

Your *Health* Connection



Outbreak 101

Long Term Care Road Show 2011



Our aim today is to teach you how to protect yourself and your residents during an outbreak

- ◆ Leave the bugs at work and not take them to your family
- ◆ Stay healthy
- ◆ Get great and up-to-date information 24/7
- ◆ Protect yourself and the residents
- ◆ Prevent further spread and future outbreaks

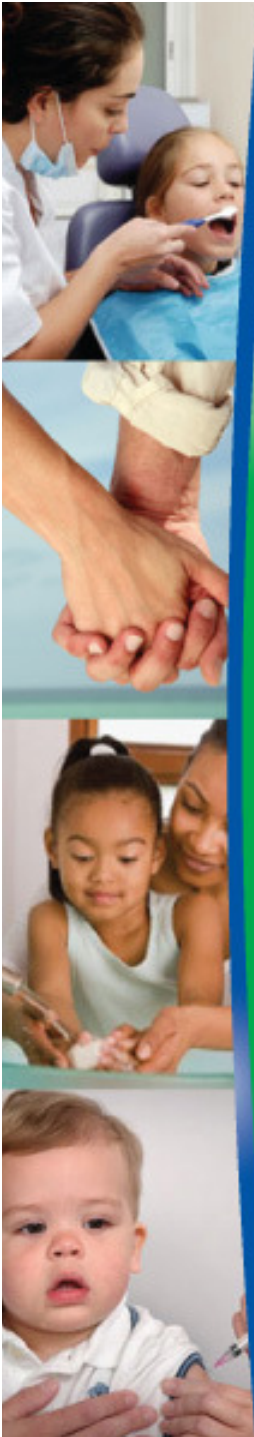


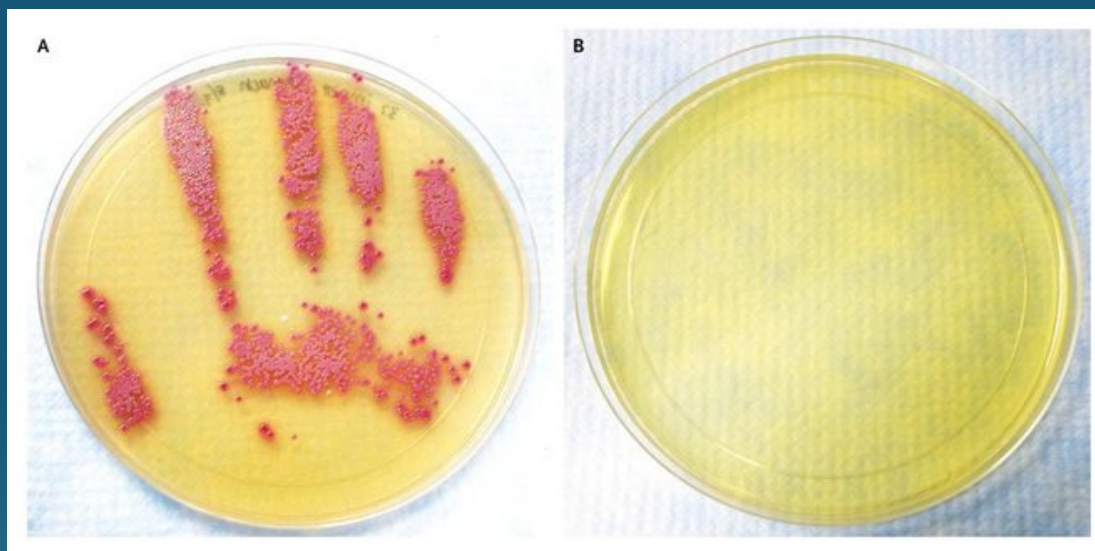
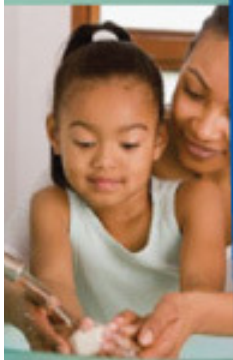
How to leave the bugs at work and not take them to your family

◆ Use Routine Practices!

Especially if it is wet and not yours

- ◆ WHY – Residents may be carrying the bugs before they show signs of illness
- ◆ WHY - To avoid staff exposure to blood, or bodily fluids.





Soap vs. Alcohol Rub

- ◆ Use soap and water if your hands are dirty.
 - ◆ With liquid soap & water, you need :
 - 1 - To find the time
 - 2 - A hand basin and water (not a residents sink)
 - 3 - To remove all hand and arm jewelry
 - 4 - To rub hands to loosen dirt for 15-20 seconds
 - 5 - Wash bugs down the drain
 - 6 - Dry hands with paper towels
 - 7 - And turn taps off with paper towel and DON'T touch the bugs again
- ◆ Use ABHR before and after all resident contacts
 - Size of a loonie and rub till dry to kills the bugs!



