

Intensive Needs Classroom Staff

Includes i.e. Learning Resource/Special Education Teachers,
Education Assistants, and SLP, OT, PT
Counsellors and Behavior Coaches

Intensive Needs Staff

Learning Concepts

1. Virus Information
2. Hand Hygiene
3. What to Wear When Chart
4. Full Don and Doffing PPE (detailed)
5. Physical Distancing
6. Principles of Infection Control
7. Cleaning a blood/body fluid spill
8. Poison Control
9. Personal Self Assessment Protocol

Learning Resources:

Watch the following videos and read the website information to be able to complete the quizzes.

Viruses vs. Bacteria: What's the Difference? (5:49 mins)

https://www.youtube.com/watch?v=P_9DXEnEd-Q

CDC Infection Control Practices in a Classroom and How Germs Spread (Video 10:20): Note: There are ads in the last 2 minutes so feel free to stop at the phrase “lifetime opportunity!!”

<https://www.youtube.com/watch?v=l5-dl74zxPg>

Hand Hygiene Practices

PHAC Hand Hygiene Video (54 seconds)

<https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

or (a cute one)

How to wash your hands NHS song | NHS (0:46) Watch right to the end!! <https://www.youtube.com/watch?v=S9VjeIWLnEg>

Hand sanitizer

WHO: How to handrub? With alcohol-based formulation (1:18 mins)

<https://www.youtube.com/watch?v=ZnSjFr6J9HI>

Physical Distancing (Video 1:14 seconds)

<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing-alberta.html>

Detailed Donning Doffing RN Procedures (6:52)

https://www.youtube.com/watch?v=iwvvnA_b9Q8Y

Detailed Donning and Doffing RN Quiz (must attain 80% mastery – retry quiz as often as necessary, use their answers to help you)
Omit question 2, 3 and 7 (or put these answers into those questions 2. C, 3.B and 7. False)

<https://www.registerednurses.com/personal-protective-equipment-ppe-nclex-practice-quiz/>

PHAC Cleaning Poster:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html>

Cleaning a Blood Body Fluid Spill (3:07 mins)

<https://www.youtube.com/watch?v=LpotQ8OYImw>

Poison Control Center Phone Number is

24-Hour Line:

1-800-567-8911 or

604-682-5050

(Telephone interpreting in over 150 languages available)

Mandatory Self Assessment Protocol

Everyone needs to do a SELF ASSESSMENT every time prior to entering any facility:

- Are you feeling unwell?
- Do you have a fever?
- Do you have sniffles or sneezing or other abnormal breathing issues?

If so, do not enter; go to websites below or call 811.

Employees, please follow HR protocols.

You can take the online **BC COVID-19 Self Assessment Tool**:

For a more detailed self assessment:

<https://bc.thrive.health/covid19/en>



Other symptoms can include:

Symptoms of COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever (see below)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

