



Circle of Eagles Lodge Society

Brothers and Sisters

COVID-19

Manual/Workbook

PART 1

CORONAVIRUS (COVID-19)



**Keeping safe and healthy at
Naa-na-himyis Brothers Healing Lodge
and Anderson Lodge Healing Centre for Women**

Prepared by
COELS Admin

Date: May 15, 2020

Acknowledgements

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Greg Pierre Jr. for design and layout.

Thank you for all your help in creating this resource for Brothers and Sisters in our Healing Lodges.



Name: _____

Date: _____

Case Worker: _____ **Signature**

House Manager: _____ **Signature**

Table of Contents

COVID-19 CHECKLIST	4
Introduction	5
PART ONE - COVID-19	6
What is COVID-19?	6
How COVID-19 is Spread.....	6
What are the symptoms of COVID-19?	8
How do I protect myself and others?.....	9
Visitors	9
Hand washing.....	10
Wash Your Hands Often to Stay Healthy	10
Physical Distancing.....	11
What does Physical Distancing Mean?	11
How do I practice Physical Distancing?.....	11
In the community	11
In the Lodges	11
Protecting Your T - Zone	12
Wearing Goggles.....	12
Wearing a mask.....	12
At the grocery store.....	15
COVID-19 on Surfaces & Cleaning and Disinfecting	17
How Long Does COVID-19 Stay on Surfaces.....	17
Cleaning and disinfecting after myself.....	19
COVID-19 and Sex.....	21
Vaping, Smoking (medicinal marijuana) and COVID-19	21
Sharing safely	24
Essential Visits	25
Wellness Break	26



COVID-19 CHECKLIST

After reading this document I understand the following:

Check	Topic	Staff Initial
PART ONE: COVID-19		
	What is COVID-19?	
	How COVID is spread?	
	What it does to People?	
	What are the symptoms?	
	How long does the virus stay on surfaces?	
	How to properly clean and disinfect.	
	How to protect myself?	
	When should I wear a mask?	
	How do I properly wear a mask?	
	What is physical distancing?	
	How do I practice it in the community?	
	How do I practice Physical distancing in the lodges?	
	What does Essential Visits Mean?	
	What can I do on my wellness break?	

Introduction

We want to thank all the Brothers and Sisters for your patience, respect and understanding as we go through this COVID-19 pandemic together. We understand and appreciate that it has not been easy, and we know that there may be many questions and concerns.

This resource has been developed to assist you to understand the many challenges of COVID-19, help you in your healing journeys and keep safe and healthy during COVID -19.

It is our hope that you will go through this resource with your Case Management Team and that it will help you understand the many issues that surround this virus.

COELS is making many changes to the way we support you during these times and many of the programs and services will continue and/or revised given physical distancing measures, therefore, most of them will be done either; via telephone, one-on-one in safe settings and surroundings, or online assistance.

If you have any additional questions and the answers are not found in this handbook, please ask the staff. We will get you the information you need if we are unable to answer right away.

Remember, until a vaccine or treatment is found, our overall goal is keeping you and the staff safe. The information provided in this resource outline some activities that you can do to help us avoid spreading the virus.



PART ONE - COVID-19

What is COVID-19?

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.

SARS-CoV-2 is technically the virus, the disease COVID-19 causes respiratory illness - meaning it affects the lungs and/or other parts of the respiratory system.

How COVID-19 is Spread

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.

What happens to those who contract the virus?

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

Though no one is invulnerable, older adults are at increased risk for severe illness and death from COVID-19. Also, anyone with an underlying medical condition, regardless of their age, faces increased risk of serious illness. Those who are older AND have underlying conditions, are at even further risk of severe illness and death.

We are all in this together and we must all do our part to keep our fellow Brothers and Sisters and the staff that work closely with you safe and healthy.

How is COVID 19 spread?

Symptoms

COVID-19 SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE AND INCLUDE*:



Cough



Diarrhea



Fever



Headache



Muscle aches



Shortness of breath



Sore throat



Unexplained loss of
taste or smell



What are the symptoms of COVID-19?

The symptoms of COVID-19 are like other respiratory illnesses including the flu and common cold. They include:

- Cough
- Loss of sense of smell
- Diarrhea
- Sore throat and painful swallowing
- Fever
- Chills
- Headache
- Stuffy or runny nose
- Muscle aches
- Fatigue
- Shortness of breath
- Loss of appetite *

Please let the staff know if you have any of these symptoms so that we may be able to help you and seek additional supports and assistance for you. COELS Healing Lodges are now a priority for testing and we will get the COVID Assessment Team to test you for COVID-19.

