

**DO NOT COME TO VISIT IF YOU ARE INSTRUCTED TO OR EXPERIENCING ANY OF THE FOLLOWING**

- You are suppose to be isolating for 2 weeks
- You are waiting for COVID 19 swab results
- You are feeling unwell
- You have any one of the following
  - Fever 37.8°C or higher
  - Signs of a fever
  - Cough (new or worsening)
  - Sore throat
  - Runny Nose/ Nasal Congestion
  - Headache
  - Any New or worsening respiratory symptoms
    - Cough
    - Shortness of breath
    - Runny nose
    - Sneezing
    - Nasal Congestion
    - Hoarse voice
    - Difficulty swallowing
    - Loss of sense of smell or taste
  - Atypical Symptoms
    - Chills
    - Muscle aches
    - Diarrhea
    - Malaise
    - Headache



# Designated Indoor Visitor Guide



**RK MACDONALD NURSING HOME**



RK MacDonald Nursing Home  
64 Pleasant Street  
Antigonish, Nova Scotia  
B2G 1W7

## Visitor Expectations

- Complete required Infection Prevention and Control Education
- Understand the serious threat COVID 19 has to seniors and Long term Care facilities
- You will visit safely and follow the Infection Prevention Protocols set by the facility under the direction of the Medical Officer of Health
- Do not come if you feel unwell in anyway
- Do not bring extra bags, or purses
- Wear a non-medical mask into the facility and change into new medical mask provided. Have a place to store your own mask during the visit
- If you bring treats or snacks, packaging has to be wiped down/ disinfected
- Do not eat or drink while you are visiting

### HOW TO WEAR A MEDICAL MASK SAFELY

**Do's** →

Wash your hands before touching the mask

Inspect the mask for tears or holes

Find the top side, where the metal piece or stiff edge is

Ensure the colored-side faces outwards

Place the metal piece or stiff edge over your nose

Cover your mouth, nose, and chin

Adjust the mask to your face without leaving gaps on the sides

Avoid touching the mask

Remove the mask from behind the ears or head

Keep the mask away from you and surfaces while removing it

Discard the mask immediately after use preferably into a closed bin


Wash your hands after discarding the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

[who.int/epi-win](https://www.who.int/epi-win) World Health Organization

# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



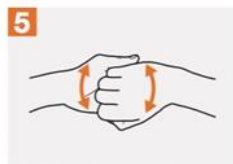
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

Patient Safety  
A World Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

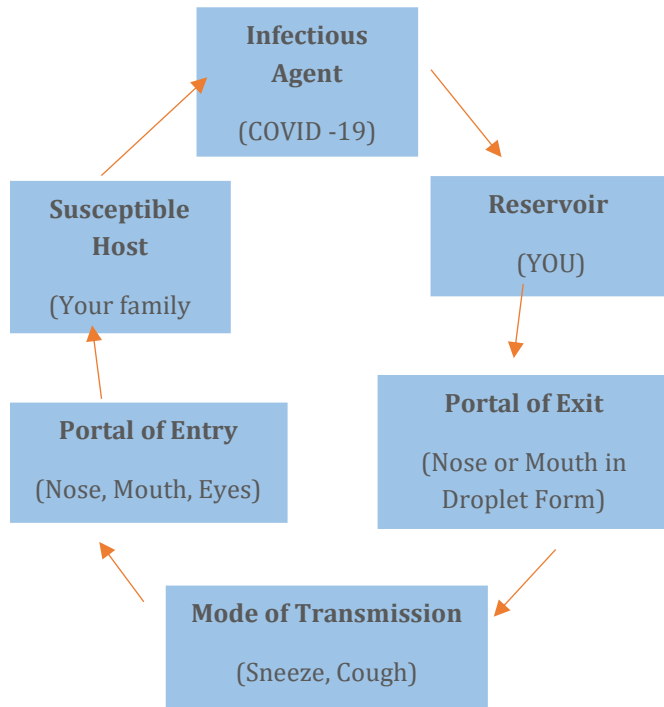
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May 2009

## Visiting

<b>Before You Come</b>	<ul style="list-style-type: none"> <li>• Monitor yourself for symptoms, If you aren't feeling well don't come to visit</li> <li>• Follow all recommended Infection control practices from Public Health in your day to day activities</li> </ul>
<b>Getting Here</b>	<ul style="list-style-type: none"> <li>• Come to the front entrance</li> <li>• You will be screened and monitored for Signs and symptoms of COVID 19 and any other cold/ flu like symptoms</li> <li>• Perform hand hygiene with hand sanitizer</li> <li>• Put Medical mask on. Fitting it around your face and pinching it to fit over the bridge of your nose</li> <li>• Go directly to the resident you are here to visit. Do not stop and have conversations with other residents</li> </ul>
<b>Your Visit</b>	<ul style="list-style-type: none"> <li>• You must wear a medical mask fitted appropriately at all times during visit</li> <li>• Perform Hand Hygiene before entering room</li> <li>• Things to do when you are visiting             <ul style="list-style-type: none"> <li>○ Chats/ Visits</li> <li>○ Being present</li> <li>○ Take you family member outside in the back garden</li> <li>○ Drinks and snacks</li> <li>○ With Mobility</li> <li>○ Communication</li> <li>○ Organizing Room</li> </ul> </li> <li>• Perform Hand Hygiene regularly through your visit</li> </ul>
<b>Leaving</b>	<ul style="list-style-type: none"> <li>• Perform Hand Hygiene when exiting the room</li> <li>• Remove mask outside the building</li> <li>• Report to a staff member when you are leaving</li> </ul>
<b>After</b>	<ul style="list-style-type: none"> <li>• Closely monitor yourself for signs and symptoms and notify the RK if you have any new onset of symptoms</li> </ul>

## Chain of Transmission: How could your family member get COVID- 19



### The Chain of Transmission:

- This is how every “bug” is passed along from one person to another
- If we break the chain at any point we can stop the spread of infection
- Ways to break the chain
  - If you are sick stay home and keep your distance from others
  - Use good respiratory etiquette by coughing or sneeze in to your elbow
  - Good Hand Hygiene
  - Wearing a mask in public
  - Don't touch your mask and your face with dirty hands

# PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.

**1**



Wet your hands with warm running water

**2**



Add soap and scrub for 15–20 seconds

**3**



Wash backs, thumbs, between fingers, and under nails

**4**



Rinse off soap under running water

**5**



Dry your hands with a clean towel

**6**



Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.