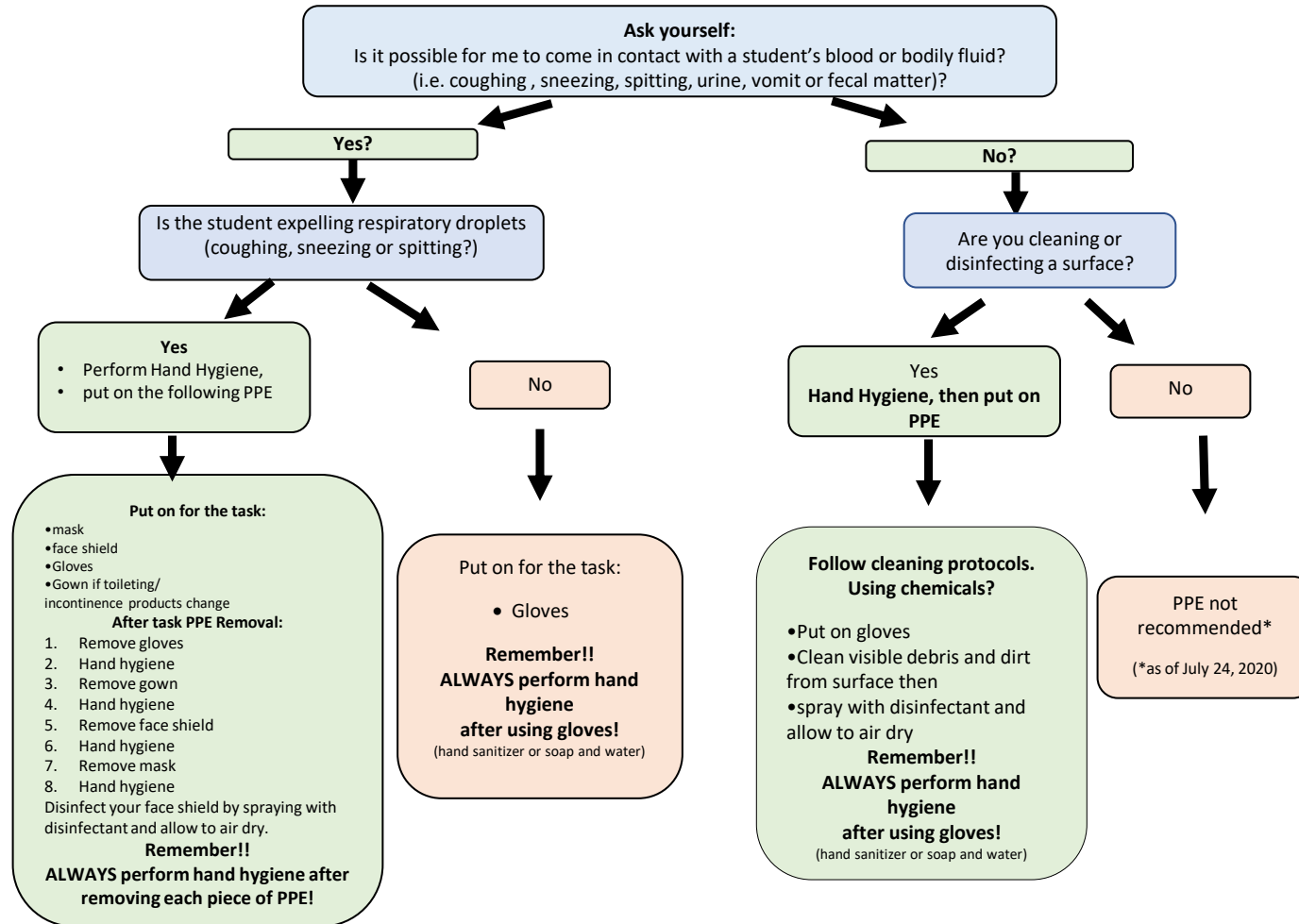
While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

Fever: Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#). Infants less than three months of age who have a fever should be assessed by a health care provider.

Personal Protective Equipment Usage Chart

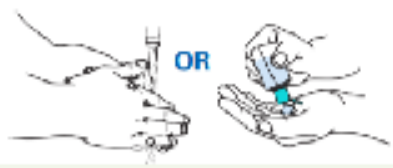
PERSONAL PROTECTIVE EQUIPMENT PLAN WORKING WITH STUDENTS



Donn and Doff Your PPE Safely

Donning Sequence

1. Hand Hygiene



2. Gown



3. Mask or Respirator



4. Goggles or Face Shield



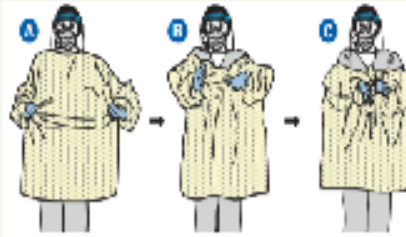
5. Gloves



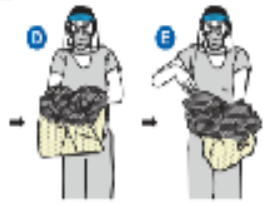
- **Keep hands away from face**
- **Limit surfaces touched**
- **Change gloves when torn or heavily contaminated**

Doffing Sequence

1. Gown & Gloves



- Touch outside of the gown with gloved hand
- Grasp the gown and pull away from your body



- Fold or roll down inside-out into a bundle
- Remove gloves at the same time by only touching the inside of the gloves and gown with bare hands

2. Hand Hygiene



3. Goggles or Face Shield



Remove from the back by lifting head band

4. Mask or Respirator



Grasp bottom ties/elastic, then the one at the top. Avoid touching face when removed