The test results may take up to 36 hours and during that time we ask that you isolate in the rooms set aside for isolation.

*symptoms are changing as we learn more about the COVID-19.

What is the first thing you do if you have any of these symptoms?


How do I protect myself and others?

In this section we will learn how to protect ourselves and others. These are recommended by public health.

Visitors

COELS has implemented a No Visitors protocol during this time but we understand that it is important for Brothers and Sisters to continue to meet with their loved ones and family. Guests are not allowed in the buildings; however, guests may visit outside on sunny days.

We also understand that it is important that staff feel safe, keeping each other healthy at this time is important.




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



There are some of us who have underlying health conditions, some of us are a bit older, have lower immune systems, are dealing with illnesses or live with families that may be at greater risk and some of us feel safer with not too many people around.

All of us are part of this together and we need to do our part.



Handwashing

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-Himyis 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** 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

Physical Distancing

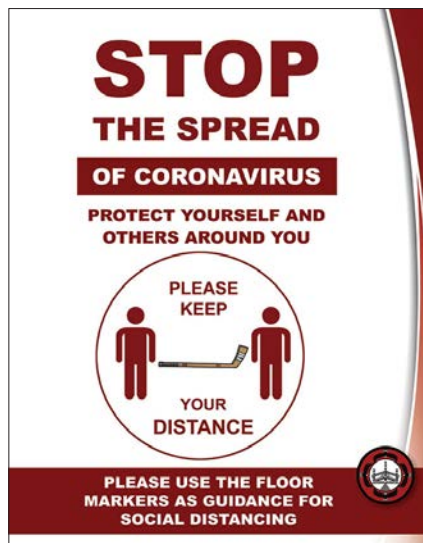
What does Physical Distancing Mean?

You should keep at least **2 metres** from the person next to you. This is about the length of a hockey stick.

How do I practice Physical Distancing?

In the community

- ☐ Always keep people at least two meters away from you.
- ☐ Avoid taking public transit in rush hour.
- ☐ Shop only once per week.
- ☐ What other ways can you practice physical distancing?



In the Lodges

There will be images on the floors of what the physical distancing means.



Watch for **Green Zone**, **Yellow Zone**, and **Red Zone** Coming Soon!

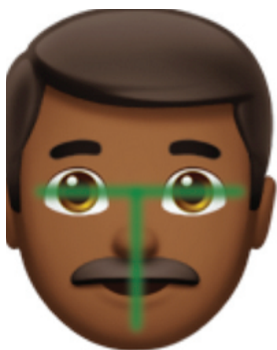


Protecting Your T - Zone

As the province and other communities begin to open and ease restrictions, it will be even more important to remain diligent and protect ourselves and each other.

Protecting your T-Zone within the common areas will be required.

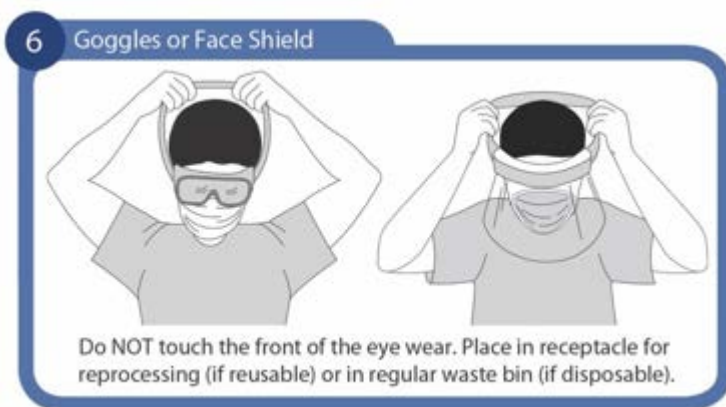
This will be mandatory for all staff, Brothers and Sisters, all essential visitors and guests.



According to public health, it is important to protect your t-zone which is, eyes, nose and mouth. Avoid touching your face at all times.

Wearing Goggles

We will be supplying all Brothers, Sisters and staff with your own goggles.



Wearing a mask

Masks are available for all and they can be found in the House Manager's office. Each person will be given some cloth masks, please remember to wash the masks regularly and wash them with soap and hot water.

Wearing a mask is important for protecting other people around you.

What is your T-zone?



