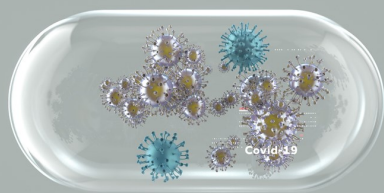


# RESIDENT, FAMILY AND VOLUNTEER GUIDELINES FOR INFECTION CONTROL





## CONTENTS

- WHAT IS INFECTION CONTROL?
- HAND HYGIENE
- COUGH ETIQUETTE
- VACCINES
- OUTBREAK MANAGEMENT

## What is Infection Prevention & Control?

Infection prevention and control is a process we initiate to prevent or limit the spread of infections caused by viruses and bacteria in our homes. Everyone who is living in our home, working in our home or visiting our home, has a role to play.

Some components of our infection control program include:

- Hand Hygiene
- Cough Etiquette
- Vaccines
- Outbreak Management

## Our Commitment

- Our homes follow guidelines from Infection Prevention and Control Canada, Accreditation Canada, World Health Organization (WHO) and provincial public health agencies .
- We have team members with certification in infection prevention and control to help lead our practices.
- Routine infection control audits are done regularly in all our homes.
- We review and update all infection control policies regularly to ensure we are following current best practice guidelines.

# HAND HYGIENE


## SOAP AND WATER

Washing your hands frequently with soap and water is the best way to stop the spread of infectious diseases.



## How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



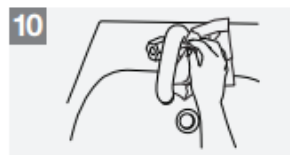
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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SAVE LIVES

Clean Your Hands

# HAND HYGIENE


## HAND RUB

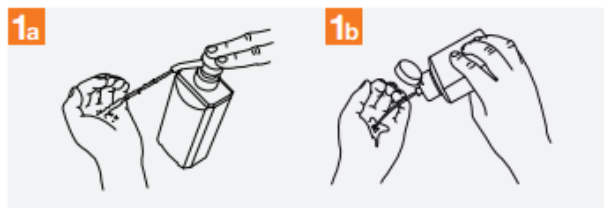
When your hands are not visibly soiled, using hand rub is a quick and convenient way to perform hand hygiene.



# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

 **Duration of the entire procedure: 20-30 seconds**



**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;



**2** Rub hands palm to palm;



**3** Right palm over left dorsum with interlaced fingers and vice versa;



**4** Palm to palm with fingers interlaced;



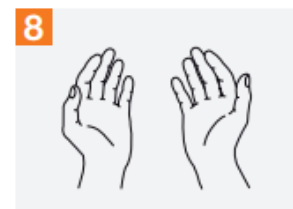
**5** Backs of fingers to opposing palms with fingers interlocked;



**6** Rotational rubbing of left thumb clasped in right palm and vice versa;



**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



**8** Once dry, your hands are safe.



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**SAVE LIVES**

Clean Your Hands

# COUGH ETIQUETTE

Coughing and sneezing can spread infectious diseases. Performing cough and sneeze etiquette is a practice you can use to limit the spread of infection

## Cough and Sneeze Etiquette



----- Cover coughs and sneezes with a tissue.



----- Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.



----- If you don't have a tissue, cough and sneeze into your elbow, not your hand. Wash your hands or use an alcohol-based hand rub immediately.



----- Avoid touching your eyes, nose and mouth.



----- If you need to touch your face, wash your hands first.

[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

NOVA SCOTIA

**DID YOU KNOW....** Coughing and sneezing can potentially spread thousands of virus containing droplets to a distance of 6.5 feet!

# VACCINES

Vaccines are used to stimulate your body's immune response. They are the best way to protect yourself from severe illness caused by an infectious agent.

## Public Health Guidelines

- Our homes follow public health guidelines related to the provision of vaccines.

## Vaccine Administration

Some vaccines offered at our homes include:

- **Yearly Influenza Vaccine:** To prevent serious illness from influenza, it is recommended that all adults of 65 and older receive a yearly influenza vaccine.
- **Pneumococcal Vaccine:** To prevent serious illness from pneumococcal disease, it is recommended that all adults over the age of 65 receive this vaccine.
- **COVID-19 Vaccine:** To prevent serious illness from COVID-19, it is recommended that all residents receive vaccines according to provincial public health agency guidelines.

Additional vaccines are available as recommended by a resident's physician or other authorized care provider.



# OUTBREAK MANAGEMENT

The goal of outbreak management is to stop the spread of an infectious disease that is known to be present and to prevent serious illness or hospitalization.

## What is an Outbreak?

An outbreak occurs when the presence of a disease is higher than what is expected in a given community/ area.

Public health determines the presence of an outbreak.

## Outbreak Management

Actions taken during an outbreak in our homes include but are not limited to:

- Contact tracing- families and residents are notified if they are a close contact.
- Additional Personal Protective Equipment (PPE) may be required by staff and visitors. This could include medical masks, face shields, gowns and gloves.
- Visitation may be limited based on the disease present and in accordance with public health direction.
- Increased cleaning and disinfection activities.
- Limited movement of staff and residents throughout the home.
- Residents and families are updated regularly regarding the outbreak status.

All outbreak management activities are directed by provincial public health authorities.

For Additional Information related to Infection Prevention and Control, Please see any Team Member or reach out to our Infection Prevention and Control Team at [IPAC@shannex.com](mailto:IPAC@shannex.com)