5. Hand Hygiene



PPE Prayer

by Chaplain Hadley Kifner, Pediatric Chaplain for UNC Health Care System

PPE (personal protective equipment) protects your body from exposure to a virus while you care for vulnerable patients. Protecting your mind and spirit is important while you work, too. You are valued and special; your skills are needed and appreciated. As you fulfill your duty to help others heal, your whole self is worthy of being healthy and strong, too. If you would like, incorporate the below into your practice as you don and doff PPE. They are from no particular spiritual tradition. They are written with courageous clinicians, you, in mind.

Donning Prayer

As you don each piece of your gear, take deep, grounding breaths and read these words below. You can also ask a colleague to read them aloud to you as you move through each step.

- 1. (Placing on gloves) May my hands be gentle and caring*
- 2. (Slipping arms through the gown sleeves) May my arms be sturdy and strong*
- 3. (Tying all of the ties on the gown) May my body be grounded in service*
- 4. (Securing respirator/face mask) May my words offer encouragement*
- 5. (Putting on face shield or goggles) May I see the person and not just a patient*
- 6. (Entering patient room) May this encounter be safe and healing for all*

Doffing Prayer

As you doff each piece of your gear, take deep, grounding breaths and read these words:

- 1. (Removing and disposing of gloves) May what I offered be enough*
- 2. (Untying and disposing of gown) May I release all stress and let it all go*
- 3. (Exiting patient room) May I move on with clarity and purpose*
- 4. (Performing hand hygiene) May I feel fresh and clean and safe*
- 5. (Removing face shield or goggles) May I see through the lens of compassion*
- 6. (Removing respirator/face mask) May I exhale and feel deep gratitude within*

Hand Hygiene

1. I wash my hands using: (Circle the correct answer)

- A. Bleach and water
- B. Liquid soap and running water
- C. Hand sanitizer under running water

2. Which parts of both of my hands must I wash (Hint: there is more than one!) Circle the correct answers.

- A. Back of hand
- B. Between fingers
- C. My nails
- D. My palms
- E. My thumbs

3. I must rinse my hands under

- A. Running water
- B. Running orange juice

4. Washing my hands takes at least

- A. One minute
- B. One day
- C. 20 seconds

5. I pat my hands dry with the paper towel and then turn off the tap with:

- A. My bare hands
- B. A paper towel
- C. A monkey's tail
- D. Santa's Beard

Check your work:

1. B 2. A, B, C, D, E 3. A 4. C 5. B

Physical Distancing

1. To keep a safe distance from other people I will stay 2 meters (6 feet) away from them. Circle all the items that are also about 2 meters in length?

(Hint: they have nothing to do with 'nosing around at a football game!')

- A. A football field
- B. Two grocery carts end to end
- C. An adult's hockey stick
- D. My nose
- E. The length of an adult's bicycle

Infection Control

2. The most common body part besides our face (nose and mouth) that spreads viruses from person to person are our:

- A. Knees
- B. Hair
- C. Hands
- D. Elbows

3. A common device that can harbour viruses such as COVID-19 is:

- A. A ceiling fan
- B. Tractor tire
- C. A cell phone (clean yours today 😊 Simply wipe the surface with a disinfectant dampened -NOT SOAKING WET, paper towel or tissue)

Detailed Donning and Doffing

4. I completed the RN Detailed Donning and Doffing video PLUS the accompanying quiz. I repeated the quiz (if necessary) to obtain an 80% or more as a mark.

- True
- False

Check your work:

1. B, C, E 2. C 3. C 4. True

Personal Protective Equipment (PPE)

Masks

1. A mask is properly worn when it covers only the mouth. Put a in the correct box.

- True
- False

2 It is true that one of purposes for the N95 masks which Healthcare workers need to wear is to protect them from breathing in viruses. The purpose of a wearing a simple procedural mask or even a homemade mask is to keep my germs from spreading and to protect others.

- True
- False

3. I should perform hand hygiene after removing my mask and dropping in the garbage can.

- Yes
- No

Check your work: 1. False 2. True 3. Yes

Cleaning Procedures and Poison Control

1. Cleaning products must be allowed enough 'contact time' (drying time with the surface) to be most effective. It is in the evaporation that viruses are killed.