Coronavirus COVID-19

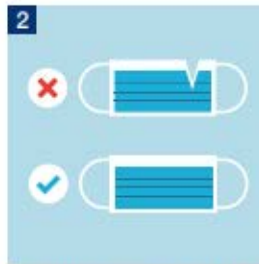
BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.



10 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

11 Discard the mask in a waste container.

12 Perform hand hygiene.

Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



Work with your CMT and ensure you do the following:

When should I wear a mask?

What is the proper way to wear a mask?

What is the proper way to take off a mask?

Food Safety

COVID-19 doesn't appear to be transmitted by eating food contaminated with the virus, however, it is important to wash your hands before preparing or eating food.

At the grocery store

The way we purchase groceries has changed during the COVID-19 pandemic. Stores selling food are an essential service. Physical distancing and good hygienic practices must be in place to prevent the spread of COVID-19 among customers. Customers can protect themselves and others by following these practices when shopping:

- Do not shop if you are ill.
- Shop alone to limit COVID-19 exposures to other family members.
- Keep a 2 metre distance from other customers while waiting in line outside the store and while shopping inside the store
- Be quick - limit time in the store only to selecting your items and paying for your purchases
- Respect designated store hours for the elderly, immunocompromised or disabled people, and for hospital workers and first responders
- Follow store policies and follow signs instructing you how to move through-out the store
- Touch only the fresh fruits and vegetables that you plan to purchase
- Take only the groceries that you need
- Wash your reusable grocery bags or avoid using them for now.
- Pack your groceries into your bags yourself if you are able.
- Use tap purchase to avoid handling cash
- Use alcohol-based hand rubs in the store for your hands and disinfectant wipes on grocery store cart handles
- Wash your hands after shopping and after putting away groceries



Restaurants, Coffee Shops, Banks, Dollar Store, and Other Stores

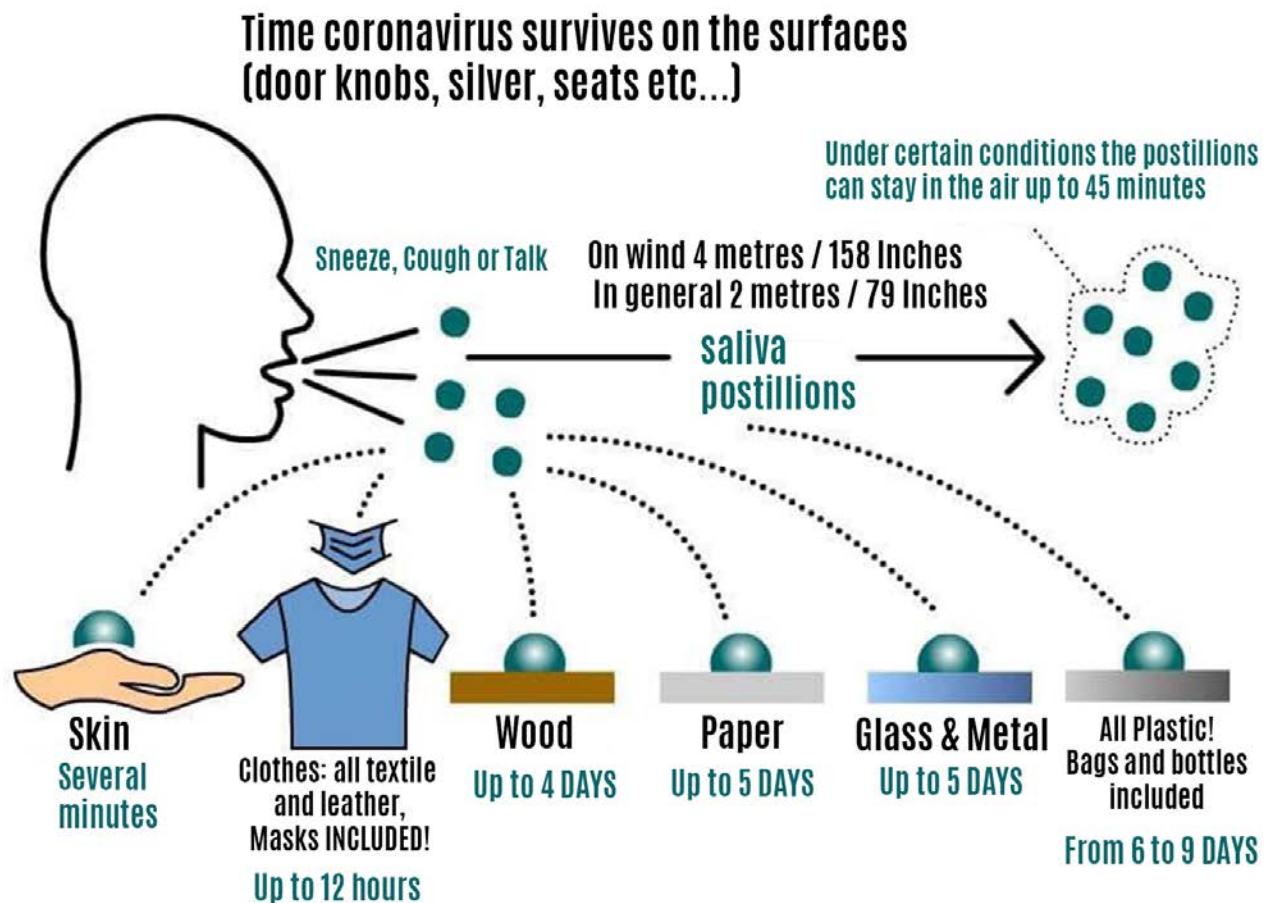
As the province and other businesses begin to open more, the following are some things to consider:

- Do not go into public locations if you are ill. **STAY HOME!** (and let staff know)
- Wear personal protective equipment - Mask and Goggles.
- Shop alone to limit COVID-19 exposures to other family members.
- Keep a 2-metre distance from other customers while waiting in line outside the store and while shopping inside the store
- Be quick - limit time in the store only to selecting your items and paying for your purchases
- Respect designated store hours for the elderly, immunocompromised or disabled people, and for hospital workers and first responders
- Follow store policies and follow signs instructing you how to move through-out the store
- Touch only the items that you plan to purchase
- Buy only what you need
- Do not use reusable bags
- Pack your purchases yourself if you are able
- Use tap purchase to avoid handling cash
- Use alcohol-based hand sanitizer (or bring your own with you) in the store for your hands and disinfectant wipes on store cart handles
- Wash your hands after shopping and after putting away your supplies

COVID-19 on Surfaces & Cleaning and Disinfecting

It is important to understand how long COVID-19 stays on surfaces. Knowing this will make us understand how important it is to clean and disinfect our living spaces.

How Long Does COVID-19 Stay on Surfaces



Look at the chart and write down how long COVID-19 stays on surfaces. (if it falls in both places use the higher number of days or time.)

Location	Length of Time.
Skin	
Clothes - all types, leather and masks included.	
Wood	
Paper	
Glass and metal	
All plastic bags and plastic bottles included	
How much time do you think the virus stays on the following?	
Common Areas -	
<input type="checkbox"/> Plastic TVs and Remote Controls	
<input type="checkbox"/> Wood Handrails, chairs, and table	
<input type="checkbox"/> Metal Doors and door-knobs	
Kitchens and Countertops	
<input type="checkbox"/> Metal and Plastics - Utensils, ladles, spoons, pot handles, microwaves, kitchen tap	
<input type="checkbox"/> Glass Coffee pots and tea pots	
<input type="checkbox"/> Glass and Metal - Microwaves, fridges, stoves	
Washrooms	
<input type="checkbox"/> Glass and metals - Toilets and handle to flush	
<input type="checkbox"/> Metal Hand sinks,	
<input type="checkbox"/> Metal Showers, bathtubs,	
<input type="checkbox"/> Wooden, Floors, door handles, garbage cans	
Sign-in and Sign-out sheets, (Paper, pens, clipboard)	
Smoking area - table, surfaces, benches and other areas in the smoking areas.	
Other: What are some other areas that that virus may be found?	

Cleaning and disinfecting after myself.

Knowing that the virus stays on surfaces for up 9 days, it becomes very important that **everyone** be part of cleaning and disinfecting the common and living areas as well as in own rooms and spaces.

**** REMEMBER TO CLEAN BEFORE YOU DISINFECT**

Cleaning: is removing dirt and dust. Cleaning removes, rather than kills, viruses, and bacteria. It is done with water, detergents and using a cloth.

How do I clean and disinfect?



Put on disposable gloves.

Throw them away when you're done.



First, clean to remove dirt.

Use soap and water to remove dirt and some germs.



Next, disinfect to kill germs.

Disinfectants need different times to work. Follow the directions on the label.



Throw away gloves and wash your hands.

Scrub hands for 20 seconds with soap and warm water.

Disinfecting: is the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

And NO, you cannot drink disinfectant!! 😊



Cleaning for the COVID-19 virus is the same as for other common viruses.

