



Protocol for the prevention of the spread of COVID-19

Travelling to and from the client's home:

- Wear a mask at all times.
- Practice social distancing

When you arrive to the client's home:

- Wash your hands.
- Change your mask.
- Change your clothes and place the clothes and mask that you travelled with in a plastic bag.

During your shift:

- Wear a disposable mask **and** plastic visor at all times.
- Change your disposable mask every 4 hours.
- Wear disposable gloves when cleaning or when performing personal hygiene tasks.
- Do not re-use disposable face masks and gloves.
- All gloves, masks and any other waste generated should be promptly placed in a waste bin with a lid.
- Clean and disinfect surfaces that are frequently touched (bedside tables, bedframe, kitchen areas, doorknobs, etc.) daily.
- Clean and disinfect all bathroom areas at least once a day with a disinfectant household solution.
- Practice proper social distancing practices (as much as possible).
- No sharing of food, utensils, towels or linens.
- Follow public health guidelines regarding visitors to the client's home.

Proper hand hygiene reminder:

- Hands should be washed frequently, for a minimum of 20 to 30 seconds with warm water and soap.
- Always wash your hands after toileting, meal preparation and housekeeping tasks.
- Use disposable paper towels to dry hands.
- If soap and water are not available, use an alcohol-based hand sanitizer.

When you leave the client's home:

- Wash your hands.
- Change your mask.
- Change back into your travel clothes and place your work clothes into a plastic bag.
- Disinfect your plastic visor.

Advise HCA immediately if:

- There is protective equipment missing at your client's home.
- you have recently travelled or if you have come into contact with a person who has tested positive for COVID-19.
- you have been tested (or have been asked to be tested) for COVID-19. You must also report your results promptly.
- you or your client are feeling unwell.

For more information about Covid-19 and preventative measures please visit:

<https://www.inspq.qc.ca/sites/default/files/publications/3022-hierarchy-control-measures-workplace-covid19.pdf>

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

Prevention is key! If you have any questions or need further assistance, please don't hesitate to contact. 514-907-5065.