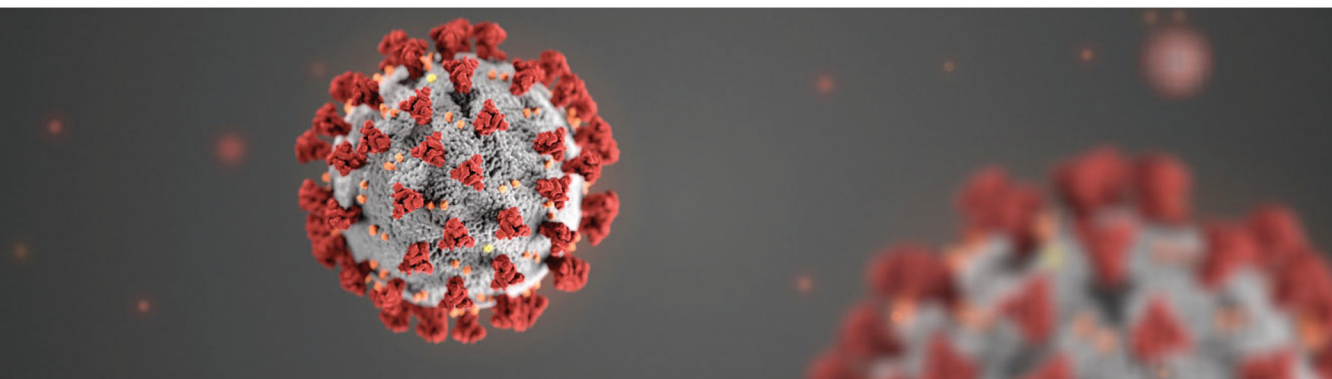




Circle of Eagles Lodge Society

COELS COVID-19 STAFF TRAINING PLAN

Resources and Information Workbook



Version 1, April 2020

COELS Employee Sign Off

Name: _____

Date: _____

Supervisor sign-off: _____

When complete please hand in to the House Manager.

COELS COVID-19 STAFF TRAINING PLAN

Resources and information Workbook

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Introduction and Purpose

COVID RESOURCES FOR Circle of Eagles Lodge Society Staff Working with Vulnerable Brothers and Sisters

Purpose: This document has been adapted from various trusted resources and provides COVID-19 information and is to be used for the Naa-na-himyis Brothers Healing Lodge and Anderson Lodge Healing Centre for Women.

There are additional resources adapted and will be discussed in this resource for sharing with the Brothers and Sisters and for additional materials to be posted in all the Lodges.

This document contains valuable information and will continuously be updated. Please refer to any additional memos and communications from the CEO, CPRT, CSC and other partners including Health Authorities.

All Board, Managers and Staff should read and understand and become familiar with prevention and limiting the spread of the COVID-19 virus.



Overview

What is COVID-19

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by this new coronavirus has been named COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

COVID-19 is a virus that causes respiratory illness – meaning it affects the lungs and/or other parts of the respiratory system. It can spread through droplets when people cough or sneeze, or if you touch an infected surface with your hands and then touch your face.

The most common symptoms of COVID-19 may include:

- cough
- fever, and/or
- difficulty breathing

Most people who contract the virus, will experience mild to moderate symptoms similar to a cold or flu.

Though no one is invulnerable, older adults are at increased risk for severe illness or death from COVID-19. Underlying conditions, include heart disease, lung disease, and diabetes, increase risk even further in those who are older.

In addition, anyone with an underlying medical condition, regardless of their age, faces increased risk of serious illness.



Transmission of COVID-19

Public Health experts are quite confident that Coronavirus Disease is spread through droplet transmission, which is consistent with all other coronaviruses. This type of transmission from person to person occurs only after symptoms develop when infected people cough or sneeze and produce droplets. There is no reported evidence of airborne transmission.

Transmission of COVID-19 is

- Via larger liquid droplets when a person coughs and/or sneeze.
- Droplets enter through the eyes, nose or throat if you are in close contact (<2meters or a hockey stick length)
- By touch, if a person has used their hands to cover their mouth or nose when they cough.
- By touching a surface or an object contaminated with the virus. The virus is NOT known to be airborne (e.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin.



How can you protect yourself?