Cleaning products and disinfectants that are regularly used in households are strong enough to kill the COVID-19 virus.

Always follow the product label. Bleach is a common cleaner and should be mixed ONE-part bleach to NINE parts water. Spray on surface - let it sit for 1 -2 minutes and then wipe away.

What should I use?



Products with EPA-approved emerging viral pathogen claims.



Products with at least 70% alcohol solutions.



Mix 4 teaspoons bleach with 1 quart of water.

Kitchen, Bathroom and other "red zones" should be cleaned **THREE** times a day (minimum)

How often should I clean and disinfect?

1-3 times a day



Bathrooms, kitchens and surfaces people touch often.
Like light switches, remotes, door handles, phones and toys.
Put away toys that are hard to clean.

Weekly



Sleeping areas. Clean and disinfect more often when dirty or between people.

COVID-19 and Sex

If you're feeling fine and have no symptoms of COVID-19, you can still have sex. If you're feeling sick, skip sex.

The COVID-19 virus has been found in saliva, respiratory fluids, urine and feces. While the virus, known as SARS-CoV-2, hasn't been detected in vaginal fluid, it has been detected in semen and more research is needed to determine if the virus can be transmitted sexually. The virus can be spread to people who are within 2 metres (about 6 ft) of a person who is infected when that person coughs or sneezes. It can also be passed by touching contaminated surfaces and then touching the face, eyes, nose, or mouth. **You** are your safest sex partner.

Vaping, Smoking (medicinal marijuana) and COVID-19

Do people who smoke have a higher chance of developing severe complications if they become infected with COVID-19?

- Yes. People who smoke, especially those who have respiratory, cardiovascular or other conditions caused by smoking, seem to be at higher risk of developing severe symptoms of COVID-19 infection, requiring ICU admission, and/or requiring mechanical ventilation.
- As smoking adversely affects the immune system, it decreases the body's natural ability to heal from infections and increases the risk of lower respiratory tract infection, including COVID-19.

Is there a link between vaping and COVID-19?

- Vaping can cause lung damage as well as other respiratory health problems and may put you at higher risk for developing severe COVID-19 symptoms.
- Because vaping is a new phenomenon, and we do not yet know all the long-term effects or how it correlates with COVID-19, it is best to stay away from vaping or make your best attempts to significantly reduce your use.



How can I lower my risk of getting severe COVID-19 signs and symptoms in relation to smoking and vaping use?

- Good respiratory and cardiovascular health is essential for COVID-19 patients to positively respond to medical treatment and successfully recover from the disease.
- Quitting or reducing smoking and vaping is the best thing you can do to protect your respiratory and cardiovascular health at this time.
- Ensure there are smoke- and vapour-free spaces in the community, thus reducing second-hand smoke/vapour exposure.
- Do not smoke or vape around Elders, those with chronic illness, or those who are immunosuppressed (this includes pregnant women); these groups are at the highest risk of having poor outcomes related to COVID-19 infection.
- Do not share your smoke or vape with anyone. Doing so can transfer the virus to others.
- Remember physical distancing. Stay at least two metres (six feet) apart if smoking or vaping in a group.
- Be kind to yourself
- Drink water or medicinal teas
- Ask Creator for strength
- Do traditional crafts or activities at home

If You Share Any Of These?



**You may also be sharing
COVID-19!**

**Important to
know...**

Always use your own!

**Learn how to stay safe and
healthy.**

**Protect yourself and those
around you.**

Sharing is part of our culture.

**Share a smile!
Share a joke!**

For more information:
www.coels.ca



Sharing safely

Sharing is a big part of our culture, but it is important to know how to do it safely.

What do I normally share that I shouldn't at this time?

