

# Pandemic plan – reminders while working

## Before heading to work –

- Self screen for symptoms of COVID-19 as per <https://covid-19.ontario.ca/self-assessment/#q0>
- If you are ill or the self assessment requires self isolation call your manager or oncall to report your absence.
- Pack a change of clothes (in case you are redirected, or clothing is contaminated)
- Pack your indoor footwear for in the home or apartment
- Pack some supplies in case you are unable to leave at the end of your scheduled shift
  - Medications
  - Toothbrush and toothpaste
  - Snacks or special food
- Ensure you have PPE's supplied by employer

## Arriving at work –

- Complete your screening form as per direction
- Sanitize your hands using the sanitizer at the entrance to the home.
- Wipe off any surfaces touched before using the sanitizer or by hand washing.
- Store personal items securely
- Put on any PPE and emergency alarm

## During work –

- Smile
- Make every effort to make reduce client anxiety about their fears and concerns.
- Make the shift fun and engaging for the client as their whole world is upside down.
  - Look for fun, safe social distancing activities to pass the time.
    - *Exercise videos on Youtube*
    - *Check community websites like MOD Alpha Court, as they sometimes have interactive online programs.*
    - *Encourage clients who have messenger etc. to connect with friends.*
    - *Encourage day services folks to connect and check in with each other.*
    - *Facetiming*
    - *Puzzles, crafts, baking, trying new recipes.*
    - *Trying new recipes that have interactive videos.*
    - *Hagi bingo*

- Try not watch the news about the pandemic 24/7 or talk about it if clients don't bring it up.
  - Encourage them to safe social distance and use regular PCH.
- Wash hands frequently with soap and water for a minimum of 20 seconds and dry with paper towel
- Clean and disinfect the workplace are on a regular basis using disinfectant as directed.
- Use your indoor shoes in the home or apartment. In an apartment setting be mindful of halls and laundry areas that the general public use.
- Use Universal/Standard Precautions as per HS190
- Monitor clients and self for any symptoms. Report as directed.
- Use PPE's appropriately
- Take personally assigned PPE's with you at the end of shift (can be stored in trunk if they do not need cleaning)
- Perform personal hand hygiene before leaving if possible

## After work –

- When getting home touch as little as possible
- Changing and immediately laundering clothes and mask on a hot or sanitize setting and dry thoroughly.
- Wash hands with soap and water for at minimum of 20 seconds
- Disinfect areas touched in your home and vehicle.
- Shower.
- Eat, rest and be mindful of self care.