

## Appendix A

### IPAC Education for Visitors

#### Hand Hygiene

Hand Hygiene is the responsibility of everyone. Adherence to hand hygiene is the single most important practice in limiting the transmission of infections.

Individuals can either wash their hands with soap and water or use alcohol-based hand rub (ABHR).

- Use soap and water when hands are visibly soiled
- Use ABHR If no visible dirt is present on the hands
- **Remember to wash/rub for 15 seconds**

ABHR is available throughout the home and visitors are encouraged to use it

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## How to use hand sanitizer

**15** Rub hands for at least 15 seconds

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Apply 1 to 2 pumps of products to palms of dry hands.
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Rub hands together, palm to palm.
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Rub in between and around fingers.
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Rub back of each hand with palm of other hand.
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Rub fingertips of each hand in opposite palm.
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Rub each thumb clasped in opposite hand.
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Rub hands until product is dry. Do not use paper towels.
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Once dry, your hands are clean!

## Respiratory Etiquette

Respiratory etiquette refers to rules and recommendations that everyone should follow to prevent or reduce the spread of respiratory illnesses

### Cover your cough and sneeze

- Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands after coughing or sneezing

### Wear a mask to protect others

- This will help reduce the spread of infectious respiratory droplets to others

# Procedural Masks



## How to Wear a Procedural Mask



Clean your hands with soap and water or alcohol based hand rub



Hold the mask by the ear loops and place a loop around each ear



Mold or pinch the stiff edge to the shape of your nose



Pull the bottom of the mask over your mouth and chin



Avoid touching the front of the mask when wearing

## How to Remove a Procedural Mask



Clean your hands with soap and water or alcohol based hand rub



Avoid touching the front of the mask. Only touch the ear loops



Hold both of the ear loops and gently lift and remove the mask



Place mask in designated bin



Clean your hands with soap and water or alcohol based hand rub

**Thanks for doing your part.** Together, we improve the well-being of the people we serve.

## Outbreak Management and Additional Precautions

In the event that a resident requires additional precautions or in the event of an outbreak, follow instructions found in the signs that are posted on resident doors, at the entrances to the unit and at the nursing stations.

### Donning (Putting on PPE)



-  **1** Perform hand hygiene  
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-  **2** Put on gown  
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-  **3** Put on eye protection  
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-  **4** Put on mask  
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-  **5** Put on gloves

### Doffing (Remove PPE)



It is recommended to have your colleague observe you when you doff. Let's keep each other safe.

-  **1** Remove gloves  
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-  **2** Remove gown  
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-  **3** Perform hand hygiene  
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-  **4** Remove eye protection  
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-  **5** Remove mask  
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-  **6** Perform hand hygiene