Dearness Home Visitor Infection Prevention & Control 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 shared priority will be to continue to keep Dearness Home outbreak-free. **This training is specifically designed to provide the opportunity for safe visiting, with an emphasis on visits with residents in an area in Outbreak.**

Please also read Dearness Home Visitors Policy, available at reception and on the website: [https://london.ca/living-london/community-services/senior-supports/dearness-home](https://london.ca/living-london/community-services/senior-supports/dearness-home)

Unfortunately, visitors who do not follow the policy and the current public health and government outbreak/pandemic regulations, may need to be retrained and may temporarily lose their ability to visit at time of outbreak.
Thank you for Knowing the Safe Visiting Education!

When visiting you must:

- **Respect visiting hours** (9:00 a.m. to 9:00 p.m., 7 days a week including holidays)
- **Answer “NO” to the screening questions at the entrance**
- **Consider wearing a mask at all times and remaining 6 feet from residents when in the Home**
- **Clean your hands** (Please sanitize your hands during the duration of your visit and upon leaving Dearness Home)
- **Sign in and out at reception** (required by law for contact tracing purposes)
- **Review the Dearness Home Visitor Policy and education material on your first visit and at least annually thereafter**

If the Home-area you are visiting is in outbreak, you must wear the required Personal Protective Equipment (PPE) as specified at the front entrance, and/or the Home-Area entrance and/or at the door of your resident.
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.
What You Should Know About Respiratory and Enteric Infectious Diseases

• Respiratory viruses effect the lungs and areas in your body that support your breathing and can cause a range of issues, including severe illness, with symptoms such as cough, congestion, breathlessness etc.

• Enteric infections effect the gastrointestinal areas in your body and can cause a range of issues, including severe illness, with symptoms such as vomiting, diarrhea etc.

• COVID-19, Influenza, Rhinovirus, Parainfluenza are forms of a respiratory viruses.

• Both respiratory viruses and enteric infections are highly transmittable.
Respiratory viruses, including COVID-19, are primarily spread from person-to-person.

Individuals can become infected by:

• Close contact with an infected individual – Close contact is less than six feet or two arms lengths.

• Individuals can become infected through respiratory droplets expelled when an individual sneezes, coughs or talks.

• Respiratory viruses can also be contracted by touching surfaces or objects that have the virus on it, and then touching your mouth, nose or eyes.
How Do Enteric Infections Spread

Enteric infections spread through direct contact with the infectious agent with your mouth, also known as the Fecal/oral route.

Contact with your mouth may be through:

• Contaminated water or food that you consume.
• Contaminated surfaces that you touch before touching your mouth.
The Chain of Infection

Knowing how the chain of infection works provides us the opportunity to protect ourselves and our family from infection.
Protecting Yourself from Infectious Disease (Respiratory & Enteric)

• The COVID-19, Flu and RSV (if over 60) vaccines are scientifically proven to protect against the viruses.

• **The best ways to protect yourself and those you love is to avoid being exposed to infection by:**
  • Avoiding close contact with others and practicing physical distancing by staying at least six feet away from others.
  • Wearing a mask that covers your nose and mouth in public settings.
  • Cleaning and disinfecting frequently touched surfaces.
  • Washing your hands often with soap and water for at least 15 seconds or use an alcohol-based hand sanitizer.
  • Limiting in-person contact – consider deliveries and take-out options.
  • Not coming to the home if you are feeling unwell
  • Practicing respiratory etiquette (covering your mouth before sneezing or coughing and ensuring used tissues are disposed of in the proper receptacle)
  • Getting Vaccinated
Protecting Yourself & Others from Infectious Disease

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

• Staying Home.
• Avoiding public transportation, ride-sharing or taxis.
• Isolating from family members and pets in your home.

It’s important to note that everyone is at risk of getting infectious diseases 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 all infections (viruses, bacteria, parasites)

**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.
Hand Hygiene – 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:

Just Clean Your Hands Videos | Public Health Ontario
Hand Hygiene – How to Clean your Hands

How to handrub

1. Rub hands for 15 seconds
   - Rub in between and around fingers.

2. Rub hands for 15 seconds
   - Rub back of each hand with palm of other hand.

3. Rub hands together, palm to palm.

4. Apply 1 to 2 pumps of product to palms of dry hands.

5. Rub fingertips of each hand in opposite palm.

6. Rub each thumb clasped in opposite hand.

7. Rub hands until product is dry. Do not use paper towels.

8. Once dry, your hands are safe.

JUST CLEAN YOUR HANDS

For more information, please contact handhygiene@osha.ca
or visit publichealthontario.ca/ACW

