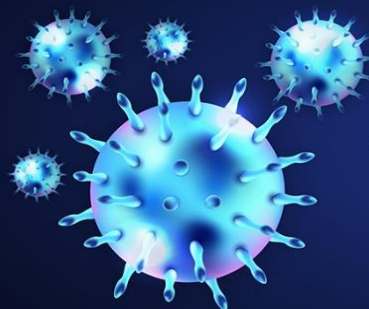


Tuesday, March 31, 2020



HDS CORONAVIRUS COVID-19 BULLETIN

RESPONSIBLE PPE USE AND CONSERVATION

The Chief Medical Officer of Health of Ontario recently released [Directive #5 relating to PPE in hospitals](#).

- Our messages about responsible PPE use and conservation, including the [PPE Requirements chart](#), released in the [March 27th bulletin](#) are aligned with this directive.
- Hotel Dieu Shaver continues to apply the appropriate health and safety measures for the use of PPE through the completion of a point of care risk assessment as reinforced by the latest [directive](#).
- In keeping with this information we have included as a reminder the following guidelines related to PPE and risk assessment taken from the IPAC orientation slides.

PPE (Personal Protective Equipment) and Risk Assessment

Patient-care practices require you to carry out an assessment of each patient's potential risk, relating to transmission and infectious organism to determine appropriate PPE requirements.

PPE such as gloves, gowns and masks should be worn when caring for isolated patients and as part of routine practices.

Gloves	Masks	Eye Protection
<p><u>Vinyl</u> – used for low risk , non-rigorous procedures of short duration (minimal exposure to blood/body fluids)</p> <p><u>Nitrile</u> – moderate to heavy exposure to blood/body fluids, sensitivity to vinyl. Change gloves when compromised or torn</p>	<ul style="list-style-type: none"> • <u>Surgical Mask</u> – use with exposure to body fluids or patient aerosols- i.e. coughing or risk of splashing. Change mask when soiled, wet, torn or contaminated. • <u>N-95</u> Masks- Use with aerosol generating procedures. 	<ul style="list-style-type: none"> • To be used if there is a risk of splashing exposure to body fluids. • Goggles can be reused after thorough cleaning but should be replaced if scratched or damaged.

Please review the above as well as the [HDS March 27th Covid -19 Bulletin](#) and [PPE Requirements Chart](#).

TAKE CARE OF YOURSELF TOO

As all of us continue to work and provide essential care to others during this difficult time, it is also important to maintain your own mental health and well-being.

Here are some tips for self-care:

- Maintain social connections through technology or physical distancing.
- Consult reputable and up-to-date sources of information to ensure accuracy.
- Eat well and get adequate sleep.
- Keep your mind busy and stay active.
- Ask for help if you need it.
- Access our Employee and Family Assistance Program.

RESOURCES AVAILABLE FROM HOMEWOOD HEALTH, OUR EAP PROVIDER

1-800-663-1142 | homeweb.ca

- Homewood Health, our Employee and Family Assistance Program provider, offers a wide range of services and supports to help employees and their family members navigate through these challenging times.
- As always EAP offers coaching and counselling over the phone as well as provides various readings and information on their website homeweb.ca including “COVID-19: Managing Stress and Anxiety” which provides suggestions for maintaining your mental wellbeing during these uncertain times.
- In addition, EAP offers several e-tools and courses as well as an online health and wellness library. To access these resources at any time, head to homeweb.ca and create your own individualized log in

SOCIAL MEDIA

A reminder to all in order to eliminate conjecture about the pandemic:

All members of the HDS community using personal social media accounts are asked to continually be mindful of how their postings may reflect on themselves and Hotel Dieu Shaver. It would be inappropriate to share opinions on work-related information, including photos and comments, about our COVID-19 response.

Official information is shared through Hotel Dieu Shaver’s corporate accounts on Facebook, Twitter and LinkedIn as well as our website. We encourage all employees to follow these accounts and share these official updates rather than their own interpretation of them.

ONLINE RESOURCES

Some other reference material:

- [Niagara Region Public Health](#)
- [Public Health Agency of Canada information on Coronaviruses](#)
- [Government of Ontario - Wuhan Novel Coronavirus \(2019-nCoV\)](#)