

CLDN's Response to COVID -19

Community Living Durham North is committed to protecting the health and safety of the people we support, and that of staff and families. Every effort is made to keep everyone as healthy and safe as possible. A key component of these efforts is that all staff in residential homes now wear Level 2 procedure masks for the entire duration of their shifts. Staff in SIL and CHPI will wear masks when they are going into someone's home, or when it is difficult to social distance while supporting someone in a public space. Staff in offices will also wear Level 2 procedure masks if it becomes difficult to social distance effectively within the office.

All staff will practice proper [hand hygiene](#) on a regular basis throughout their shifts as well as proper coughing / sneezing [etiquette](#). All staff will practice [physical distancing](#) as much as possible within the home and encourage people who live in the home to practice physical distancing as well. All supported people and staff are currently sheltering in place and have been since March 17, 2020. In addition, non-essential external people have not been permitted to enter the home during this period.

We all need to be prepared and must know what to do in the event that someone we support does test positive for the COVID- 19 / Coronavirus.

Our Response when we suspect someone we support may be exhibiting symptoms of COVID -19

- Staff will monitor the people they support daily for any signs / symptoms of the virus
- If during the screening process or at any other time someone is exhibiting one or more of the symptoms listed below, we will take the following steps:

Signs and symptoms may include:

- Fever
- Cough, shortness of breath, breathing difficulties
- Chills
- Fatigue
- Sore Throat
- Runny nose / sneezing (*without known cause*)
- Stuffy or congested nose (*without known cause*)
- Lost sense of taste or smell
- Pink Eye
- Headache
- Hoarse voice
- Difficulty Swallowing (*If this is not typical for the person*)
- Digestive issues such as nausea, vomiting, diarrhea (*in someone who doesn't typically have loose bowels*) or abdominal pain

1. If a person we support begins to feel unwell they should remain home and [self-isolate](#) immediately, if able to do so, and follow CLDN's protocols
2. Provide details of the problem to the CLDN COVID -19 command post (Covid19CommandPost@cldn.ca). If a verbal consult is necessary, contact your Program Manager (during regular business hours) or On-Call (after business hours and / or on weekends) immediately, to inform them that you are implementing step 1 (see next page) in the process

3. If it is agreed that the symptoms qualify as a suspected case of Covid-19, we will operate temporarily as though the person does have the virus; i.e. staff will implement the measures described in Step 1 (below) and maintain them in place until COVID-19 is ruled out through the screening process or testing
4. You will also be authorized to contact either the Durham or HKPR Public Health Units, and you will be given the name and number of who to reach out to
5. If you are advised that a medical assessment is required, you will be directed to call the person's G.P. or to take them to hospital, a COVID assessment center etc. In some cases staff will be directed to support the person to self-isolate and a mobile unit will be sent to the home to complete an assessment / swab
6. If you are advised to book an appointment at an assessment center, you can do this by:
 - In HKPR visit <https://rmh.org/news-releases/community-update-expanded-covid-19-testing> to book an appointment. (You don't even need an appointment at to visit the Lindsay assessment center; however without an appointment you may experience a longer wait once you arrive)
 - In Durham Region you visit: covidswab.lh.ca and complete the on-line assessment to book an appointment

When someone we support tests positive for Covid-19

Step 1

- Post notice at the front entrance that there is an active case of Covid-19 present
- The team will work with their Manager and/or on-call to have additional PPE equipment delivered to the location immediately
- Obviously, the ban on non-essential external people entering the home will be maintained
- All employees working within the home will begin to [self-monitor](#) for symptoms and will continue to do so for 14 days – **see Step 3 Expectations of Employees**
- The Manager will notify staff currently working within the location of the test results
- The Team Leader and/or designate will notify people residing within the home of the situation
- The Team Leader and/or designate will update families of the people we support
- All employees working within the group home will be directed by the Public Health Unit, staff who are asymptomatic may be directed to [self-isolate while at work](#) and to practice self-monitoring, self-isolation and physical distancing in their own home life when not at work
- Employees will report any symptoms to the COVID -19 Command Post (understanding that their own manager is a part of this email listing)
- Employees who are ill, even with mild symptoms will stay home until cleared to work by Public Health
- Employees families, will be directed to practice self-monitoring, self-isolation and physical distancing in their own home life
- The team will follow the directives and treatment plan provided by the medical professionals involved
- The person's activities will be limited to those consistent with the above mentioned directives and treatment plan
- The length of isolation will be as directed by the local Public Health Unit