We anticipate increased demand on the health care system because of COVID-19, so it is important for all COELS to take steps to ensure their health and wellness.

- ✓ Make your own personal plan for essential supplies, including prescriptions, and consistently use infection prevention measures such as handwashing.
- ✓ The best way to protect everyone is to practice good hand washing. Washing your hands with soap and water for at least 20 seconds.
- ✓ If soap and water is not available, you can use an alcohol-based hand sanitizer (with at least 60% alcohol content) for at least 20 seconds.

Always wash your hands:

- when you enter and leave a Brother / Sister's room
- before preparing any food
- after going to the washroom

Other Infection prevention measures:

- avoid touching face
- avoid contact with sick people
- stay home if sick
- cough or sneeze into sleeve, or into tissue and throw away and wash your hands
- clean and disinfect frequently touched surfaces
- wear a mask in common areas

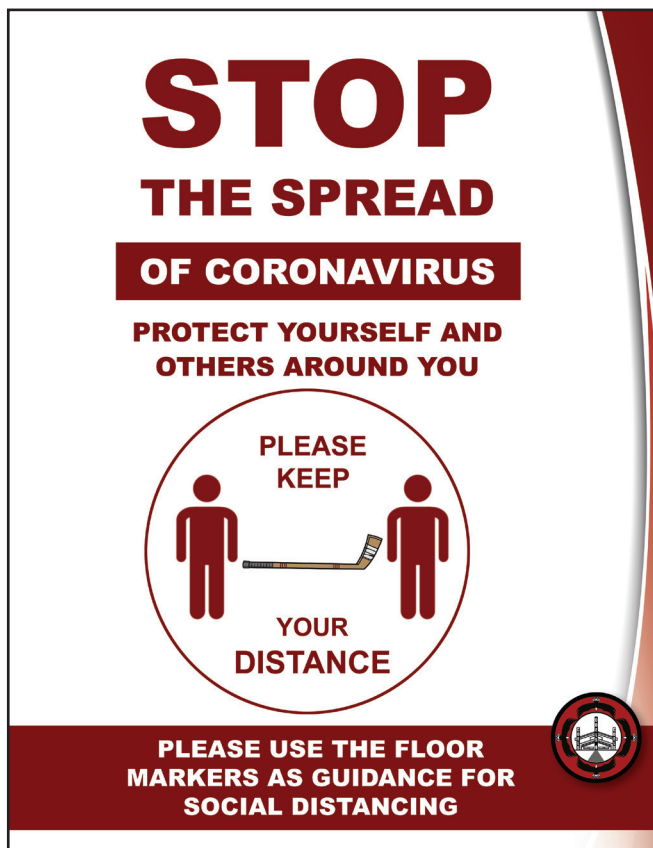
Additional infection control resources, including handwashing, personal protective equipment/droplet precaution and more, and point-of-care risk assessment are included in this resource.



Social Distancing

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ✓ avoiding crowded places and non-essential gatherings
- ✓ avoiding common greetings, such as handshakes
- ✓ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ✓ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Additional Preventive Measures

The following are ideas collated from recent Health Authority publications, Communiques from NHQ and Health Care.

Current guidelines suggest that “close contact” is spending 2 hours in the same room with someone diagnosed with COVID-19 or 15 minutes within 2 metres of someone diagnosed with COVID-19. If COELS Lodges are able to change their operations to operate outside of those parameters the staff would not be required to self-isolate for 14 days in the event a tests positive and the contact tracing begins.

- Where possible, establish a virtual handover and sanitation in between. It will free up the second shift to continue working if the first shift has to self-isolate.
- Avoid as much as possible having staff work in different CRF's as well as at second jobs.
- Where possible, have individual or designated workstations for each staff member or ensure that each workstation is sanitized after each shift / change in worker.
- Active Screening used each day and when Brothers /Sisters returns to the house.
- The no touch temperature gauges to conduct daily temperature checks and mark it on the sign in sheets of Brothers /Sisters.
- Ask Brothers /Sisters to turn their face away from staff members during physical contact.
- Use tape on floor of common areas to remind of importance of social distancing.
- COELS has implemented signs up about frequent handwashing and has instituted a “hand wash upon entry” protocol.
- Arrange for specific times for fresh air / smoking outside to allow positive / isolated Brothers / Sisters to leave their rooms without coming into contact with others.
- Isolated Brothers / Sisters should have meals delivered to their door but they should come to the hallway and collect the meal to avoid staff person from making unnecessary trips into the room. Please use the disposable cutlery and plates /cups.
- Where possible limit the places that each staff person travels to in the facility. It will reduce the number of contacts in the event of contact tracing.

