

Quick Reference Guide- Universal Pandemic Precautions (UPP) for Home Care & Community Care Settings

Universal pandemic precautions (UPPs) is one of several strategies used to protect home care providers from acquiring COVID-19. UPP means providers having direct client contact in areas where home or community care is provided wear face/eye protection in addition to universal masking for client encounters, regardless of client symptoms, at the very least if anyone in the home that the HCW will have contact with is unable or unwilling to wear a mask.

Refer to Q & A for UPP for Home Care and Community Care Settings for complete details and step-by-step guidance for cleaning & disinfection of face/eye protection.

Please note: At time of publication of this document, UPP is effective in the counties of Halifax, Hants, Kings and Annapolis. This guidance is subject to revision based on changing epidemiology.

PRIOR TO ENTERING A CLIENT'S HOME

- ✓ Make sure that client screening has been done before the visit to determine if anyone in the home has had symptoms of or exposure to COVID-19 that warrants their calling 811 and postponing the visit.
 - At the same time, ask that there be no visitors in the home at the time of the visit and that only the client and necessary support person be in the room during the visit.
 - Ask client and support person to wear a mask for visit.
- ✓ Put on mask and face/eye protection as per Universal Pandemic Precautions (UPP).
- ✓ Use gown and gloves as determined by a Point-of-Care Risk Assessment when providing care.

DURING THE CLIENT VISIT

- ✓ With UPP, mask & face/eye protection are to be worn for the entire duration of a visit.
- ✓ Avoid touching or readjusting your mask or face/eye protection as much as possible when they are on.
- ✓ Face/eye protection should be cleaned and disinfected if; you touch the front of the face/eye protection while you are gloved or with unwashed hands, you readjust/manipulate it during client care, it becomes wet or a client directly coughs on you. Replace face/eye protection if damaged.
- ✓ When in the home care & community care settings, additional steps are important to consider if you must remove your face/eye protection or other PPE in the client home. This includes ensuring you find a safe and clean surface to perform cleaning & disinfection and that others in the client home remain at least 2 metres away.
- ✓ **To clean your face/eye protection**, clean hands, obtain cleaning supplies/wipes, and clean paper towel/pad. Find suitable location at least 2 metres from client/support persons. Clean surface area with a disinfectant wipe, and put down clean paper towel or pad. Clean hands and remove face/eye protection and place on towel/pad. Clean/disinfect as per process. Allow to air dry and put on clean face/eye protection.
- ✓ **If replacing face/eye protection due to damage or soiling**, clean hands and obtain clean face/eye protection and a bag for disposal. Find a suitable location at least 2 metres from client/support persons. Clean surface area with a disinfectant wipe, and put down clean paper towel or pad for and place clean face/eye protection on it. Clean hands and remove face/eye protection, placing in bag or storage container for disposal or for cleaning & disinfection at a later time. Clean hands and put on new face/eye protection.

DURING BREAKS

- ✓ Some home care workers may work extended shifts where breaks and meals may need to occur in the home. Mask and face/eye protection should be removed for breaks to allow for drinking & eating at break/meal times.
- ✓ Leave mask & face/eye protection on until ready to eat. Find a safe and clean space at least 2 metres from client and support persons. Clean surface area with disinfectant product. Perform hand hygiene and remove mask & face/eye protection- place on clean paper towel/pad or container to store as per organizational protocol. Clean hands again prior to eating and drinking.
- ✓ PPE should be managed or stored in a manner that does not allow for contamination or damage. Some options include: cleaning and placing in a paper or plastic bag, or clean container, or laying on a clean surface (e.g. clean piece of paper towel, towel, blue incontinence pad, etc.)

AFTER THE CLIENT VISIT

- ✓ Remove your face/eye protection just before exiting the client home while in an area where client or other household members are not present.
- ✓ Discard in a waste receptacle or reprocess reusable face/eye protection following organizational process for cleaning/disinfection and reuse.
- ✓ Place reusable face/eye protection in a clean container or bag for storage.
- ✓ Perform hand hygiene.