Cultural / Essential Outing

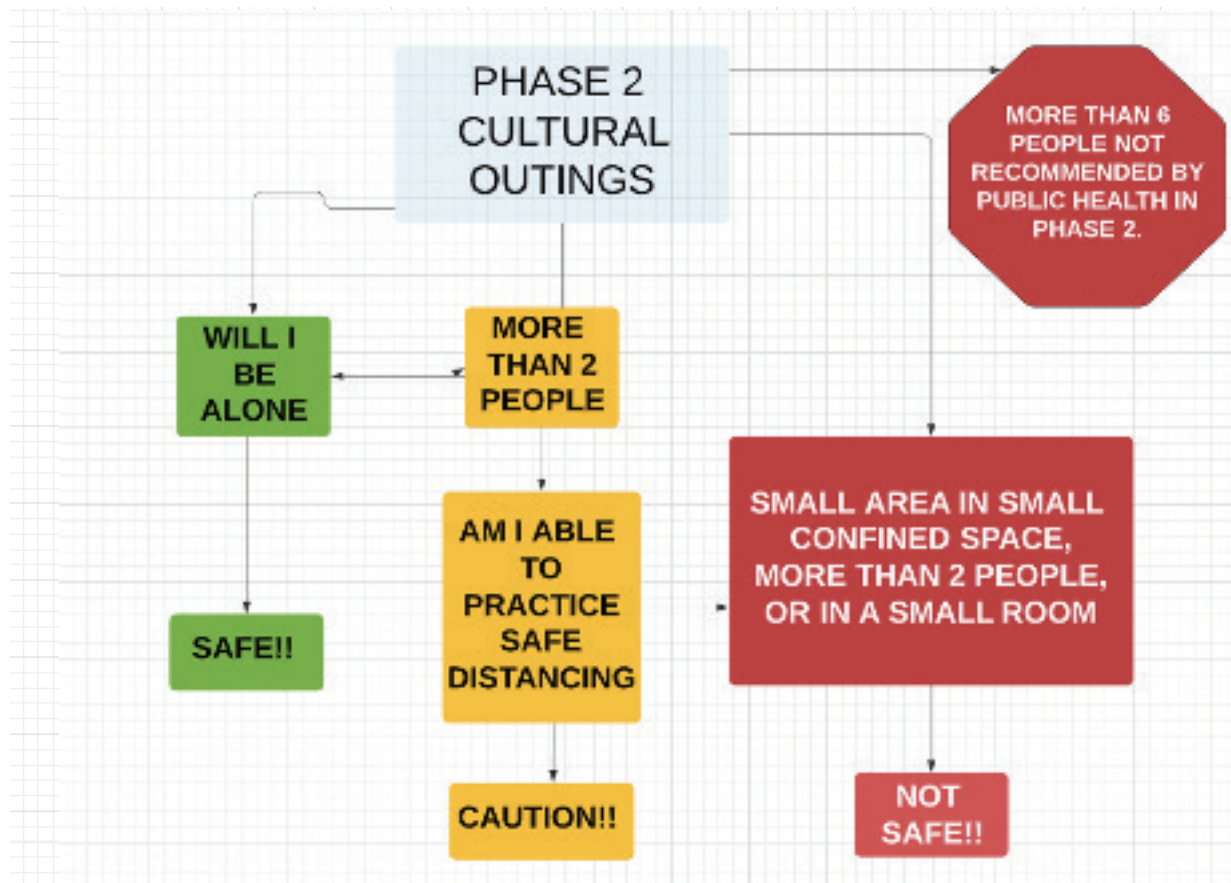
What does Cultural / Essential Outing mean

- Doctors, and health professionals
- Meeting your Parole Conditions, i.e. meeting Parole Officers, csc programs, meeting with Elders or Counsellors, UA (urinalysis) testing.
- Counselors, Elders,
- Cultural - see safe cultural practices

Cultural / Essential Outing must be confirmed by the House Managers prior to 4 pm the day prior to the cultural / essential outing. Time is to be determined on a case by case basis.

1-2 people SAFE / 2 - 6 CAUTION/ 6 or more NOT SAFE and not recommended by public health at this time during phase 2.

*no more than 6 people that are in your "bubble".



Wellness Break

What is a wellness break (one-hour leave)?

As mentioned elsewhere in this document there is talk on how to begin to reduce restrictions on social and physical distancing. COELS will continue to follow all the Public Health guidelines to ensure that everyone remains safe.

After you have completed this booklet and it is reviewed by your House Manager there will be an increase in the amount of time in the community.

This will include the following:

Current (Phase 1)	Phase 2
1 hr between 8 - 12	8 - 12 ONE hour outings
1 hr between 1 - 5	1 - 5 ONE hour outings
1 hr between 6 - curfew	6- curfew THREE hour outing

OR

Current (Phase 1)	Phase 2
1 hr between 8 - 12	8 - 12 ONE hour outings
1 hr between 1 - 5	1 - 5 THREE hour outings
1 hr between 6 - curfew	6- curfew ONE hour outing

OR

Current (Phase 1)	Phase 2
1 hr between 8 - 12	8 - 12 THREE hour outings
1 hr between 1 - 5	1 - 5 ONE hour outings
1 hr between 6 - curfew	6- curfew ONE hour outing



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