

CLDN's PPE Protocol

What?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually (World Health Organization).

- Fever
- Chills
- Cough, shortness of breath, breathing difficulties
- Fatigue
- Pink Eye
- Runny nose
- Stuffy or congested nose
- Lost of taste or smell
- Sore throat
- Digestive Issues (nausea/ vomiting/ diarrhea/ abdominal pain)
- Hoarse Voice
- Difficulty Swallowing/

How is COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 2 meters (6 feet) away from a person who is sick.

Below are some steps to help prevent the spread of COVID-19:

Handwashing: One of the best ways to prevent the spread of infection is to practice proper hand washing techniques. For proper handwashing techniques you can [click here](#) to access a step by step video from Public Health.

Hand Sanitizer: A 70-90% alcohol-based hand rub can be added to your hand hygiene routine: Apply the sanitizer to your hands. Continue to rub your hands together until the alcohol has been rubbed in. It should take about 20 seconds until hands feel dry. This should only be used when your hands are not visibly soiled.

Gowns:

- Yellow gowns are to be worn over top of a cloth gown when supporting people who are suspected or confirmed as having Covid-19 who do not require any assistance with personal care.
- Disposable Level One gowns are to be worn when assisting people who are suspected or confirmed of having Covid-19, with personal care including shower or bath.

Gloves: All staff should wear gloves when providing personal care to any supported person. Before entering, the room staff will put gloves on. Always remember to perform proper hand hygiene and completely dry hands before using gloves.

Social Distancing: Everyone should maintain at least 2 metres (6 feet) distance between yourself and anyone else.

Cleaning and Disinfecting: It is particularly important to clean and disinfect commonly used areas. When using a disinfectant follow the manufacture instructions and reference the SDS sheet.

Information and Signage: It is important that all people working in the location are aware that there is a case of COVID-19. A sign will be posted outside of the area where the person is self-isolating.

Masks: Staff will wear a medical mask, which is provided by C.L.D.N. for the duration of their shift. These masks will be changed every 4 hours or sooner if damp, dirty, or contaminated. Masks will be changed immediately following providing direct care (within 2 meters of a person suspected or confirmed to have COVID -19).

Donning and Doffing PPE: Review training on Surge learning and the [Donning](#) and [Doffing](#) Posters

Who?

Anyone can be affected by COVID-19 although older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Reporting

- Always report all cases of COVID-19 or suspected COVID-19 to the COVID 19 Command Post email (Covid19CommandPost@cldn.ca) and your manager immediately.
- If you aren't sure or have questions contact your Manager, Human Resources and/or a Joint Health and Safety Committee member.