on how to properly remove gloves.



Hand Hygiene & PPE – Why It's Important.

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

Public Health Ontario | Santé publique Ontario

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	

For more information, visit publichealthontario.ca



Public Health Ontario | Santé publique Ontario

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](https://ontario.ca/coronavirus)



COVID-19 Knowledge Quiz

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 will need to sign in and out, as well as be screened only on departure of their visit.
- B. The essential caregiver must wear the visitors badge at all times during their visit.
- C. The essential caregiver can remove their mask to eat or drink during the visit.
- D. The essential caregiver will perform proper hand hygiene before putting on their mask and various times during their visit.



COVID-19 Knowledge Quiz

Answer:

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

- A. The essential caregiver will need to sign in and out, ~~as well as be screened only on departure of their visit.~~ 
- B. The essential caregiver must wear the visitors badge at all times during their visit.
- C. ~~The essential caregiver can remove their mask to eat or drink during the visit.~~ 
- D. The essential caregiver will perform proper hand hygiene before putting on their mask and various 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.



COVID-19 Knowledge Quiz

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 times, 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?

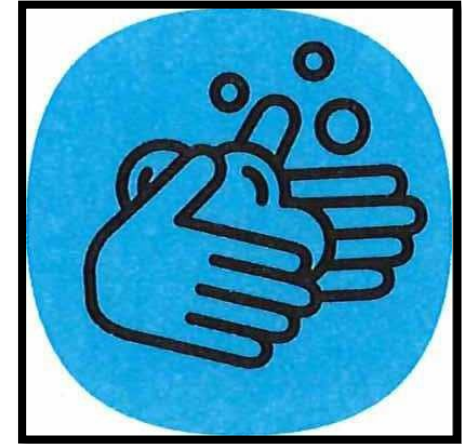
A.



B.



C.

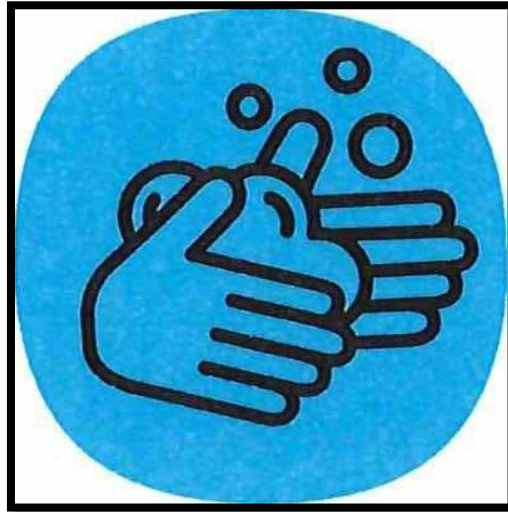


COVID-19 Knowledge Quiz

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?

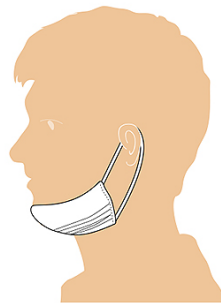
A.



B.



C.



D.

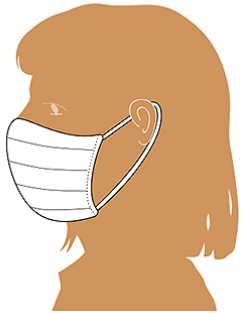


COVID-19 Knowledge Quiz

Question Six Answer:

Which mask is being worn correctly?

D.



Please note that the blue side of the mask should be facing out.



COVID-19 Knowledge Summary Sheet

Did you receive all the education you need to become an essential caregiver:

- Self Pre-Screening for symptoms before and on arriving for a visit
- Hand hygiene – hand washing, how to perform hand hygiene using alcohol-based hand sanitizer
- Using Personal Protective Equipment – putting on and removing
- 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.

Thank You!

