

GUIDE: TO PROTECT YOURSELF AND YOUR LOVED ONES

Self-monitoring of new placements:

- Monitor the child or adult entering a new placement for 14 days for symptoms of respiratory illness such as cough, fever or difficulty breathing (see chart on page 2);
- Avoid crowded places with the child or adult, and practice and increase social distancing from home whenever possible.
- During the first 14 days of a new placement, ask the child or adult not to help himself or herself from the refrigerator; do it for him or her.

Practise **social distancing**; modify daily routines to minimize close contact with others, including:

- Avoid crowded areas and non-essential gatherings;
- Avoiding customary greetings, such as handshakes;
- Limit contact with people at higher risk, such as the elderly and people in poor health;
- Maintain a distance of **at least two arm's lengths** from others as much as possible.

Social distancing during transport:

Here are some guidelines based on recommendations issued by taxi companies such as Uber, Lyft, Blue Line and Capital Taxi:

- Passengers should sit in the back and on the opposite side if possible, to increase the distance to the driver.
- Vehicles must be disinfected before and after each transport using the disinfectant products that have been distributed by the Property Management team. Test the product on a surface that is not visible.
- Be especially vigilant in cleaning frequent contact points such as: door handles, seat belts, steering wheel, gear lever and frequently used controls (power windows, mirrors, heated seats, heating, ventilation, radio, touch screen, etc.).
- Leave one or two windows ajar to allow good air circulation.
 - If someone coughs during transport, it is recommended that the windows be opened wide at the end of the transport to ventilate the vehicle.
- Wash your hands after each transport, preferably with soap and water.

Practise good hygiene:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the toilet and when preparing food:
 - Use an alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing:
 - Cough or sneeze into a tissue or the crook of your arm, not your hand;
 - Immediately dispose of used tissues in a trash can lined with a plastic bag and wash your hands afterwards.
- Avoid touching your eyes, nose or mouth without first washing your hands.

Cleaning:

Cleaners can help limit the transfer of microorganisms. Health Canada recommends using cleaner or diluted bleach on high-touch surfaces such as:

- toys
- toilets
- all electronic devices (remote controls, telephones, etc.)
- door handles, counters, faucets, bedside tables.

In a new placement, the child or adult should only have with him his clothes and a few personal items (3) that can be easily cleaned. When the child or adult arrives at the placement, the resource family or residence should disinfect and clean the child's or adult's personal belongings, without exception.

