

Yee Hong Center for Geriatric Care

Infection Prevention and Control

What is infection prevention and control?

Whenever a group of people live together in the same house or residence, it is possible to "catch" germs from one another. To decrease the chance of this happening, we follow best practices and guidelines in "infection prevention and control." This includes the practices used by staff to prevent and manage infections. We have an infection prevention and control program and we are committed to sharing information with you, so that you can help us keep the environment healthy for your relative and our staff.

How can you help?

- 1) **Hand hygiene** is the simple and best method of preventing infections.
- 2) **Cover your cough** Keep your distance (more than 2 metres) from people who are coughing or sneezing. Cover your mouth and nose when you cough, sneeze or blow your nose with a tissue or your sleeve.
- 3) **Label brought food** Label the container with your relative's name, date the food and give it to a staff member. We will be happy to put it in the refrigerator and keep the food according to Public Health recommendation timeline.
- 4) **Self-screening** If you do not feel well, have muscle aches, severe tiredness, severe headache, cough, shortness of breath or a cold, fever, vomiting or diarrhea, or close contact with a sick person in last 10 days, please do not visit the home. Your relative can catch these infections quite easily.
- 5) **Immunization** Another way of preventing infections is to make sure that you are up to date with your immunization. It is important for people who live in or frequently visit long-term care facilities to be immunized against common infectious illnesses. We offer the following immunization programs to our residents:
 - (1) Pneumococcal Vaccination
 - (2) Influenza Vaccination
 - (3) COVID-19 Vaccine
 - (4) TD/Tdap Vaccine
 - (5) Shingles Vaccine

Hand Hygiene

When performed correctly, hand hygiene is the single most effective way to prevent the spread of infection. Hand Hygiene may be performed either by soap and runny water or with alcohol-based hand rubs. Hand washing with soap and running water must be done when hands are visibly soiled.

Hand Washing

Follow these simple steps:

1. Wet your hands with warm running water

Hand Sanitizing

Follow these steps:

1. Ensure hands are visibly clean (if soiled, follow hand washing steps)

2. Add soap, and then rub hands together, making a soapy lather. Do this for at least 15 seconds. Wash the front and back of your hands, as well as between fingers and under nails
 3. Rinse your hands well under warm running water.
 4. Pat hands dry with a paper towel.
 5. Turn off water using same paper towel and dispose of it in a proper receptacle.
2. Apply one to two full pumps of the alcohol based hand rub solution, or squirt a quarter-sized amount onto one palm.
 3. Spread product over all surfaces of hand, concentrating on fingertips, between fingers, back of hands, and base of thumbs.
 4. Rub hands until product is dry. This will take a minimum of 15 seconds, if sufficient product is used.

Moments of Hand Hygiene:

- 1) Before entering resident room
- 2) Before touching/providing care/feeding resident
- 3) After providing care
- 4) Before leaving resident room
- 5) Before and after touching food
- 6) After using the washroom
- 7) After sneezing, coughing or blowing your nose
- 8) After touching pets or handling garbage
- 9) After outdoor activities.

What happens if there is an outbreak?

Sometimes, in spite of everyone's best efforts, there may be an infectious disease outbreak in our home. If that happens, your relative is in good hands. We will implement our outbreak management procedures immediately. Our care team will collaborate with the experts at the local Public Health to plan the best way to get over the infection as quickly as possible. Please remember to:

- Check in at the nursing station when visit, staff will provide you with information on control measures that are being used at that time, and help answer your questions
- Keep your hands clean
- Do not visit if you are ill or not feeling well
- If a resident is ill, he/she should remain in the room
- Avoid taking ill resident to a common area during your visit. Visit ill resident in his / her room only
- Do not visit more than one resident. To protect yourself, avoid common areas
- Get your vaccinations up to date.
- Follow the facility's instructions for precautions or personal protective equipment (e.g., gloves, masks, eye protection or gowns), if required.

Influenza

- Influenza is a respiratory infection caused by Influenza A or B viruses. In Canada, it generally occurs each year in the late fall and winter months. Symptoms include the sudden onset of headache, chills, cough, fever, loss of appetite, muscle aches, fatigue, runny nose, sneezing, watery eyes and throat irritation. The complications include: weakness, pneumonia, heart problems, kidney problems, etc.
- Influenza is spread by droplets (i.e. infected person coughs or sneezes in the face of another person) and direct person-to-person contact. It can also be spread by indirect contact (i.e.

touching a surface contaminated with Influenza then touching your eyes, nose or mouth). The best way to prevent Influenza is to get the seasonal influenza vaccine every year.

