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Grey Bruce IPAC Hub Newsletter

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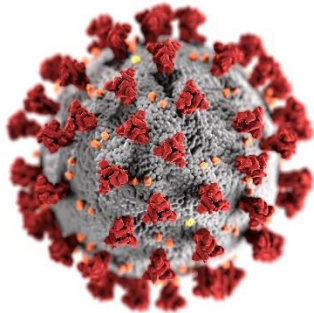


This newsletter is meant as an IPAC resource document. Please continue to follow guidance from your regulatory bodies.

Respiratory Viruses

Fall is here and winter is approaching, with many respiratory viruses circulating in the community already. Symptoms of the common cold, RSV, influenza and COVID-19 are all very similar and can range from mild to severe symptoms, and it can be very difficult to tell the difference between them based on symptoms alone.

Common Cold	RSV	Influenza	COVID-19
Different Pathogens: rhinoviruses, parainfluenza, seasonal coronaviruses, etc.	Respiratory Syncytial Virus	Influenza Virus A and B	SARS CoV-2 Virus
No vaccine available	No vaccine available	Seasonal Influenza Vaccine	Bivalent COVID-19 Vaccine
Sore Throat Cough Headaches Runny Nose Sneezing Body Aches	Cough Runny Nose Sneezing Fever Wheezing	Sore Throat Cough Headache Runny/Stuffy Nose Muscle/Body Aches Fatigue Fever or Chill/Feeling Feverish *some people experience vomiting and diarrhea, but this is more common in children than adults	Sore Throat Cough (Dry) Headache Runny Nose Muscle/Body Aches Fatigue Fever or Chills New Loss of Taste or Smell Difficulty Breathing/Shortness of Breath Congestion Diarrhea



References

- [COVID vs. Flu vs. Common Cold vs. RSV: What You Need to Know | Children's Hospital Los Angeles \(chla.org\)](#)
- [Cold Versus Flu | CDC](#)
- [COVID-19 vs. flu: Similarities and differences - Mayo Clinic](#)

Testing for Different Viruses

PCR swabs can be used to test for a variety of different viruses, including but not limited to rhinovirus, COVID-19, and influenza. It is important to ensure that requisitions state the appropriate tests requested.

3 - Travel History	
Travel to:	
Date of Travel (yyyy/mm/dd):	Date of Return (yyyy/mm/dd):
4 - Exposure History	
Exposure to probable, or confirmed case? <input type="radio"/> Yes <input type="radio"/> No	
Exposure details:	
Date of symptom onset of contact (yyyy/mm/dd):	
5 - Test(s) Requested	
<input checked="" type="radio"/> COVID-19 Virus	<input type="radio"/> Respiratory Viruses
	<input type="radio"/> COVID-19 Virus AND Respiratory Viruses

Test type must be selected or specimen testing will not be processed

If there is suspicion that more than one virus may be circulating, additional tests may be requested from the Public Health Ontario Laboratory. Please consult with your Grey Bruce Health Unit Infectious Disease team member to discuss appropriate testing requests.

Outbreak resources, including line lists, etc.: [Outbreak Management \(publichealthgreybruce.on.ca\)](http://publichealthgreybruce.on.ca)

Outbreak Management

With different viruses circulating, there is the potential for outbreaks caused by a variety of different organisms, or even multiple organisms. Outbreak management processes may vary depending on the identified organism.

We want to remind homes of these resources for outbreak management:

Respiratory Outbreaks: [Recommendations for the Control of Respiratory Infection Outbreaks in Long-Term Care Homes, 2018 \(gov.on.ca\)](#)

Gastrointestinal Outbreaks: [Recommendations for the Control of Gastroenteritis Outbreaks in Long-Term Care Homes \(gov.on.ca\)](#)

COVID-19 Outbreaks:

- [COVID-19 Guidance: Long-Term Care Homes, Retirement Homes and Other Congregate Living Settings for Public Health Units](#)
- [Ministry for Seniors and Accessibility COVID-19 Guidance Document for Retirement Homes in Ontario](#)
- [COVID-19 guidance document for long-term care homes in Ontario | ontario.ca](#)
- [Minister's Directive: COVID-19 response measures for long-term care homes | ontario.ca](#)

Ensuring that PPE is used appropriately is an important practice in preventing the spread of infectious diseases. The tables below outline the appropriate use of PPE:

Gown ¹	Gloves ^{1,2}
<ul style="list-style-type: none"> Gowns should only be worn when providing care for clients/patients/residents When use of a gown is indicated, the gown should be put on immediately before the task and must be worn properly, i.e., tied at top and around the waist Remove gown immediately after the task for which it has been used in a manner that prevents contamination of clothing or skin and prevents agitation of the gown Discard used gown immediately after removal into appropriate receptacle Do not hang gowns for later use Do not re-use gown Do not go from patient-to-patient wearing the same gown 	<ul style="list-style-type: none"> Select correctly sized gloves appropriate to the task Do not use the same pair of gloves for the care of more than one client/patient/resident Clean hands before putting on gloves Remove gloves immediately and discard after the activity for which they were used, then perform hand hygiene Change or remove gloves if moving from a contaminated body site to a clean body site within the same client/patient/resident Change or remove gloves after touching a contaminated environmental surface and before touching a client/patient/resident or a clean environmental surface Do not wash or re-use gloves
Mask ¹	Eye Protection ^{1,3,4}
<ul style="list-style-type: none"> Select a mask appropriate to the activity Mask should securely cover the nose and mouth Change mask if it becomes wet Do not touch mask while wearing it Remove mask correctly immediately after completion of task and discard into an appropriate waste receptacle Do not allow mask to hang or dangle around the neck Clean hands after removing the mask Do not re-use disposable masks Do not fold the mask or put it in a pocket for later use 	<ul style="list-style-type: none"> Can be disposable or reusable (goggles, safety glasses, face shields without foam). If re-using and if possible, the same person should re-use a face shield with foam. Do not re-use if foam is visibly soiled, face shield is damaged or compromised. Eye protection must be removed immediately after the task for which it was used and discarded into waste or placed in an appropriate receptacle for cleaning/disinfection Cleaning and disinfection for reusable eye protection – follow manufacturer's instructions. Also see PHO's Cleaning and disinfection of reusable eye protection for Health Care Workers Prescription eye glasses are not acceptable as eye protection

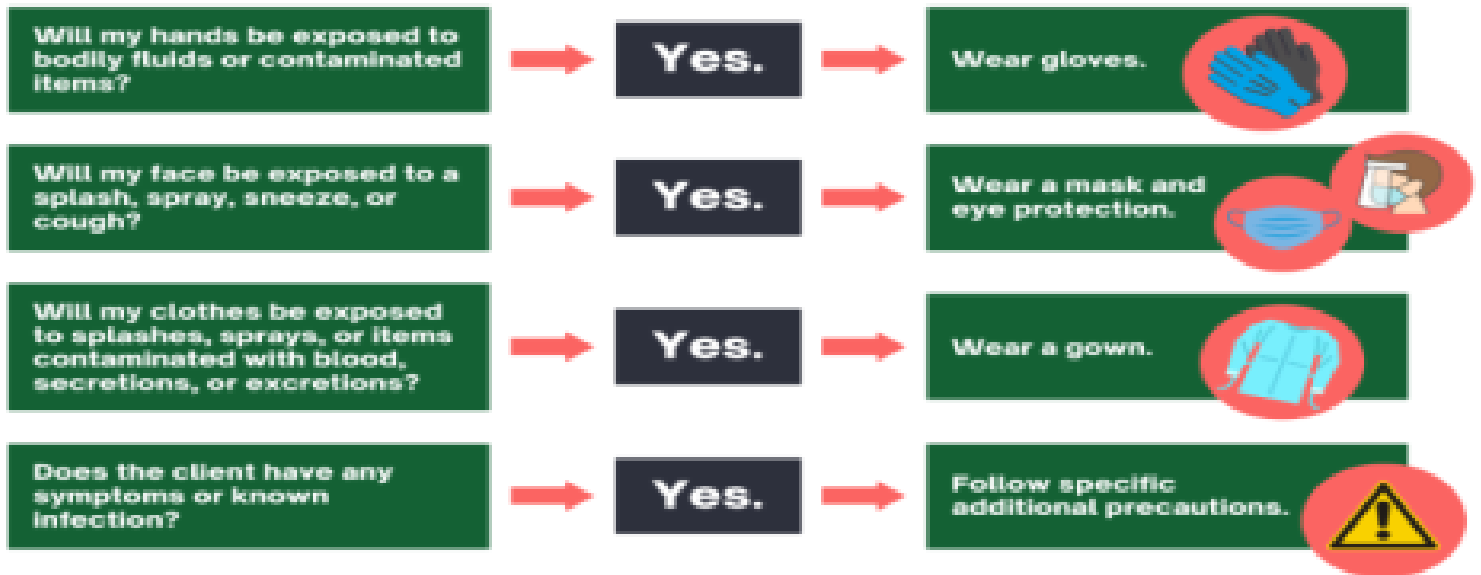
References:

- Best Practice Document:** Public Health Ontario and PIDAC [Routine Practices and Additional Precautions in All Health Care Settings, 3rd Edition](#)
- Best Practice Document:** Public Health Ontario and PIDAC [Best Practices for Hand Hygiene in All Health Care Settings, 4th Edition](#)
- PHO:** [A Resource for Health Care Workers Cleaning and Disinfection of Reusable Eye Protection](#)
- BC CDC:** [Cleaning and Disinfection Instructions for Eye/Facial Protection](#)

A PCRA is a process done by staff before every interaction with a client. This process is done so staff can determine if there is a risk of transmission of microorganisms, and subsequently decide which personal protective equipment is required in order to prevent this transmission.

A PCRA is part of routine practices and are important to stop the spread of microorganisms and to keep yourself safe when interacting with clients.

Steps in a PCRA:



Resource: Ontario Agency for Health Protection and Promotion, Provincial Infectious Diseases Advisory Committee, [Routine Practices and Additional Precautions in All Health Care Settings](#). 3rd edition. Toronto, ON: Queen's Printer for Ontario; November 2012.

With thanks to the Wellington-Dufferin-Guelph IPAC Hub for sharing their PCRA training documents, The Grey Bruce IPAC Hub has adapted and reproduced these resources and is offering Point-of-Care Risk Assessment training and facilitation for congregate settings in our area.

For more information and to schedule training, please connect with us at ipachub@publichealthgreybruce.on.ca.

It is important to ensure that the homes IPAC lead is aware of current directives, guidance documents and ministry resources.

Ministry of Health [COVID-19 Guidance: Long-Term Care Homes, Retirement Homes, and Other Congregate Living Settings for Public Health Units](#)

Ministry for Seniors and Accessibility [COVID-19 Guidance Document for Retirement Homes in Ontario](#)

Ministry of Health [COVID-19 Screening Tool for Long-Term Care Homes and Retirement Homes](#)

Ontario [COVID-19 guidance document for long-term care homes in Ontario](#)

Minister's Directive: [COVID-19 response measures for long-term care homes](#)

Ontario [COVID-19 Test Requisition](#)

Please refer to PHO's webpage for upcoming webinars: [Events | Public Health Ontario](#)

Public Health Ontario - Best Practice Documents

General IPAC Best Practice Documents

- Hand hygiene: [bp-hand-hygiene.pdf \(publichealthontario.ca\)](#)
- Environmental cleaning: [PIDAC: Best Practices for Environmental Cleaning for Prevention and Control of Infections | January 2018 \(publichealthontario.ca\)](#)
- Routine and additional precautions: [Routine Practices and Additional Precautions | Public Health Ontario](#)
- Infection Prevention and Control Programs: [bp-ipac-hc-settings.pdf \(publichealthontario.ca\)](#)
- Screening, Testing and Surveillance for Antibiotic-Resistant Organisms (AROs): [aros-screening-testing-surveillance.pdf \(publichealthontario.ca\)](#)
- Cleaning, disinfection and sterilization of medical equipment/devices: [bp-cleaning-disinfection-sterilization-hcs.pdf \(publichealthontario.ca\)](#)
- Infection Prevention and Control for Long Term Care Homes Summary of Key Principles and Best Practices

COVID-19 Best Practice Documents

- Prevention, Surveillance and Infection Control Management of Novel Respiratory Infections in All Health Care Settings: [Best Practices for Prevention, Surveillance and Infection Control Management of Novel Respiratory Infections in All Health Care Settings \(publichealthontario.ca\)](#)
- Interim Guidance for Infection Prevention and Control of SARS-CoV-2 Variants of Concern for Health Care Settings: [Interim Guidance for Infection Prevention and Control of SARS-CoV-2 Variants of Concern for Health Care Settings \(publichealthontario.ca\)](#)
- Best Practices for Prevention of Transmission of Acute Respiratory Infection: [bp-prevention-transmission-ari.pdf \(publichealthontario.ca\)](#)
- Interim Guidance on Infection Prevention and Control for Health Care Providers and Patients Vaccinated Against COVID-19 in Hospitals and Long-Term Care Settings https://www.publichealthontario.ca/-/media/documents/ncov/ipac/2021/06/covid-19-vaccinated-patients-hcw-hospitals.pdf?sc_lang=en
- De-escalation of COVID-19 Outbreak Control Measures in Long Term Care and Retirement Homes https://www.publichealthontario.ca/-/media/documents/ncov/ltrh/2020/06/covid-19-outbreak-de-escalation-ltch.pdf?sc_lang=en