How to handwash

1. Wet hands with warm water.

2. Apply soap.

3. Lather soap and rub hands palm to palm.

4. Rub in between and around fingers.

5. Rub back of each hand with palm of other hand.

6. Rub each thumb clasped in opposite hand.

7. Rub each thumb clasped in opposite hand.

8. Rinse thoroughly under running water.


10. Turn off water using paper towel.

11. Your hands are now safe.

JUST CLEAN YOUR HANDS

For more information, please contact handhygiene@osha.ca
or visit publichealthontario.ca/ACW
Personal Protective Equipment (PPE) – Why It’s Important.

Putting on and taking off PPE properly is extremely important in preventing spread of infection because it:
• Provides a physical barrier that protects the wearer when they are touching the infected person or are close to them
• Enables the wearer to remove the infected barrier (PPE) and dispose of it safely before leaving the infectious area

Please remember:
• Types of PPE include gowns, gloves, masks, face shields/goggles
• The items of PPE to wear will be clearly posted on signs and the PPE will be available where it should be put on
• The items to wear will vary according to the infection present.
• You must wear PPE if it is required
Safely Putting on and Taking off PPE

Wearing a medical mask safely is important in slowing the spread of COVID-19 and other respiratory viruses.

**HOW TO WEAR A MEDICAL MASK SAFELY**

**Do’s**

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
Safely Putting on and Taking off PPE

View these videos from Ontario Public Health explaining the correct way to put on and remove PPE.

**Putting on Full Personal Protective Equipment | Public Health Ontario**

**Taking off Full Personal Protective Equipment | Public Health Ontario**

**Taking off Gloves | Public Health Ontario**
Correct Sequence for Putting on and Taking off PPE

**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
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.
- Once you have already been in a resident room/ environment you are now considered contaminated and can not come out of the suspect/positive room until after you have removed your PPE.

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 visitor to follow for a successful visiting experience?

A. The visitor will need to sign in and out, as well as complete screening when leaving the home.
B. The visitor must consider wearing a mask and social distance while in the home.
C. The visitor can remove their mask when in an isolation room to eat or drink during the visit.
D. The essential visitor will perform proper hand hygiene before putting on their mask and various times during their visit.

*See Answer slide on page 24 for correct answers.*
Question Two:

Which of the following scenarios shows the visitor following proper routine practices?

A. Visitor uses double or triple gloves to provide better protection.
B. Visitor stores masks in his/her pocket for immediate use.
C. Visitor washes hands immediately after removing gloves and gowns.
D. Visitor wear protection over prescription glasses.
E. Visitor cannot use Dearness Home N95 Masks.

*See Answer slide on page 24 for correct answers
Question Three:

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.

*See Answer slide on page 24 for correct answers.
Infection Prevention and Control Knowledge Quiz

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

A.  

B.  

C.  

*See Answer slide on page 24 for correct answers.
Infection Prevention and Control Knowledge Quiz

Question Five:
Which mask is being worn correctly?

A.  
B.  
C.  
D.  

*See Answer slide on page 24 for correct answers*
Answers

• **Question 1:**
  • B: The visitor must consider wearing a mask and social distance while in the home.
  • D: The visitor will perform proper hand hygiene before putting on their mask and various times during their visit.

• **Question 2:**
  • C: Visitor washes hands immediately after removing gloves and gowns.
  • D: Visitor wear protection over prescription glasses.
  • E: Visitors cannot use Dearness Home N95 Masks.

• **Question 3:**
  • G,E,D,F,B,C,A

• **Question 4:**
  • C: Perform Hand Hygiene

• **Question 5:**
  • D: Mask covering the nose and the chin with little to no side gaps.
Knowledge Summary Sheet (for in-person training)

Did you receive all the education you need regarding Infection Prevention and Control:

• Self Pre-Screening for symptoms before and on arriving for a visit
• Infectious disease (Respiratory/Enteric) information – symptoms, self-isolation, how to prevent spread, physical distancing
• The Chain of Infection
• Hand hygiene – hand washing, how to perform hand hygiene using alcohol-based hand sanitizer
• Using Personal Protective Equipment – putting on and removing
• The importance of masking
• The Dearness Home Visitors policy
• 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!