Health & Safety - Ways to Protect Staff & Participants

- Follow all steps to reduce the transmission of communicable diseases (refer to staff letter sent 3/12/2020).
- Continue to use Universal Precautions at all times. The Universal Precautions approach to infection control is to treat all human blood and certain human body fluids as if they were known to be infectious for HIV, HBV and other bloodborne pathogens.
- Treat everyone as if they can transmit a communicable disease even if they show no symptoms. Encourage participants to do the same. Follow these steps:
  - Limit physical contact and close proximity as much as possible.
  - Avoid hugging, shaking hands, "high 5's" and fist bumping. Replace this with elbow bumps or air "high 5's."
  - Wear gloves when cleaning (cleaning tables, small spills, etc.).
  - Wear gloves when providing any support that involves physical contact such as helping someone to eat, assisting someone to clean/wipe their face or hands and assisting someone to wipe/blow their nose.
- Be aware of signs that someone may not feel well (see below).
- Openly communicate with participants, their families, staff and supporters.
- Teach/ model proper hand washing (20 seconds with soap and water).
- Discuss questions and concerns with supervisors, Denise Pioli or Jen McCary.

Be on the lookout for changes in people's behavior and presentation including:

- Rapid breathing
- Breathing difficulties
- Fever
- General malaise or lethargy
- Functional decline (people are not participating at their typical level or unable to do things they normally do)
- Increased confusion or agitation
- Incontinence (new onset)

- Loss of appetite
- Abdominal pain
- Headache
- Chest pain
- Tachypnoea (abnormally rapid breathing)
- Cough
- Blue coloration of the skin around the mouth

What to do if someone shows any of these symptoms:

- Ask the person how they are feeling including any additional symptoms that they might have.
- Speak with a supervisor about next steps.

Via's Mission: Helping the people we serve reach their full potential.