Additional Best Practices

- Each Brother / Sister is been put in a group of 3-4 (total of 4 groups) and given a piece of paper with their check in times.
- Staff office check in area has tape 2 metres apart on the hallway floor outside of the office entrance and each Brothers / Sisters stands on the piece of tape while waiting.
- There is a bathroom in the area so the first Brothers / Sisters enters the bathroom, washes their hands for 30 seconds, uses the paper towel to turn off the sink, then lets the next Brothers / Sisters know they can wash their hands.
- The first Brothers / Sisters comes into the office area stands on the tape 2 metres from the dutch door, staff complete check in. If the Brothers / Sisters is logging out or accessing medications, they wait on the tape, staff bring the medication box or log book to the dutch door, then staff step back two metres to the tape in the office. The Brothers / Sisters steps forward to complete everything, when all is done staff disinfect the logbook, pen and med bag.
- The second Brothers / Sisters who just washed their hands is expected to wait on the tape that is by the bathroom door. Any Brothers / Sisters with medication is expected to access it during morning check in.
- Note: The check in times are slightly altered to accommodate having only one Brothers / Sisters in the office at a time.

Mental / Emotional Health

Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- ✓ Fear and worry about your own health and the health of your loved ones
- ✓ Changes in sleep or eating patterns
- ✓ Difficulty sleeping or concentrating
- ✓ Worsening of chronic health problems
- ✓ Worsening of mental health conditions
- ✓ Increased use of alcohol, tobacco, or other drugs



Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Talk to an Elder / Counsellor (COELS staff has access to free counselling)
- Visit the [Disaster Distress Helplineexternal icon](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotlineexternal icon](#) or call 1-800-799-7233 and TTY 1-800-787-3224

Personal Protective Equipment (PPE)

When should I wear PPE?

Masks

Masks: You need to wear a mask when you are in direct contact with someone presenting flu like symptoms (fever, cough, shortness of breath...) Or if you have symptoms and cannot be isolated. If you don't have symptoms or if you can keep 2 meters between yourself and others, you don't need a mask.

*Masks should be now worn by all people in the Lodges that are in common areas.

Gloves

Gloves: Wear gloves when touching potential contaminated surfaces or symptomatic person and environment.



Droplet Precaution Donning /Doffing PPE

Steps to Donning Personal Protective Equipment (BCCDC)

1. Hand hygiene – Clean all surfaces of hands and up to wrists.
2. Gown – Cover torso and wrap around back, fasten in back of neck and waist.
3. Surgical/Procedural mask – Secure ties at middle of head and neck, fit nose band to your nose and pull bottom down to completely cover chin.
4. Eye protection (face shield or goggles) – Place goggles or face shield over face and eyes and adjust to fit.
5. Gloves – Extend to cover wrist of gown.

Go to the following link: <https://www.youtube.com/watch?v=quwzg7Vixsw>



Steps to Doffing Personal Protective Equipment (BCCDC)

1. Gloves – Remember, the outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under the other glove at wrist and peel off. Discard in regular waste.
2. Gown – Unfasten ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Discard in regular garbage.
3. Hand hygiene – Clean hands and use a paper towel to touch the doorknob to exit the room. If paper towel is not available, then clean hands again after leaving room before removing gown.
4. Eye protection (face shield or goggles) – Do NOT touch the front of them. Discard in regular garbage or put in receptacle for reprocessing.
5. Surgical/Procedural mask – Grasp ties or elastics at back and remove WITHOUT touching the front. Discard in regular garbage.
6. Perform Hand Hygiene – Clean all surfaces of hands and wrists.
7. Exit room – AFTER cleaning all surfaces of hands, exit room.

When a Brother or Sister is sick, staff must wear appropriate PPE including a gown, gloves, eye protection (face shield or goggles) and N95 Respirator when entering their room.