- a. True
- b. False

2. "High Touch Areas" are areas that are:

- A. Above my head
- B. Touched often by other people

3. The 24 hour line British Columbia Poison Control Center Phone Number is are: (Get your sticker or magnet from your trainer).

Please recopy these numbers here

1-800-567-8911 or _____
or
604-682-5050 _____

Check your work: 1. True 2. B 3. 1-800-567-8911 or 604-682-5050

Personal Protective Equipment (PPE)

Gloves

1. Which statement is true about the proper FIRST step in the removal of gloves?

- A. I start removing a glove by pulling off one finger at a time
- B. I start by grabbing the gloved palm of my non dominant hand, and pulling it off in a manner which ends in containing that scrunched ball of glove in my dominant gloved hand.

2. Next, I must remember to be careful to hold the balled-up glove in one hand and NOT TOUCH the outside of the contaminated second glove

- True
- False

3. I remove my last glove by:

- A. Grabbing anywhere on the second glove
- B. Sliding two fingers under the other glove at the wrist

4. Because gloves can be porous or have suffered small rips in them from use, after both gloves are dropped in the garbage, I must keep myself safe by:

- A. Going merrily on my way
- B. Riding an elephant
- C. Perform proper hand hygiene by washing all parts of my hands with a good lather or with hand sanitizer for 20 seconds

Check your work: 1. B 2. True 3. B 4. C

Cleaning up blood and body fluid spills

5. Before cleaning up blood and body fluid spills I must make sure I keep myself safe with proper PPE (eye protection if it might splash at me, gloves, mask, apron/gown).

- True
- False

6. All cleaning paper towels and disposable items need to be disposed of in a bio bag or be triple bagged and straight into garbage for disposal. I need to perform hand hygiene very well after cleaning and doffing my PPE.

- True
- False

Check your work: 5. True 6. True

Intensive Needs Staff - Proof of Learning Document

My Name: _____

(Please print first and last name)

I learned about the following topics so I can keep myself and others safe.

I engaged in the training materials below and completing the quizzes for each, I can show I my learning.

Learning

These are the learning modules I completed:

Please ✓ those completed.

- Hand Hygiene
- (Infection Control Principle: How viruses get spread) Video
- Physical Distancing (Video)
- Poison Control Emergency Number
(I wrote out the 24/7 phone number)
- Cleaning Surfaces (I read the poster)
- Donning and doffing full PPE (RN video)
- Completed RN donning doffing online quiz to 80% mastery
- How to clean up bodily fluids (Video)
- Personal Self assessment Protocol

Proof of Learning

- I completed quizzes for each of the above topics
- I self corrected my answers
- I know how to and will do BC COVID-19 self assessment prior to entering any facility
- I feel better about knowing ways to keep myself and others safe

Signature_____

Date_____

(Remember to print and submit this form to the office)

Face Shields

Face shields are worn when there is risk of bodily or other fluids/debris may come in contact with your eyes or when you might find yourself approaching a situation where body fluids may be present.

1. **Face shield OR eye goggles** If face shields are not available , then protective eye goggles that seal to the face and if a person wears glasses they must also have protective goggles that provide protection so fluids cannot enter from above, side or below .
2. **Purpose of Face shields is to act as a partial face protection.**

ALWAYS WASH YOUR HANDS AFTER FACE SHIELD REMOVAL because you might have come in contact with a contaminant while you were removing your faceshield.

Protective **goggles** can be purchased at hardware stores and are very economical. I got mine for \$4.95!

Should I wear a mask with a face shield?

Remember a face shield can act as a barrier device (like a mini plexiglass wall). A mask is worn to protect others from your droplet particles. **We wear a face shield and a mask if we cannot maintain physical distancing of 2 metres to another person for more than 15 minutes.**

Gloves



All gloves have imperfections microscopic holes. This is why surgeons wash very well and double glove.

Knowing this, helps us understand that This means a contaminant can seep through the gloves and contaminate your hands. So **ALWAYS WASH YOUR HANDS AFTER GLOVE REMOVAL**

Gloves are worn for 2 reasons:

- protect hands from bodily fluids or other contaminants
- Cleaning and disinfecting surfaces

Remember to take off (doff) so you don't touch the outside of glove (where more contaminants are located). Always wash your hands after glove removal.

