

COVID 19 SAFETY PLAN

In compliance with WorkSafeBC, and the provincial health authorities, we have updated our Covid-19 protection policies to reflect the most current information as the situation continues to develop.

As per the following WorkSafeBC's statement, it is important to know:

“The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.

The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.”

Therefore our current policies are as follows:

Suspected Exposure

- Anyone who has arrived from outside of Canada or who has tested positive for or has been exposed to someone who has tested positive for Covid-19, is required to self-quarantine for a minimum of 14 days.
- Any staff feeling ill or displaying symptoms are required to stay home and follow government guidelines. Symptoms could include but are not limited to: Fever, Chills, Cough, Shortness of breath Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite.
- Any staff who feel they may have been exposed to Covid-19 must call the office immediately.

Risk Reduction

- Temperature logs - Each caregiver must record their temperature each day before they go to work. Any temperatures exceeding the normal range must be reported to the office ASAP.
- All caregivers are to immediately and thoroughly wash their hands with soap (and preferably hot water) upon arriving at work¹. This should be done in the client bathroom (opposed to the kitchen sink).
- Physical distancing of 2 meters is practiced within the home whenever possible.
- High touch point surfaces are to be disinfected at the beginning of each shift, and regularly throughout the shift as contact is made with appliances and surfaces. High touch point surfaces include light switches, door knobs, furniture and appliance handles, sink faucets, TV remotes, medical equipment on site such as canes, wheelchairs, lifts etc.²

¹ Appendix A1 ref. Hand Washing - BC Health BC Centre for Disease Control

² Review Appendix A1 and Appendix A2

Personal Protective Equipment (PPE)

- Masks and gloves are MANDATORY * when performing any personal care or during physical contact between client and caregiver.
- Masks must be worn during any food preparation or handling of dishes/cutlery and during any client transport.
- If the facility/location we are working in has additional PPE standards, the staff will follow as instructed.
- All employees are strongly encouraged to wear masks, take appropriate safety measures and practice social distancing in public settings such as grocery stores and public transportation.

Client transport by vehicle

- Clients **and** caregivers **MUST** wear a mask at all times when they are together in one vehicle.
- Main hard surface/high-touch points must be wiped down in the vehicle, especially in the passenger area, or wherever there may be cross exposure between client and caregiver prior and following client transport, such as door handles, steering wheel, dash, seat belts, all controls etc.
- Passengers will be seated in the back seat on the passenger side of the car.
- Clients will be asked to keep their hands on their laps as to refrain from touching surfaces in the vehicle unnecessarily.
- Ensure windows open for proper ventilation when possible.

ComForCare Office

- The office observes the above mentioned “high touch point surfaces” protocol.
- A boundary has been established in the office
- Guests are requested to remain within this boundary unless otherwise instructed
- All surfaces will be wiped down and disinfected before and after any visitor visits.
- Meetings are conducted primarily by phone to limit contact with staff and clients.
- We have a maximum capacity of six (6) person(s) on the premises at one time.

* Masks are preferred but are not necessarily mandatory when you are able to maintain 6’ distance. Ultimately this will come down to the individual client needs and circumstances (e.g. Clients with dementia and or hearing issues can become unnecessarily aggravated/anxious/provoked with masks, so if social distancing is appropriate, masks may be removed. When this is the case, increased care and attention should be given to disinfecting high touch point surfaces at regular intervals). ³

Appendix 1 - BC Health / BC Centre for disease Control: Handwashing

Appendix 2 - WorkSafe BC - COVID-19 health and safety: Cleaning and disinfecting

Appendix 3 - BC Health / BC Centre for disease Control: 5 Steps to Don PPE

Appendix 4 - BC Health / BC Centre for disease Control: 9 steps to Doff PPE

³ Review Appendix A3 and Appendix A4