Go to the following link: <https://www.youtube.com/watch?v=quwzg7Vixsw>

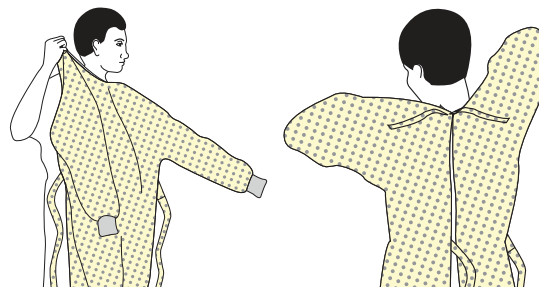


SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



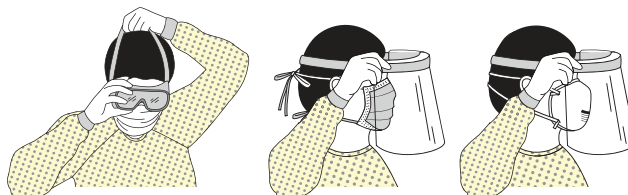
2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



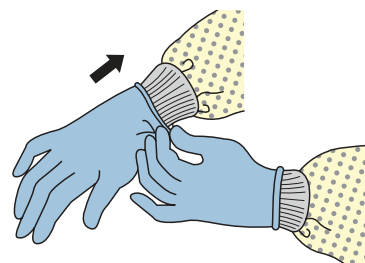
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



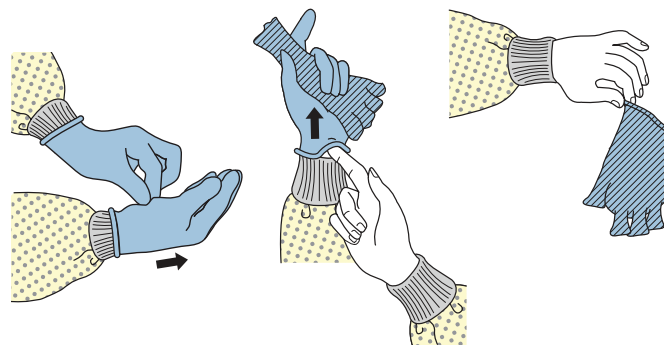
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

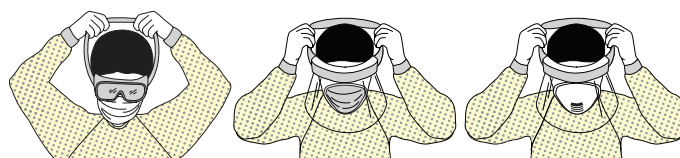
1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



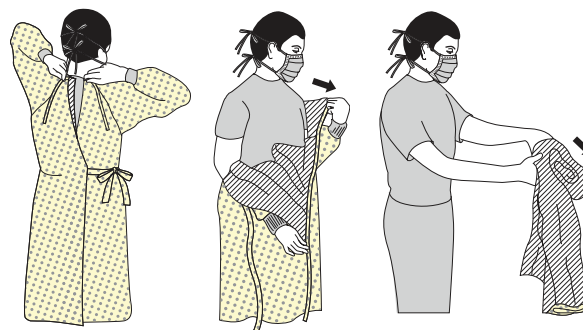
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



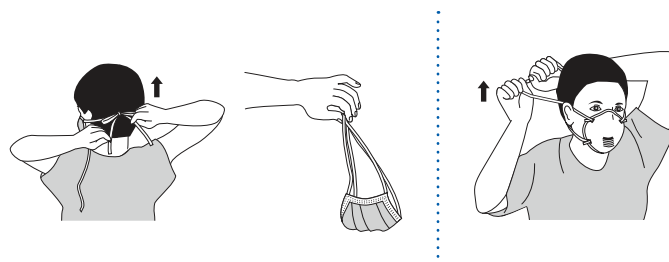
3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