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- Do you have a fever?
- Do you have sniffles or sneezing or other abnormal breathing issues?

If so, do not enter; go to websites below or call 811.

Employees, please follow HR protocols.

You can take the online **BC COVID-19 Self Assessment Tool**:

For a more detailed self assessment:

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BC COVID-19 Self-Assessment Tool

Powered by  thrive health



What is considered a fever??

No, this is not about PPE but people just want to know:
An oral temperature of 37.5 °C or higher is considered a fever.
There are all kinds of thermometers
(for: under the tongue, forehead, ear, under the arm)
Just read the manufacturer's instructions for use

The Facts about PPE and Disinfectants

Wearing PPE correctly will:

1. Reduce exposure for the public.
2. Reduce exposure for the person wearing PPE.
3. Assist in mitigating the spread of COVID-19.

Here are common PPE and cleaning products and information about them:

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
Masks Procedural/surgical	Reduces the risk of droplets from person wearing the mask to a person not wearing a mask	Does not stop exposure to airborne particles. Is used to keep germs from spreading from wearer to non-masked person.	Wear ONLY when social distancing 2m cannot be maintained. Wash hands before and after each use.	Cleaning up feces or vomit. Student becomes ill and you cannot maintain 2m
Mask N 95	Reduce exposure to airborne containments	Forces air through the filter in the mask not in through gaps in the sides.	N95 respirators are most effective when workers received a proper N95 fit test.	Generally, for custodial cleaning
Mask KN 95	Reduce exposure to airborne containments	Letter in front of 95 determines country of origin. Forces air through the filter in the mask not in through gaps in the sides.	N95 respirators are most effective when workers received a proper N95 fit test. ONLY for workers who are risk or highest exposure to airborne containments.	Generally, for custodial cleaning

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
Homemade Masks/ Face Coverings	Reduces the risk of droplets from person wearing the mask to a person not wearing a mask.	Recognized by Health Canada has an option for public safety when social distancing cannot be maintained for more than 15 minutes.	ONLY to be used when social distancing cannot be maintained for more than 15 minutes Wash hands before and after use.	Cleaning up feces or vomit. Student becomes ill and you cannot maintain 2m
Gloves	Reduces cross contamination of surfaces.	Does NOT replace Hand Hygiene. Gloves have microscopic holes in which germs can pass through to hands.	Wash hands before and after use. NEVER wash or sanitize gloves. Use one pair of gloves per task.	Cleaning up feces or vomit. Student becomes ill and you cannot maintain 2m Cleaning surfaces.
Face Shields/ Eye Goggles	Reduces risk of exposure from droplets to eyes.	Prescription eyeglasses do not replace face shields.	Clean eye protection after wearing. Wash hands before and after using eye protection.	Cleaning up feces or vomit. Student becomes ill and you cannot maintain 2m distancing WEAR A MASK WITH FACE SHIELD in this situation

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
<p>Household bleach</p> <p>(though household bleach in the right dilution is effective against COVID - 19 your school division has procured other disinfectants for use).</p> <p>*** DO NOT USE</p> <p>AT SCHOOL</p>	<p>Disinfectant</p>	<p>This is your 'go to' in your school. You can also use at home.</p>	<p>AT home if you use it:</p> <p>1/3 cup of bleach to gallon of water</p> <p>45 mLs (3 tbsp) to one litre</p> <p>Must be allowed to air dry – it's the evaporation that kills the virus NOT the rubbing or wiping.</p>	<p>Can be used for home use in the correct dilution to kill COVID.</p> <p>However must be mixed fresh everyday as diluted</p> <ul style="list-style-type: none"> • only has a shelf life of 1 day.
<p>Drug store bought Hydrogen Peroxide</p> <p>*** DO NOT USE</p> <p>Not Health Canada approved cleaner</p>	<p>Anti-septic for wounds</p>	<p>You need a more powerful version called an Accelerated Hydrogen Peroxide which is NOT sold in stores</p>		<p>Only for a wound, and it stings.</p> <p>***</p> <p>DO NOT USE as a cleaner</p>

