



Ontario Shores
Centre for Mental Health Sciences

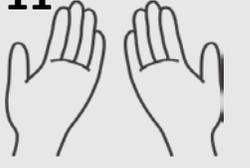
Safety Information Package for Patients and Visitors

June 30, 2020

Ontario Shores is committed to providing the safest environment possible for everyone at Ontario Shores. Enclosed in this booklet you will find safety and infection control practices to help keep you and your loved ones safe and healthy during this pandemic.

How to Wash your Hands



<p>1</p>  <p>Wet hands with warm water.</p>	<p>2</p>  <p>Apply soap.</p>	<p>3</p>  <p>Lather soap and rub hands palm to palm.</p>	<p>4</p>  <p>Rub in between and around fingers.</p>
<p>5</p>  <p>Rub back of each hand with palm of other hand</p>	<p>6</p>  <p>Rub fingertips of each hand in opposite palm.</p>	<p>7</p>  <p>Rub each thumb clasped in opposite hand.</p>	<p>8</p>  <p>Rinse thoroughly under running water</p>
<p>9</p>  <p>Pat hands dry with paper towel.</p>	<p>10</p>  <p>Turn off water using paper towel.</p>	<p>11</p>  <p>Your hands are now clean</p>	

How to Use Hand Sanitizer



1

Apply 1 to 2 pumps of product to palms of dry hands.

2

Rub hands together, palm to palm.

3

Rub in between and around fingers.

4

Rub back of each hand with palm of other hand.

5

Rub fingertips of each hand in opposite palm.

6

Rub each thumb clasped in opposite hand.

7

Rub hands until product is dry. Do not use paper towels.

8

Once dry, your hands are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

How to Wear a Procedure Mask



A procedure mask, also called a surgical or isolation mask, is to be worn by all visitors for the duration of your visit.

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly. Be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer

- Before putting on your mask, wash your hands with an alcohol-based hand sanitizer until dry or use soap and water for at least 15 seconds. If your hands are visibly soiled, use soap and water.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask. The masks provided by the hospital allows you to fit the mask across the bridge of your nose. Please do so to prevent a gap.
- Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

Dos and Don'ts for Wearing a Procedure Mask

Do:

- Check to make sure the mask has no defects, such as a tear or torn ear loop.
- Make sure to wear your mask securely on your face.
- Conserve your mask for as long as possible, but once wet, damaged, soiled or contaminated, immediately dispose of the mask.
- Take extra care when removing your mask as this is when self-contamination may occur. Leave the patient care area to remove your mask and perform hand hygiene afterwards.
- Place your mask in the paper bag provided if leaving the building and choosing not to wear it outside.

- Properly dispose of the mask by touching only the ear loops. Perform hand hygiene before and after removing a procedure mask.

Don't

- DON'T position a mask to hang off one ear, hang around the neck or be pulled down over chin.
- DON'T carry mask around by hand or swinging at side. Use ear loops together to hold mask.
- DON'T touch the front of the mask as this will contaminate it.

Frequently Asked Questions

What is COVID-19 or coronavirus disease?

COVID-19 or coronavirus disease is a new corona virus, reported to have been first identified in the province of Hubei, Wuhan China in 2019. The virus itself is part of a larger family of corona viruses (CoV) similar to Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). These viruses are known to circulate among different animal populations such as cats, camels and bats. When the virus makes it way to a human host, the infected individual can experience flu like symptoms.

What are symptoms of COVID-19?

Please be aware of the signs and symptoms:

Common symptoms of Covid-19 include:

- Fever (temperature of 37.8 degrees or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of Covid-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion - in absence of underlying reason for these symptoms such as allergies, post nasal drip, etc.

Other signs of Covid-19 can include:

- Clinical or radiological evidence of pneumonia

Atypical symptoms/clinical pictures of Covid-19 should be considered, particularly in children, older persons, and people living with developmental disability. Atypical symptoms can include:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number in falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headache
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children
 - Presentation may include persistent fever, abdominal pain, conjunctivitis, gastrointestinal symptoms (nausea, vomiting and diarrhea) and rash

Atypical signs can include:

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O₂ sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Other risk factors may include:

- Close contact with a confirmed or probable case of COVID-19
- Close contact with a person with acute respiratory illness who has been to an impacted area
- Travel outside of Canada

On average, these symptoms may begin within five to six days of a person becoming infected. However, people may experience symptoms between one and 14 days after the initial transmission/catching the virus.

Anyone, regardless of age, is at risk of contracting COVID-19; However, the likelihood of having severe health complications, if ill, is higher for those who have certain medical conditions such as heart disease, hypertension, lung disease, diabetes and or cancer; a weakened immune system or those who are older in age/elderly population.

How does COVID-19 spread?

Recent studies have told us that the virus is not airborne meaning it does not stay suspended in the air. The virus is spread most commonly when an infected person sneezes or coughs, expelling droplets from their nose or mouth. The virus uses the droplets as a vehicle to make its way to other people and or surfaces. To be more specific, close, prolonged personal contact, such as touching or shaking hands are means by which the virus can spread person to person Also, touching something with

the virus on it, then touching your mouth, nose or eyes before washing your hand can transmit the virus.

How can COVID-19 be avoided?

There is currently no vaccine to prevent COVID-19 infection. As with other respiratory viruses, the best way to prevent infection is to avoid being exposed to infected persons and to use common infection prevention practices including:

- Washing your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least a 60% alcohol concentration if soap and water are not available or if your hands are visibly soiled.
- Keep a safe distance of two metres or six feet between you and other people.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, or the bend of your arm, not your hand and throw the tissue in the trash.

Is there any treatment for COVID-19?

There is no specific treatment for COVID-19 but your healthcare providers can treat for the symptoms you may be experiencing.

What should you do if you are not feeling well?

If you are a patient, notify your caregiver if you are experiencing any of the symptoms mentioned prior. If you are a visitor, please delay your visit.

What Is Ontario Shores doing to keep you safe?

We are allowing limited numbers of visits for our patients in designated spaces throughout the hospital. Our environmental service workers are working round the clock to ensure a clean and safe space to enjoy your visit. We ask that you respect the time frames established by our staff, as they are pertinent to our infection prevention and control measures.

What Should You Do Keep your Loved One Safe?

Before visiting, please ensure that you are not experiencing any of the symptoms mentioned earlier. If the person you are visiting is on a geriatric unit, you will have had to receive a negative COVID-19 test within 14 days of your visit. If the person you are visiting is on an isolation unit, visitation will not be permitted.

All persons entering the facility must go through a screening process. Upon entering the facility, we ask that you perform hand hygiene with the alcohol-based hand rub the stationed at the entrance.

Please use the procedure mask provided to you by the hospital. This mask is to be worn throughout the facility and during your visit. There will be brown paper bags distributed at the entrance if you would like to store your personal cloth mask or the mask provided to you.

Food items for one-time consumption are permitted. No personal belongings are to be brought in. Please practice respiratory etiquette and physical distancing of two metres or six feet at all times.

Any non-adherence to the rules will be the basis for discontinuing visits.

Please visit www.ontarioshores.ca for ongoing updates to our Visitor practices.