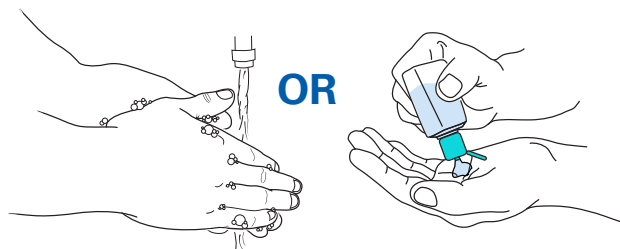


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



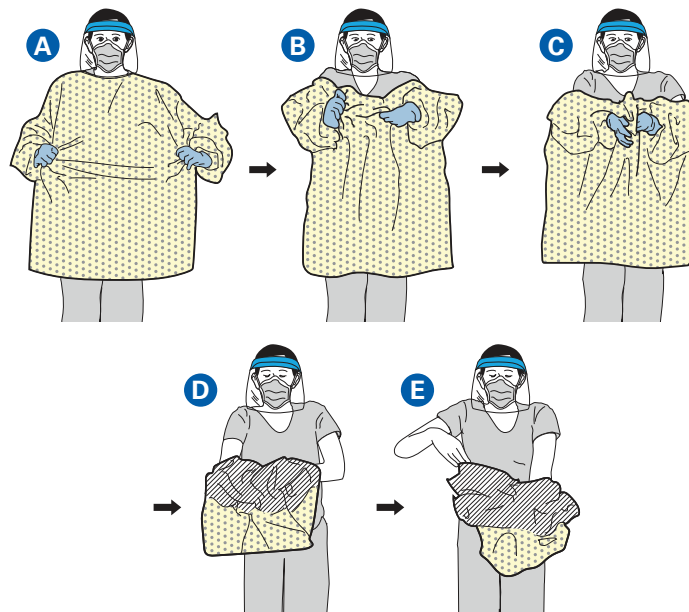
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

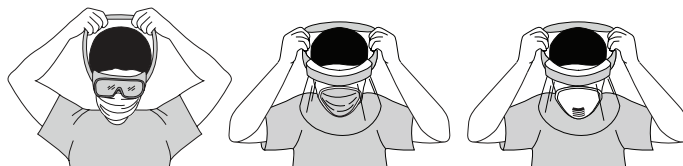
1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



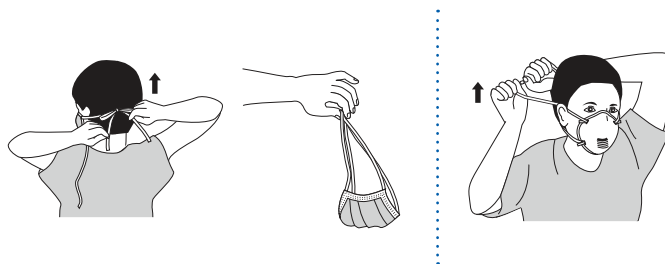
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

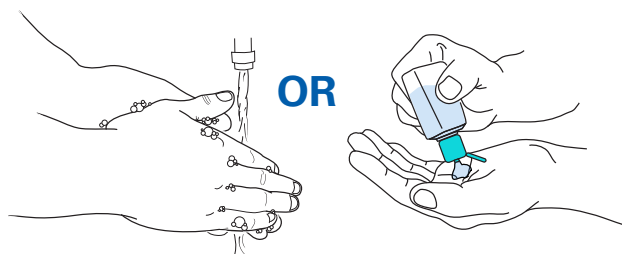


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



Isolation Process in Lodges

There may come a time that Brothers / Sisters require isolation or quarantine.

If it is during office hours, inform the House Manager immediately

If it is after hours contact NMC, and the House Manager who will contact the COELS Pandemic Response Team. If the house manager is unavailable contact the CEO or DOO. The CPRT will notify Public Health and Correctional Service Canada.

1. Initiate immediate isolation in the single room that has been set for isolation. Both Lodges have room(s) set aside for this purpose.
2. If COVID-19 is suspected, assist the Brother/Sister in completing the assessment below to determine whether they do present risk and need further assessment or testing for COVID-19.
https://bc.thrive.health/?fbclid=IwAR3UUGKBi_Ou8dftmzuN26ZMtl6PiZTrcg9ISWEkNwIw-yEVTkxsfRtlPgS
3. The CPRT will work with Correctional Service Canada and the health authorities on securing other options to quarantine the individual who is presenting symptoms. Currently Coastal Health has quarantine units for those who test positive, as well as CSC has set aside space within some institutions that can be utilized for this purpose.
4. If the Brother/ Sister with symptoms remains within the facility, they will be required to remain in their room by themselves for 14 full days or until their symptoms have been fully resolved if this takes longer than 14 days.
5. A sign with the word “ISOLATION” must be placed on the Brother/ Sister’s door.
6. The COELS Pandemic Response Team will work with Case Management and Health Officials to ensure daily medications are available to the individual in need. Any medications that are kept in the residence will be brought to the Brothers / Sisters with the precautions outlined below.
7. Staff must adhere to all infection control measures including wearing gloves, mask, eye protection, and an N95 mask when bringing meals to the individual in quarantine if entering the room is necessary.
8. All protective gear is to be disposed of immediately after delivering meals or entering their room. If there are multiple Brothers and Sisters