How to protect myself and the residents

Remember -

◆ Use Routine Practices

Use gloves BUT don't trust them...

Gloves have microscopic holes and bugs get inside gloves

SO

Did I use ABHR before I put gloves on?

Did I take them off properly and use ABHR again?

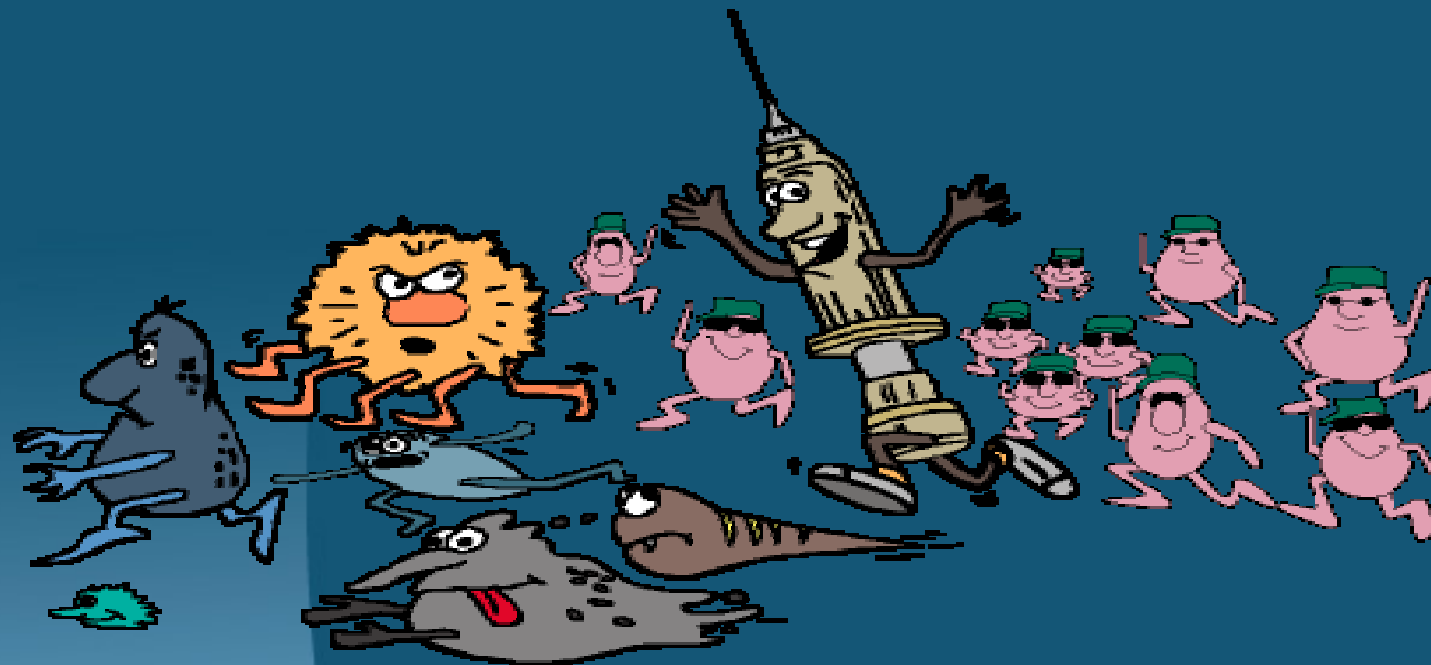
Personal Protective Equipment: PPE

No PPE outside of residents room

How many steps to donning and to doffing???



How to protect yourself and the residents



Influenza Vaccine
AKA - The Flu Shot



WHY a flu shot

- ◆ We can share flu bugs for 1-3 days before we get sick
- ◆ We know immunization status wanes with age.
- ◆ The biggest side effect of having the flu is pneumonia esp. in children, seniors and those with chronic disease.
- ◆ No free Injection = off work and/or Tamiflu for 2 weeks – think \$\$\$\$
- ◆ Can't work in any other health care job during the outbreak.

You cannot get the flu from the shot!



When YOU are ill ???

- ◆ The Ontario Hospital Association states
 - ◆ “HCWs have a responsibility to their residents and colleagues regarding not working when ill with symptoms that are likely attributable to an infectious disease. This includes staff with influenza-like illness, febrile respiratory illness, gastroenteritis and conjunctivitis”.
 - ◆ You are responsible for reporting any infections you have, or may have been exposed to, to your supervisor. (colds, influenza, diarrhea and/or vomiting). This prevents infections from spreading to residents or other staff
 - ◆ You should stay home when ill to help reduce the spread of infections within the facility.



QUESTIONS???

Thank-you for your participation today