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
<p>Alcohol liquid hand sanitizer</p> <p>There are 2 grades of alcohol-based sanitizers:</p> <ul style="list-style-type: none"> • technical grade (it is very harsh on skin and has been recalled by Health Canada); • hospital grade is less harsh and equally as effective 	<p>Disinfectant</p> <p>These are poisons and flammable and should NEVER be swallowed or used around sparks or heat sources</p>	<p>Must be at 70% to fully kill COVID-19</p>	<p>It is the evaporation of the product that kills</p> <p>It can't penetrate dirt. So not good on dirty hands. Go wash with soap and water. Or wash twice with hand sanitizer.</p>	<p>When soap and water are not available</p>
<p>Non alcohol hand sanitizer</p>	<p>Disinfectant IF it is approved by Health Canada to kill COVID-19 Check on this website By entering the DIN number on bottle or its name.</p>	<p>Look it up on this Health Canada site to verify if it is approved as effective against COVID- 19</p> <p>https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html#tbl1</p>	<p>If its approved same as alcohol hand sanitizers</p>	
<p>Alcohol wipes</p>	<p>disinfectant</p>	<p>The alcohol can evaporate so never quite sure how potent they can be</p>	<p>Tight seal always Wipe and let to air dry. It's in the evaporation that the virus is killed READ manufacturers info on container</p>	<p>Surfaces</p>

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
<p>Disinfectant Wipes</p>	<p>disinfectant</p>	<p>Tightly seal always</p>	<p>Tight seal always on your container</p> <p>Wipe and let to air dry. It's in the evaporation that the virus is killed</p> <p>READ manufacturers info on container</p>	<p>Surfaces</p>
<p>Liquid Hand Soap</p> <p>This is your <u>"new friend"</u> during COVID-19 at work and at home!</p>	<p>Cleans hands VERY VERY VERY well!</p>	<p>It lubricates dirt and germs (bacteria or virus) so they can be rinsed down the drain</p>	<p>20 seconds PLEASE Use until bubbly soapy and clean all surfaces (it will take 20 seconds to get them all!)</p> <p>Palms (usual) Back of hands, Nails (circular motion in palms) Thumbs (most often forgotten) Up to wrists! Take off rings (bad things hide under and in rings!) Pat, don't rub dry (your skin will thank you) yes you can put on lotion afterwards.</p>	<ul style="list-style-type: none"> • After touching surfaces, • entering a building, • When hand sanitizer is unavailable, • Donning PPE • After taking off PPE. • Any time you are in doubt if you hands are clean • and then just once more to make sure! <p>😊</p>
<p>Bar soap</p>	<p>*** DO NOT USE Bars of Soap</p> <p>The virus just sits on the soap and waits for the next 'taker'</p>			

Item	Purpose	Factual Info	Key points to proper use	Situations of When to use
<p data-bbox="121 298 1976 451">Know that when you keep yourself safe, you are keeping others safe. You are truly doing your part to be strong for you, your loved ones and for others. THANK YOU for caring.</p> <p data-bbox="333 516 1776 669">Thank you from those who count on you; many who you have not nor will never meet and thank you from those who have no voice to thank you now.</p> <p data-bbox="203 734 1892 781">What you do matters. Kindness matters, compassion matters; you matter!</p> <p data-bbox="426 899 1671 946">THANK YOU FOR WHO YOU ARE AND WHAT YOU DO.</p>				

Worksafe BC Documentation

VERY GOOD DOCUMENTS for you.

- Worksafe BC for responsibilities regarding PPE usage for: Worker, Supervisor, Employer

<https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/personal-protective-equipment-ppe/responsibilities>

- Worksafe BC documents regarding: masks, eye protection, gloves can be found here:

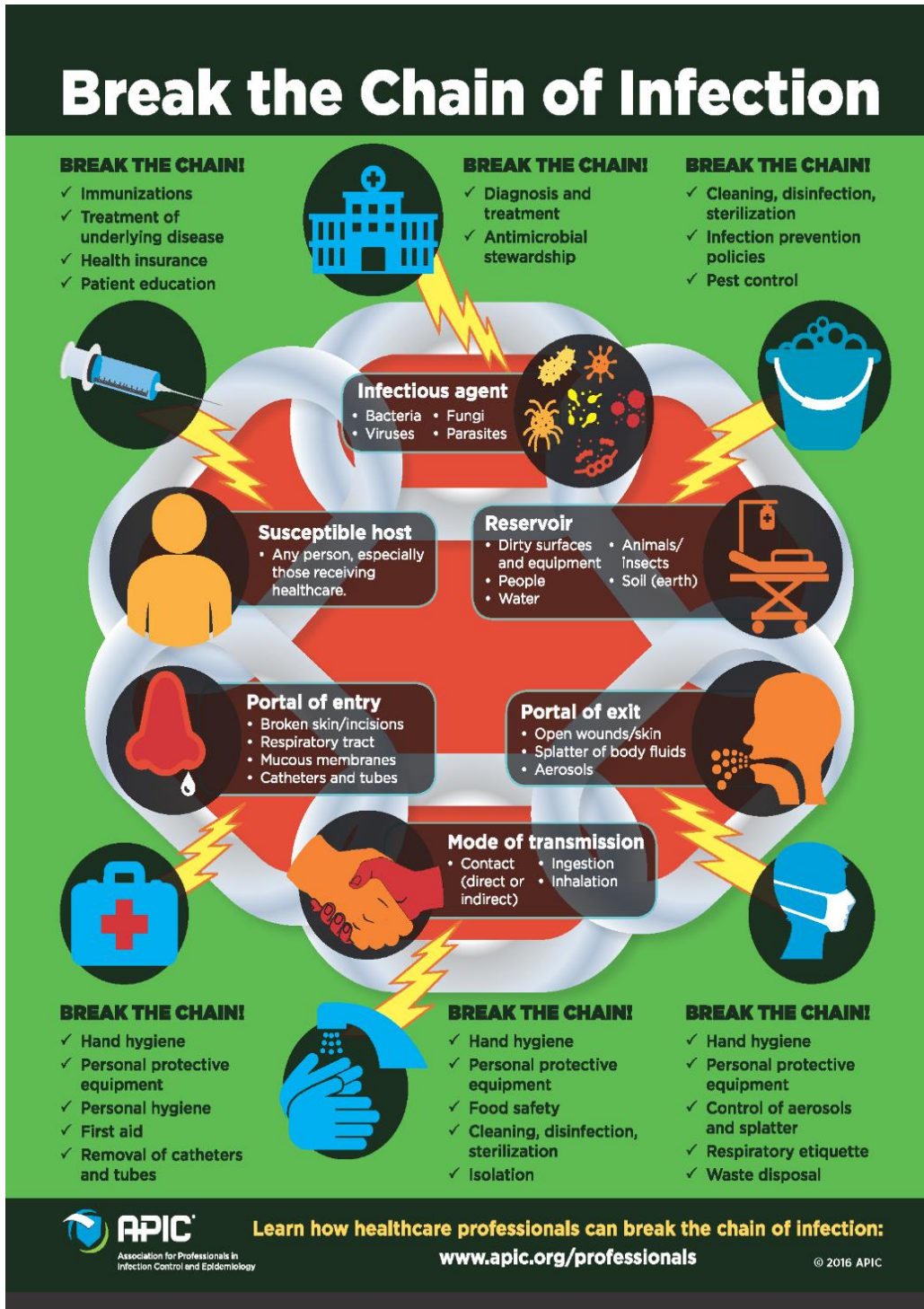
<https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/personal-protective-equipment-ppe>

- BC Centre for Disease Control (info on cleaning up vomit, feces etc.)

<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/infection-control>

What is the Chain of Infection?

There are many different germs and infections inside and outside of the healthcare setting. Despite the variety of viruses and bacteria, germs spread from person to person through a common series of events. Therefore, to prevent germs from infecting more people, we must break the chain of infection. No matter the germ, there are six points at which the chain can be broken and a germ can be stopped from infecting another person. The six links include: the infectious agent, reservoir, portal of exit, mode of transmission, portal of entry, and



Prayer of St. Theresa of Avila

Christ has no body on earth but yours.

No hands but yours,

No feet but yours.

Yours are the eyes

through which the compassion of Christ

looks out on the world.

Yours are the feet

with which he is

to go about doing good

and yours are the hands

with which he is to

bless his people.

St. Theresa of Avila