that are ill, staff must not go from room to room with the same gown, gloves, masks and eye protection.

9. Place a garbage bin outside the Brother's or Sister's room to dispose of their gowns, gloves, masks, and eye protection.
10. Staff must ensure that the garbage bin is emptied out on a regular basis: after each shift.
11. Staff must wash their hands after leaving the Brothers / Sisters room. Refer to donning on and doffing off PPE.
12. The same protocols are to be used during mandatory room checks if entering the room is necessary.
13. When a single room is not available and a shared room is the only option, Brothers / Sisters who are experiencing symptoms must always wear a mask when inside their room.
14. Brothers/ Sisters who share the room with the person experiencing symptoms must wear a mask at all times.
15. A 2-metre separation between beds must be established. Beds are to be arranged head to toe to maximize distance and a physical barrier such as temporary walls, curtain or sheets placed between.
16. All other protective measures should be adhered to with single and shared rooms.

CPR COVID-19 Interim Directives from CSC

On April 8th 2020, CSC released COVID-19 Interim revisions to Cardiopulmonary Resuscitation (CPR) Procedure. This interim direction that we are providing for COELS staff means that there is currently no obligation for staff to conduct mouth compressions. Each staff member is encouraged to review these interim guidelines. We have modified the instructions as follows:

CPR in the context of COVID-19

- COELS Lodges are in a closed environment where physical distancing can be difficult to achieve;
- Given the increase in community transmission of COVID -19 and the reality of the asymptomatic spread of the disease, any person may be contagious;
- There is evidence that CPR/cardiac compressions may generate virus particles into the air.

Compression Only CPR

Considering the potential risk of transmission of COVID -19 to staff in performing CPR and the conditions necessary to mitigate that risk to staff and, potentially other Brothers / Sisters,

CSC developed the following directions for intervening with inmates, staff, contractors, and volunteers who are unresponsive.

Direction: If a person (Brothers / Sisters, staff, contractors, volunteer) is unresponsive, has no signs of circulation (not breathing or breathing abnormally; if there is any doubt about the person's breathing, assume there is no breathing) including no pulse (if trained in CPR/AED at the health care provider level; if there is any doubt about the presence of a pulse, assume there is no pulse):

- Call for help, Call 911, have one person stay with the person and have the first aid kit brought to them and the AED;
- Don PPE (gown, N95 mask, visor or goggles, gloves);
- Move the patient to a firm flat surface. All nonessential people should be cleared from the area.
- If opioid overdose is suspected administer naloxone nasal spray;
- Put a surgical/procedural mask on the patient;
- Begin CPR until the AED arrives and manage as per CPR/AED certification with the exception that you **do not ventilate the patient (no breath to mouth)**;
- Initiate use of AED, follow voice prompts, allow up to 3 analyses, if no return of circulation and no shock, discontinue CPR;

*currently we do not have AED's on site for our Lodges but we are in the process of ordering them.

Review Questions

Please answer the following questions. When complete please hand in to the House Manager.

☒ Please mark boxes as you're reading through.

1. COVID-19 BASICS

- ☐ Coronaviruses cause mild to severe illnesses (eg: common cold, SARS).
- ☐ Most people will have a mild-illnesses and recover.
- ☐ Symptoms are like the common cold (fever, cough, shortness of breath).
- ☐ People at high risk, (older, other underlying conditions) may experience complications or severe illness including difficulty breathing.

What is the procedure if someone shows symptoms in the Lodges?