Tuberculosis

- TB is a highly contagious disease caused by TB germs. TB usually attacks the lungs but can affect any part of the body. TB is spread from person to person through the air. TB is spread when someone sick with TB in the lungs, coughs or sneezes.
- People keep TB germs inactive called TB infection but **cannot** spread TB germs. Active TB disease can spread TB germs and causes cough, fever/night sweats, tiredness, and unexplained weight loss.
- Screening for TB is done by a skin test. A positive skin test means a person has the TB germ in their body. A physical examination, chest x-ray and sputum (mucous coughed up from the lungs) are done to check for TB disease.
- People with TB infection may benefit from medicine to prevent TB disease. People with TB disease must complete treatment to cure the disease. TB drugs are free when a doctor orders them from Public Health.

COVID-19

- COVID -19 is an infectious disease caused from the novel coronavirus. COVID-19 is commonly spread through respiratory droplets and close contact with infected individuals as well as touching your face after touching things with the virus during infection period and 48 hours before symptoms onset.
- Signs and symptoms of COVID include fever, cough, shortness of breath, decreased or loss of tasted or smell, muscle aches or joint pain, extreme tiredness, runny or congested nose, headache, nausea vomiting or diarrhea.
- In order to reduce the spread of COVID-19, it is important to perform hand hygiene and infection control measure according to the home policy and direction from Public Health.

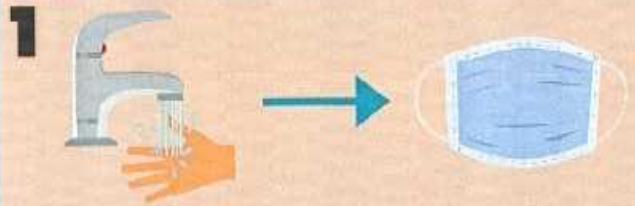
Your engagement is Important to us!

Any opinion / concerns you have with the Infection Prevention and Control Program, you can talk to Infection Prevention and Control Professional of the center or any staff, e.g. cleanliness of the physical environment. We welcome and value your inputs, which will help us make improvement in delivering quality care services to our residents

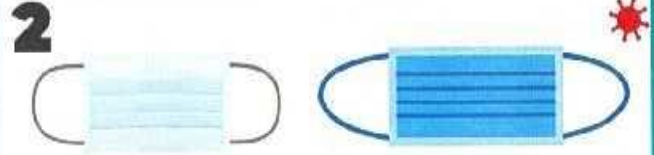
Long Term Care, Family Education, City of Toronto, 1998-2016 www.publichealth.toronto.ca
<http://www.publichealthontario.ca/en/BrowseByTopic/InfectiousDiseases/JustCleanYourHands/Pages/Just-Clean-Your-Hands.aspx>

Tuberculosis information fact sheet, communicable disease control, Toronto Public Health, September 2015

SIMPLE GUIDE TO MASK USE



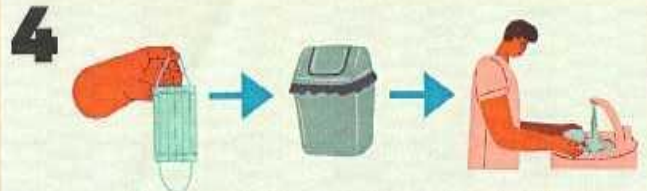
Before touching the mask, wash your hands with alcohol-based hand rub (15 secs) or soap and water (15 secs)



Inspect the mask for tears or holes. Do not wear a mask that was previously worn or damaged. Identify top as metal strand, inside as white and outside as blue.



Cover your nose, mouth and chin when putting mask on. Make sure there are no gaps between your face and the mask.



Remove the mask from behind (do not touch front of the mask) and pull away from face. Discard the mask immediately into the waste bin and perform hand hygiene

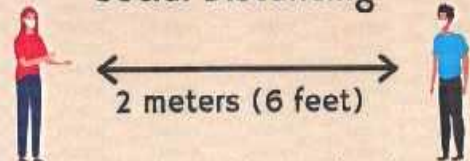
OTHER WAYS TO PREVENT THE SPREAD

Preventative behaviours



Avoid touching your eyes, nose or mouth when coughing or sneezing, cover your mouth with a tissue or your arm and perform hand hygiene.

Social Distancing



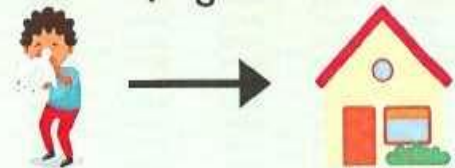
You can be infected by coming into close contact with infected individuals. Social distancing 2 meters away from individuals helps prevent the spread of COVID-19.

Hand Hygiene



Wash your hands frequently with soap and water for 15 secs. If unavailable, use alcohol based hand rub for 15 secs.

Staying Home



Stay home if you are unwell or displaying potential symptoms of COVID-19 to prevent the spread of illness to others.