

PREVENTING and CONTROLLING the spread of infections in our care centres is important for our residents' health and safety. Because of their age, immune status and other health issues, our residents are at an increased risk of contracting infections and becoming ill. Please help us prevent illnesses and potential outbreaks.

EDUCATION IS KEY

We all play an important role in preventing infections.

How Bethany prevents infections

- Education on the importance of hand hygiene and respiratory etiquette
- Flu vaccination programs for staff and residents
- COVID-19 vaccination program for residents
- Pneumococcal vaccination program for residents
- Isolation of ill residents when required
- Surveillance of infections
- Environmental and equipment cleaning protocols
- Early detection of outbreaks and outbreak management strategies
- Employee health programs
- Encourage staff members, visitors and volunteers to stay at home when ill



HAND HYGIENE

Hand hygiene is one of the most effective means to prevent the spread of infection. Alcohol based hand rubs clean your hands when they are not visibly soiled. Apply a palmful of rub on your hand and rub all surfaces of your hands until the alcohol vanishes.

Soap and water are used when hands are visibly soiled. Wet your hands with warm water, apply soap and rub all surfaces for a minimum of 15 seconds. Rinse hands in warm water, dry and turn the tap off with a paper towel.

STEPS TO TAKE

Here is what you can do to help:

- Perform hand hygiene when entering and leaving the building and in between resident visits
- Practice respiratory etiquette
- Get your annual flu shot and COVID-19 vaccine
- Do not visit if you are feeling unwell



RESPIRATORY ETIQUETTE

When you feel a cough or a sneeze coming on, use the crook of your elbow or another part of your arm covered in fabric. If you have no sleeves, use tissues. Throw them out immediately and wash your hands right away with soap and water or use an alcohol-based hand rub.

INFLUENZA/COVID-19

These are highly contagious infections of the airways caused by viruses (Influenza A/B and SARS-COV-2). These viruses can cause seasonal epidemics with mild to severe respiratory illness. Mutations in these viruses occur continuously. Having your vaccinations up to date (i.e., seasonal flu shot and COVID-19 booster) will protect against the virus strains circulating in the current season.

These viruses spread from person to person when the infected person coughs or sneezes (droplet spread) and by touching an object or surface that has been contaminated. A person can be infectious one day before symptom onset up to five days after becoming ill.

Here is what you can do to help prevent the spread of Influenza/COVID-19:

- Stay home when you have respiratory symptoms
- Perform hand hygiene often and do not touch your face
- Get the annual flu shot and COVID-19 vaccine

bet