2. Infection Prevention and Control

- ☐ Transmission is via **droplets**.
- ☐ To stop the spread of the virus, wash hands, avoid touching your face.
- ☐ Avoid contact with sick people, stay home if sick.
- ☐ Cough or sneeze into sleeve, or into tissue and throw away (and then wash hands).
- ☐ Clean and disinfect frequently touched surfaces.
- ☐ Wear a mask if you have symptoms and whenever you are working closely with someone.

What should you do to prevent the spread of the virus?

What else can you do?

3. Containment in both Lodges

- ☐ Minimize face-to-face contact (designed staff in each area, use physical barriers).
- ☐ Wear gloves to touch Brothers and Sisters doors for the wellness checks and if you touch their belongings.
- ☐ Space beds 6 ft apart, head to toe in double rooms.
- ☐ Provide fluids, tissues, garbage bags.
- ☐ Stock sinks: soap, drying materials.
- ☐ Provide alcohol hand sanitizer (60%) at key points.
- ☐ Post signs at entrances asking about symptoms.

What else can you do?

4. Clean and Disinfect

- ☐ COVID-19 is not a hardy virus, it is covered by fatty tissues, cleaning works!
- ☐ Clean, then disinfect equipment/ surfaces after every use, high touch surfaces (e.g. doorknobs, handrails etc.) at least 2 x a day.
- ☐ Use pre-made solutions (one part bleach to nine parts water) or ready-to-use wipes.
- ☐ Shared equipment should be cleaned + disinfected before moving.
- ☐ When someone sick has been moved, clean the entire room/bed area, including all tough surfaces.
- ☐ Brothers and Sisters will be placed in the quarantine rooms.

What room(s) are set aside for the Brothers / Sisters? _____

What are some of the areas you should clean and disinfect?

5. Bathrooms

- ☐ Clean bathrooms thoroughly after every use.
- ☐ Stock sinks with soap and drying materials.
- ☐ We have now designated bathroom for sick Brothers and Sisters at both lodges (COVID-19 symptoms).
- ☐ There are also bathrooms designated close to their rooms.

What do you do to encourage the Brothers and Sisters to clean the bathrooms?

6. Food

- ☐ Food should be individually packaged.
- ☐ Deliver food outside doors and leave for pickup.
- ☐ Do not have self-serve, buffet style or share food, unless all clients are positive for COVID-19.
- ☐ Use stir sticks for coffee/ tea.
- ☐ COELS will use throwaway plates and utensils with anyone that is showing symptoms.

What would this process look like at the Lodge?

7. Harm Reduction

- ☐ Give supplies in individual packages.
- ☐ Do not share supplies, including for smoking.
- ☐ Clients should stock up on supplies/ drugs (approved), wash hands before taking medications.

What steps would staff use in the case of an overdose in the Lodge?

8. What to do when Brothers and Sisters display mild symptoms?

- ☐ Cough, sore throat, fever, sneezing, difficulty breathing.
- ☐ Confined to the designated rooms and bathrooms.
- ☐ Avoid common areas.
- ☐ If you need to be closer than 2 m (hockey stick length) for care and bed changes, wear Personal Protective Equipment (PPE); mask, eye shield, gown, gloves.
- ☐ Learn to put on (“don”) and, especially to take off (“doff”) your PPE safely.

What would the process be if someone shows mild symptoms in the Lodge?

9. Severe Symptoms:

- ☐ Extremely difficult breathing (not being able to speak without gasping for air).
- ☐ Bluish lips or face.
- ☐ Chest pain.
- ☐ Change in level of consciousness.
- ☐ Call 911.
- ☐ Follow CRF Procedures, notify Administration, PO, National Monitoring Centre (NMC), etc.

What would the process be if someone shows severe symptoms in the Lodge?

10. Mask and Gloves:

- ☐ Masks should be changed often, and gloves between each person.
- ☐ Don't forget to wash hands after each use of mask/gloves.
- ☐ Don't touch your face with the gloves.
- ☐ Keep masks and gloves in a secure location.

What are some other ways to properly use masks and gloves?

