COVID-19
PREVENT OR SLOW THE SPREAD OF COVID-19 WITHIN HOUSING FACILITIES, SHELTERS, AND OTHER COMMUNITY SERVICES

1. COVID-19 BASICS
COVID-19 usually causes mild to severe illness like a cold or flu. Most people will have a mild illness and recover. People at high risk (older or with other medical conditions) may experience complications or severe illness, including difficulty breathing.

2. INFECTION PREVENTION & CONTROL
Transmission is via droplets. To stop the spread, wash hands with soap & water often, and avoid touching your face. Stay 2M (6Ft) from others. Avoid contact with sick people. Stay home if sick. Cough or sneeze into sleeve, or into tissue and immediately throw away then wash hands. Clean and disinfect touched surfaces frequently.

3. MILD SYMPTOMS
Fever, cough, shortness of breath, sore throat, runny nose, fatigue, muscle aches, chills, headache, loss of sense of smell or appetite, difficulty swallowing, vomiting, or diarrhea. If possible, people with symptoms should have a separate room and bathroom; wear a mask when out of room; and avoid common areas. When closer than 2M/6Ft for care or bed changes, wear full Personal Protective Equipment (PPE): mask, eye protection, gown, gloves.

4. SEVERE SYMPTOMS
Extremely difficult breathing (not being able to speak without gasping for air). Bluish lips or face. Chest pain. Change in level of consciousness. Call 911. Make sure client is wearing mask. Anyone caring for client to wear full PPE: mask, eye protection, gown, gloves.

5. PPE: MASK, GLOVES, EYE PROTECTION & GOWN
Close (<2M/6Ft) contact requires eye protection, mask, and gloves. Gowns are required for direct contact of client with symptoms. Don’t touch your face with gloves. Don’t touch outside of mask. Change gloves after each client. Change mask if wet or dirty. Disinfect eye protection after each client, when visibly dirty, or at the end of shift. Wash hands before & after each item use. Learn to put on ("don") and, especially to take off ("doff"), your PPE safely.

6. CONTAINMENT IN FACILITIES
Minimize face-to-face contact: have designated staff in each area and use physical barriers. Wear gloves to touch client belongings. Space beds 6 ft apart, head to toe. Provide fluids, tissues, garbage bags. Stock sinks: soap, drying materials. Provide alcohol hand sanitizer (60%) at key points. Post signs at entrance asking about symptoms.

7. CLEAN & DISINFECT
COVID-19 is not a hardy virus: cleaning works! Clean, then disinfect equipment and surfaces after every use: for high touch surfaces (e.g.: door knobs, hand rails) at least 2x a day. Use pre-made solutions or ready-to-use wipes. Shared equipment should be cleaned + disinfected before moving. When someone sick has been moved, clean the entire room/bed area, including all touch surfaces.

8. BATHROOMS
Clean bathrooms daily, moving from cleanest to dirtiest. Stock sinks with soap and drying materials. If toilet has a lid, close it. Provide designated bathroom for sick clients (COVID-19 symptoms) if possible. Individual bathrooms and showers for each person/couple are ideal.

9. FOOD
Provide individually packaged food. Deliver food outside client door and leave for pickup. Avoid buffets and shared food, unless all clients sharing have tested positive for COVID-19.

10. HARM REDUCTION
Provide individual packaged supplies. Minimize sharing of supplies, including for smoking. Clients should stock up on supplies/drugs, wash hands, prepare their own drugs, and keep surfaces clean where they use. Prepare for overdose with Naloxone, using at an OPS, buddy systems, and wellness checks (through doors).

For more information about COVID-19, visit: vch.ca