

## 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
- Chills
- Shortness of breath,
- Cough
- Difficulty Swallowing (*If this is not typical for the person*)
- Decrease or loss of sense of taste or smell
- Extreme Tiredness
- Muscle aches/ joint pain
- Sore throat
- Runny or stuffy / congested nose
- Headache
- Nausea, vomiting and / or diarrhea

These symptoms are usually mild and begin gradually (World Health Organization).

### 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:** Disposable Level One gowns are to be worn at-all times when you cannot safely maintain 6 feet distance when supporting someone who is a suspected or confirmed to have Covid-19. Gowns should also be worn when handling soiled clothing or bedding.

**Gloves:** All staff must 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.

**Physical 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 (Safety Data Sheet)

**Information and Signage:** It is important that all people working in an Outbreak location are aware of the Outbreak protocols. Public Health provided the Outbreak signage to be placed on the front door of the location. A sign will also 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. at all times, which includes when travelling in a vehicle for work purposes. These masks will be changed every 4 hours or sooner if damp, dirty, or contaminated. Masks can be removed only when:
  - Eating and Drinking
  - Staff are alone in an office, personal vehicle, outside

**Principles and Practices for Staff Masking:**

- Staff will be provided with a medical mask at the beginning of their shift. There is also a stock supply of medical masks at each program location so staff will change their mask every 4 hours or sooner if damp, dirty, or contaminated.

When removing a medical mask that can be re-used, staff are to:

- Perform hand hygiene,
- Remove the mask by removing the loops from around the ears,
- Fold the mask inwards so that the outside surface of the mask is exposed and the inside (the side that lies against the face) is protected,
- Place the mask in a clean paper bag folding the bag closed or in a plastic container with a lid,
- Perform hand hygiene.

When re-using the mask:

- Perform hand hygiene,
- Remove the mask from the bag or container, handling the mask in a manner that minimizes contact with the exposed mask surface,
- Don the mask
- Perform hand hygiene.

Masks are intended to be worn for extended periods and re-used, however the mask should be replaced every four hours and when it becomes:

- Soiled
- Contaminated
- Damaged, and /or,
- Difficult to breathe through

At the end of the scheduled shift, staff are to:

- Perform hand hygiene,
- Doff the mask, by removing the loops from the ears
- Discard the mask into the garbage using the foot pedal

### **N95 Respirators:**

All staff will be properly fit tested for a specific size of N95 respirator every two years.

N95 Respirators are required:

- When completing an aerosol generating procedure with a person is suspected or confirmed to have COVID-19. This includes entering a room where a CPAP or APAP machine is running with a person who is suspected or confirmed to have COVID -19.
- When providing direct care (within 2 meters / 6 feet) for a person who is suspected or confirmed to have COVID-19.

N95 respirators will be doffed (removed) once the aerosol generating procedure is completed or the direct care is completed and staff are able to maintain 2 meters / 6 feet from the person who is suspected or confirmed to have COVID -19. Once the N95 respirator is doffed a medical mask will then be donned (put on)

If the person who is suspected or confirmed to have COVID 19 is not able to self-isolate or the home is deemed to be in a suspected or confirmed outbreak staff will wear a properly fit tested N95 for the duration of their shift.

### **Eye Protection:**

*Eye protection needs to be:*

1. *Intended for protection of mucous membranes involving the eyes; and,*
2. *A barrier to provide that protection.*

*Eye protection should have some means of shielding the sides of the eyes/face by the way they wrap around so that droplets are less likely to land on the eyes.*

*Prescription glasses and sunglasses alone are not considered adequate eye protection.*

- All staff will don a **face shield** when supporting a person who is suspected or confirmed to have COVID 19, or when working in a program location that is suspected or confirmed to be in outbreak.
- When a face shield is used it will be disinfected by the employee prior to donning or re-donning, every four hours when medical mask is changed, at the beginning and end of their shift as well as anytime it becomes damp, dirty, or contaminated.
- Face shields will be disinfected using a disinfectant spray cleaner, a bleach/ water mixture, or a disinfectant wipe. Thoroughly clean the face shield being sure to also disinfect the mechanism used to attach the shield to your head and or face.
- Employees should avoid touching the face shield while it is being worn, if it is touched to adjust employees will immediately perform proper [hand hygiene](#).
- CLDN has provided each staff with their own Face shield, which can be labelled to easily identify who the face shield belongs to.
- Each program location will work together to ensure there is a plan in place to store each employee's face shield, ensuring the face shield is protected from being broken or being used by anyone other the employee it was assigned to.
- Each program location also has some extra face shields for staff who pick up a shift at the location or an essential visitor who may arrive on location without eye protection to wear.

When working in a location that is suspected or deemed to be in outbreak eye protection can be removed only when

- Eating and Drinking, you must be more than 2 meters /6 feet from others
- Staff are alone in an office
- Driving (but must be put on immediately when the vehicle is in park)
- Staff are alone outside

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