Staff will Implement Control Procedures

Step 2

- We will limit the number of direct support staff having contact with the person infected
- Teams will immediately implement the following measures: additional sanitization in the area that the person is isolating in, and they will begin to utilize full personal protective equipment PPE when directly supporting the person (gloves, gowns, Level 2 procedure masks, goggles, safety glasses, or face shield). Meanwhile, staff not involved in this direct care of the person who is ill will continue to wear Level 2 procedure masks for the duration of their shift, as per PPE protocol). **See PPE video on Surge Learning and the posters [donning & doffing for safe usage](#)**
- Staff will attempt to isolate the person infected to the best of their ability in their bedroom, or in another area if more practical and/or safe
- Peoples' ability to self-isolate is a major variable. This will have to be quickly assessed and adjustments, if needed, quickly put in place

- When possible, people who reside in separate units/quarters will remain in their own area and staff will be re-directed to those areas as needed
- Teams will designate a specific bathroom to only be utilized by the infected person, if possible. If this is not possible, staff will ensure that additional sanitization occurs following each time the person uses the bathroom

Expectations of Employees

Step 3

- All employees arriving on shift will continue to be screened
- All staff are expected to follow Government regulations around [physical distancing](#) and [self-isolation](#) when not working in the location
- Staff will be diligent and [self-monitor](#) for any [symptoms](#) and report any changes to the COVID -19 Command Post (understanding that their own manager is a part of this email listing)
- Although we continue to take every precaution, employees working in the home may be exposed to the virus in their off hours. It is for this reason, and to protect supported people and your co-workers, that you are wearing masks for the duration of your shift, as per our PPE protocol
- Staff will follow the recommendations in **Travelling to and from work** (next) in order to keep themselves and their families healthy

Protocol for Traveling from Work to Home

Step 4

- Dispose of all PPE equipment in the prescribed manner
- Wash hands or utilize hand sanitizer prior to leaving work
- It is a good practice to have a personal sized bottle of hand sanitizer to use once outside of the location
- Once home undress completely
- Wash clothing immediately in hot water
- Disinfect / wash yourself prior to encountering surfaces, items or people within your home. Wash hands, shower or bathe
- In locations that have a suspected or confirmed case employees should refrain from bringing items (coats, bags or briefcases) into and out of the home
- Monitor for any symptoms carefully. Inform the COVID 19 Command Post immediately if you start to have any signs of the virus

Best Practices to keep you safe and healthy

- Clean any surfaces that are touched often, such as counter tops, doorknobs, or tabletops. Use appropriate disinfectant
- Avoid sharing items with other persons in your household such as dishes, utensils, towels, etc.
- Wash your hands, often, for at least 20 seconds with soap and water or use hand sanitizer with at least 70% alcohol
- Get lots of rest and do “self-care” to ensure you remain healthy
- Talk with co-workers about your concerns, anxieties and thoughts. Having someone to talk to is good for our mental health and well-being
- Avail yourself of proactive testing opportunities as they become available

What if I have questions about COVID-19

- Email Covid19CommandPost@cldn.ca
- Durham Connection line (905-666-6241) or
- Haliburton, Kawartha, Pine Ridge District Health Unit (1-866-888-4577 ext. 5020)
- Telehealth Ontario (1-866-797-0000)
- www.publichealthontario.ca