

Infection Prevention & Control in Long Term Care

June 17, 2020

 **KEEP**  **A SAFE**  **DISTANCE** 

What is physical distancing?

- Physical distancing and good hygiene/cough etiquette are our most important tools to prevent the spread of COVID-19 while taking breaks in shared spaces
- Physical distancing involves:
 - Taking steps to limit the number of staff you come into close contact with
 - Keeping your distance from one another and limiting group activities as much as possible

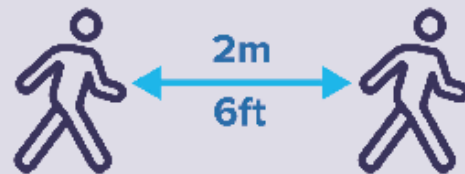
Tips for staff break rooms

- Ensure alcohol based hand rub is accessible
- Make sure staff clean table surfaces before eating
- Dish-drying racks and cloth towels should not be shared
- Separate belongings and prevent crowded areas of shoes, clothes or toiletries
- **DO NOT allow** shared food - remove any shared food or condiments (e.g., ketchup, salt and pepper etc.)
- Post corporate signage to ensure proper practices of sharing a common space

When in shared break rooms, please remember to:

Maintain physical distance

Stay at least 2 meters (or 6 feet) away from other people whenever possible.



Minimize group gatherings

- Limit # of staff in break rooms
- Optimize break room seating for good physical distancing.



Cleaning/disinfecting tips

- Ensure hand sanitizer and disinfectant wipes/gloves accessible.
- Clean/disinfect table surfaces before and after eating.
- Do not share dish-drying racks or cloth dish towels.
- Remove shared food, condiments.



Avoid touching garbage bins

- Do not touch edges of garbage bins.
- Keep common spaces decluttered to make it easier for Environmental Services to clean/disinfect.



Clean your hands often

- Wash your hands with soap and water before and after spending time in common area.
- Use an alcohol-based hand sanitizer if your hands are not visibly soiled.



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Resident Admissions/Re-admissions

- All new residents must be placed in “self-isolation” upon admission to the home for 14 days from arrival
- This means using Droplet and Contact Precautions
 - Test all new residents within 14 days of arrival
 - Must remain in isolation until 14 days of arrival
 - Patients transferred from hospital to LTC/RH must be tested prior to transfer

Identifying Cases – Increase Testing of Symptomatic

- Low threshold for testing (twice daily review):
 - **Fever (37.8C or greater); OR**
 - **Typical presentation:** Any new/worsening acute respiratory illness symptom (e.g., cough, shortness of breath, sore throat, runny nose or sneezing, nasal congestion, hoarse voice), difficulty swallowing, new olfactory or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain OR
 - **Clinical or radiological evidence of pneumonia**
 - **Atypical presentations**

Outbreak

- Single confirmed COVID-19 case (resident or staff)
- Testing after confirmed positive result
 - Test all symptomatic residents (and deceased if not tested)
 - Test all asymptomatic resident in adjacent rooms
 - Test all symptomatic staff/essential visitors
 - Test all staff/essential visitors in the outbreak area

Close Contact

- Any other contacts deemed appropriate for testing based on a risk assessment by local public health
 - Applies to those who were in area when the case was deemed “communicable” – 48 hours prior to symptom onset or 48 hours prior to swab collection if never symptomatic at time of testing (absence of PPE)
 - A negative result from an asymptomatic individual exposed in the outbreak does not rule out potential to still develop COVID-19

Quality Assurance

- Review procedures for putting on and taking off PPE
 - (to avoid self contamination)



Use of PPE: Gloves²

- Avoid inappropriate glove use:
 - ❌ Double gloving
 - ❌ Using alcohol-based hand rub on gloves
 - ❌ Re-using gloves
 - ❌ Wearing gloves in hallways, outside of care areas
 - ❌ Not changing gloves between residents when care is provided
- Gloves are not a substitute for hand hygiene.

Wearing a cloth mask or face covering

Do



Do: Cover nose & mouth



Do: Pull hair back



Do: Tie straps behind head & neck



Do: Remove by grabbing from the back

Don't



Don't: Pull below nose



Don't: Hang from one ear



Don't: Pull below chin



Don't: Hang around neck



Don't: cross straps



Don't: Leave a strap hanging



Don't: Wear on forehead



Don't: Leave hair down on face



Don't: Touch front of mask



Don't: Reach under mask



Don't: Remove mask to cough, sneeze, or talk



Don't: Remove mask to talk on phone



Don't: Drink with mask on



Don't: Eat with mask on



Don't: Touch phone to mask



Don't: Wear a dirty or wet mask