



Meridian Home Care's Response to COVID-19

As the situation evolves, we have aligned our responses to the directives of the Public Health Authorities to help keep our clients, employees and family members safe. The protocols employed to address COVID-19 are best practices used to reduce the risk of transmitting infections.

- All our employees are regularly educated on the importance of hand hygiene, to cough/sneeze "in your elbow" as a best practice to prevent the spread of virus/germs, and how to properly use personal protective equipment.
- We have asked all employees to refrain from hand-shaking and hugging.
- We adamantly recommend that all caregivers wash hands between Client residents.
- We have asked all employees not to wear their outside shoes in doors, once they have removed their indoor shoes, promptly wipe them down with a Lysol wipe before wearing them to the next client.

Any employee with even mild symptoms of the cold or flu must immediately go into self-isolation, you may not know you have symptoms of COVID-19 because they are similar. They are to notify us immediately as well as to communicate with public health agencies as required.

We will continue to use every effort to deliver uninterrupted essential services to all our clients. We are focused on our preparedness efforts to maintain a safe work environment and to sustain our business operations.

What Is Coronavirus (COVID-19)?

In January 2020, a novel (new) coronavirus (COVID-19) was identified as the cause of an outbreak of pneumonia originating in Wuhan, China. The situation is rapidly evolving and Public Health Ontario, along with the Ministry of Health, is closely monitoring the outbreak, conducting surveillance and appropriate laboratory testing, and providing public health and infection control guidance.

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- Fever
- Cough
- Difficulty Breathing

Symptoms may take up to 14 days to appear after exposure to COVID-19.

How To Protect Yourself

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre. There is no vaccine available to protect against the 2019 coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- Hygiene - wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer if soap is not available;
- Sneeze and cough into tissue or the bend of your arm, not your hand;
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home if you are sick
- Social distancing – minimize close contact with others, avoid crowded places and keep at least 2 arm’s length from others

Helpful Links

How to Self Monitor

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

The Self-Assessment Tool

<https://covid-19.ontario.ca/self-assessment/#q0>

Public Health Ontario offers a lot of useful information during the pandemic.

<https://www.publichealthontario.ca/>