

COVID-19

Prevent or slow the spread of Covid-19 within housing facilities, shelters, and other community services.

1 COVID-19 BASICS

Coronaviruses cause mild to severe illnesses (eg: common cold, SARS). Most people will have a mild illness and recover. Symptoms are similar to the common cold (fever, cough, shortness of breath). People at high risk (older, other underlying conditions) may experience complications or severe illness including **difficulty breathing**.

3 CONTAINMENT IN FACILITIES

Minimize face-to-face contact (designated staff in each area, 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.

5 BATHROOMS

Clean bathrooms thoroughly after every use. Stock sinks with soap and drying materials. **Close toilet seats before flushing.** Provide **designated bathroom for sick clients** (COVID-19 symptoms), if possible. Individual bathrooms and showers for each person/couple are ideal.

7 HARM REDUCTION

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

9 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.

2 INFECTION PREVENTION AND CONTROL

Transmission is via **droplets**. To stop the spread of the virus, wash hands, avoid touching your face. Avoid contact with sick people, stay home if sick. Cough or sneeze into sleeve, or into tissue and throw away (and then wash hands). Clean and disinfect frequently touched surfaces. Wear a mask **only if you have symptoms**.

4 CLEAN AND DISINFECT

COVID-19 is not a hardy virus: cleaning works! Clean, then disinfect equipment/ surfaces after every use, **high touch surfaces (e.g. door knobs, hand rails etc.) at least 2 X 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 .

6 FOOD

Food should be **individually packaged**. Deliver food outside doors and leave for pickup. Avoid buffets and shared food, unless all clients are positive for COVID-19.

8 MILD SYMPTOMS:

Cough, sore throat, fever, sneezing, difficulty breathing. **Clients with symptoms should be: 2 meters from others**, confined to separate room and bathroom if possible, **masked** if out of room, avoid common areas. If clients refuse mask, staff should mask and maintain 2 m distance. If you need to be closer than 2 m for care or bed changes, wear full Personal Protective Equipment (PPE): mask, eye shield, gown, gloves. **Learn to put on ("don") and, especially to take off ("doff") your PPE safely.**

10 MASK AND GLOVES:

Masks should be changed every 2 hours and gloves between each person. Don't forget to wash hands after each use of mask/glove. Don't touch your face with the gloves. Keep masks and gloves in a secure location.



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

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Version 2: March 20, 2020