11. How can you provide safe care to the Brothers and Sisters?

- ☐ Should you become ill, please contact your supervisor or manager.
- ☐ If, in the course of your work, you encounter a Brother or Sister with COVID-19 symptoms or who reports being exposed to someone with COVID-19, immediately report this to your Supervisor/Manager so that appropriate follow-up steps can be taken.
- ☐ If a Brother or Sister is coughing or sneezing during a visit, ask them to wear a mask. Use droplet and contact infection control procedures.
- ☐ Follow COELS Self-isolation and Quarantine Procedures.
- ☐ Encourage, educate and support Brothers and Sisters by reinforcing hand washing and reporting of symptoms.
- ☐ Please refer Brothers and Sisters to any of the attached resources in this document.
- ☐ Additional resources also include an overview of how to provide culturally safe, trauma-informed care during a public health response, as well as resources on supporting harm reduction/overdose prevention, and safer use strategies.

What should you do if you experience any COVID-19 symptoms?

12. Social Distancing

Here's how you can practice social distancing:

- ☐ greet with a wave instead of a handshake, a kiss or a hug
- ☐ stay home as much as possible, including for meals and entertainment
- ☐ shop or take public transportation during off-peak hours
- ☐ conduct virtual meetings
- ☐ host virtual playdates for your kids
- ☐ use technology to keep in touch with friends and family
- ☐ use food delivery services or online shopping
- ☐ exercise at home or outside

What other ways can you do social distancing?

What is your wellness plan for COVID-19?



Handwashing is one of the best ways to protect yourself, your colleagues, the Brothers and Sisters and your families from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help everyone at Naa-Na-Himiyis and Anderson Lodge to stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage



FIVE Easy Steps for Proper Hand Washing

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout the Brothers and Sisters Lodges, and to the entire community—from your home and workplace, here at Naa-na-himiyis and Anderson Lodge to other Community Residential Facilities, and elsewhere.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



NO VISITORS

Only Brothers and Sisters that live in this facility, staff that are on shift, and Essential Visitors may enter these premises.

Essential Visitors include: Elders, Counselors, Parole Officers and those that work directly with the Brothers and Sisters may enter.

This home has Brothers and Sisters, Staff who are at risk for health including:

Chronic Illness
Age over 65
Immunocompromised
Recent Hospitalization or Illness
Diabetes, High Blood Pressure



Do not enter if you have these symptoms

Sneezing
Coughing
Fever
Shortness of Breath



Trusted sources of general information about COVID-19

Trusted sources of general information about COVID-19

BC Centre for Disease Control (BCCDC)

The BCCDC website contains the latest information about the disease, particularly as it relates to the health and well-being of British Columbians. Relevant BCCDC resources and channels include:

- Health information for the public: [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))
- BCCDC Twitter feed: @CDCofBC

Government of British Columbia

- BC COVID Information Line: 1-(888)-268-4319
- HealthLinkBC: <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>
Vancouver Coastal Health website
- <http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus>
COVID-19 resources for service providers

Online Learning resource:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training>

1. Infection Prevention and Control (IPC) for novel coronavirus (COVID-19)
2. Introduction to emerging respiratory viruses, including novel coronavirus

Infection Prevention and Control (IPC) for novel coronavirus (COVID-19)

- Coronavirus Trainings IPAC: <https://ipac-canada.org/coronavirus-resources.php>
 - o This course provides information on what facilities should be doing to be prepared to respond to a case of an emerging respiratory virus such as the novel coronavirus, how to identify a case once it occurs, and how to properly implement IPC measures to ensure there is no further transmission to HCW or to other patients and others in the healthcare facility.

Additional Resources

US CDC Interim Guidance for Homeless Shelters:

- Department of Housing and Urban Development Content on Infectious Disease Preparedness Among Homeless Assistance Providers and Their Partners.
- Environmental Cleaning and Disinfection Recommendations for community facilities
- WHO Q&A on infection prevention and control for health care workers caring for patients with suspected or confirmed 2019-nCoV

Additional Resources Specific to Homeless Shelters

- City of Toronto: Infection Prevention & Control Resources for Homelessness Service Settings
- Department of Housing and Urban Development Webinar on Infectious Disease Preparedness Among Homeless Assistance Providers and Their Partners.
- Government of Canada Summary of Transmission assumptions
- Government of Canada Community-based measures to mitigate the spread of coronavirus disease (COVID-19) in Canada



Circle of Eagles Lodge Society

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Anderson Lodge Healing Centre for Women

2716 Clark Drive
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Fax: 604-874-9464

COELS Resource Center

2008 Wall Street
Vancouver B.C. V5L 1J5

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