

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
- Vaccination programs 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

OUTBREAKS

What does it mean when a unit is in outbreak? The most common causes of outbreaks in long-term care centres are caused by:

- Respiratory viruses (Flu and COVID-19)
- Diarrhea and vomiting

These kinds of infections can spread easily and despite our best efforts, cause an outbreak.

If there is an outbreak in the care centre, you may encounter some special precautions:

- Visiting will be discouraged. You may be at risk of exposure to the organism causing the outbreak
- You may be asked to wear a gown or mask and perform extra hand washing if visiting someone who is ill
- Group and social activities may be cancelled

“
EVERYONE HAS
A ROLE TO PLAY
IN PREVENTING
AND CONTROLLING
THE SPREAD OF
INFECTIONS.
”

ABOUT SUPER BUGS

Some bacterial infections can no longer be treated with the common antibiotics. These are referred to as Antibiotic Resistant Organisms (AKA Super Bugs). They do not always cause illness and people may not know they are carrying them. You may have heard of the most common ones, referred to as MRSA or VRE. These organisms may cause severe illness in people who have multiple health problems. In acute care settings, patients may be isolated to prevent the spread of these organisms. In long-term care settings, residents who may have these bacterial infections are not routinely isolated as the care centre is their home. Proper hand hygiene will help stop the spread of these infections.

Please speak to a staff member if you have any questions.

Bethany Care Society works closely with Public Health during outbreaks to protect our residents and staff.

Resources: AHS, You Can Stop the Spread of Infection, Canada's Hand Hygiene Campaign.

Bethany Care Society
Corporate Services Office
100, 2915 – 26 Avenue SE
Calgary, Alberta T2B 2W6

403.210.4600 (Calgary)
1.888.410.4679 (toll free)
e-mail: info@bethanyseniors.com
www.BethanySeniors.com

Published Date: 2023-08-29

bethany[®]
creating caring communities

STOP INFECTION BEFORE IT STARTS



For families and visitors to
Bethany care centres