



CORONAVIRUS OUTBREAK HEALTH & SAFETY IN THE SHELTER CONTEXT

Corey Ranger RN BN

March 19, 2020

Homelessness Services Association of BC



ACKNOWLEDGING FIRST NATIONS

For thousands of years the səl'ilwətaʔ təməx^w (Tsleil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), WSÁNEĆ, and the Songhees Nation of the Lək'wəŋən (Lekwungen) Peoples have walked gently on the unceded territories where we now live, work, and play. We are committed to building relationships with the first peoples here, one based in honour and respect, and we thank them for their hospitality.





SCENARIOS



THIS
— IS A
SAFE
SPACE

RESPECT THAT WE ALL HAVE SOME FEARS RIGHT NOW
RESPECT THAT ANY QUESTION IS OK



GOALS FOR TODAY



COVID 101: BASICS, UPDATES, PRECAUTIONS



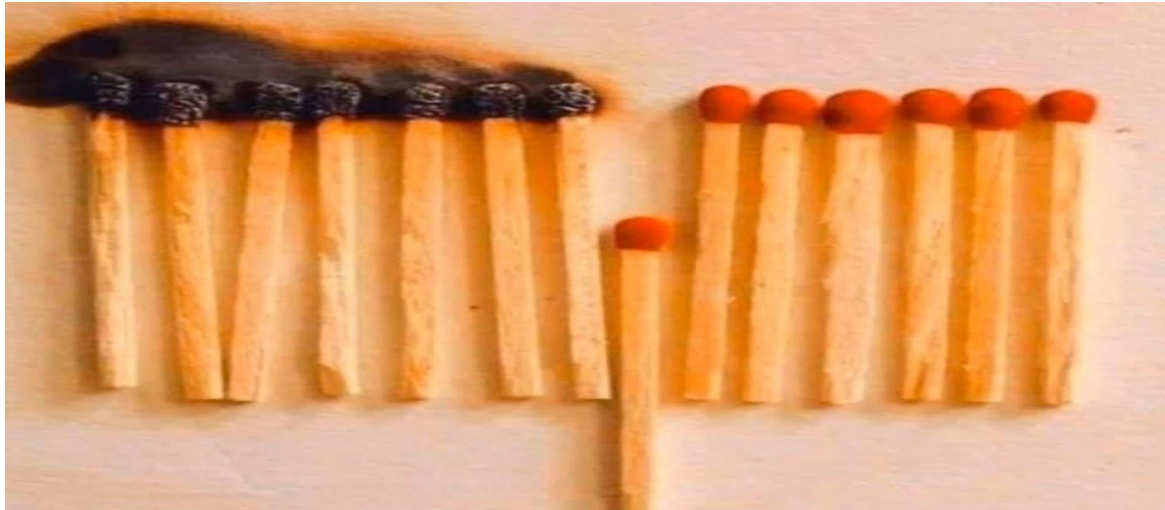
PUBLIC HEALTH VS REALITIES



APPLICATION TO SHELTER CONTEXT



HARM REDUCTION IN A PANDEMIC



“What society judged was not the severity of the disease but the social acceptability of the individuals affected with it..”

- Randy Shilts, *And the Band Played On: Politics, People, and the AIDS Epidemic*

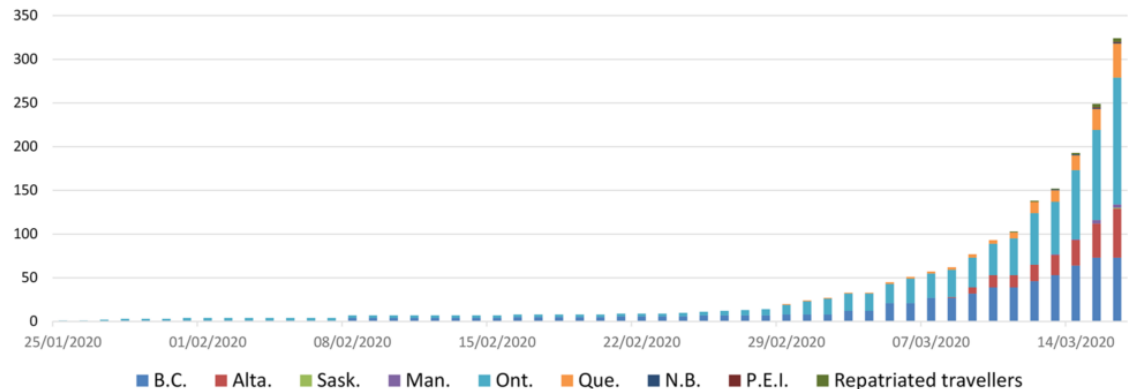


COVID 101: WHAT IS IT?

LARGE FAMILY OF VIRUSES FOUND MOSTLY IN ANIMALS. IN HUMANS, THEY CAUSE DISEASES RANGING FROM THE COMMON COLD TO MORE SEVERE DISEASES SUCH AS SEVERE ACUTE RESPIRATORY SYNDROME (SARS) AND MIDDLE EAST RESPIRATORY SYNDROME.

BC CENTRE FOR DISEASE CONTROL
MARCH 10, 2020

**CONFIRMED COVID-19 CASES IN CANADA
(CUMULATIVE TOTAL)**



Source: Canadian federal coronavirus update page and Internet Archive Wayback Machine for that page

MACLEAN'S.CA - MARCH 16, 2020



HOW DO I KNOW IF I'M SICK?

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER



WHAT IF I'M SICK

IF YOU HAVE SYMPTOMS SUCH AS FEVER, COUGH OR DIFFICULTY BREATHING AND HAVE TRAVELLED OUTSIDE OF CANADA OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS COVID-19, AVOID CONTACT WITH OTHERS. **SEE A HEALTH CARE PROVIDER AS SOON AS POSSIBLE.**

CONTACT THE CLINIC YOU ARE GOING TO FIRST SO THEY CAN MAKE ARRANGEMENTS. **AVOID EMERGENCY DEPARTMENTS IF POSSIBLE.**

WEAR A MASK. **GET TESTED.** CONTACT PRECAUTIONS ARE INCREDIBLY IMPORTANT TO PREVENT FURTHER SPREAD.



Important WHO Advisory on COVID -19!

Novel Coronavirus typically affects the respiratory tract of humans
It is mostly transmitted from person to person.

General Symptoms:



Cough & Running
Nose



Fever



Breathing
Difficulty



Do's



Wash your
hands frequently



Use Hand
Sanitizer



Wear a mask if you
have cough or
runny nose



Cover your mouth
and nose while
coughing or sneezing

Don'ts

The following measures ARE NOT effective against COVID-2019 and can be harmful



Wearing multiple
masks



Taking antibiotics



Precautionary Step: Immediately visit the doctor, if you have flu-like symptoms such as cold, cough or fever.

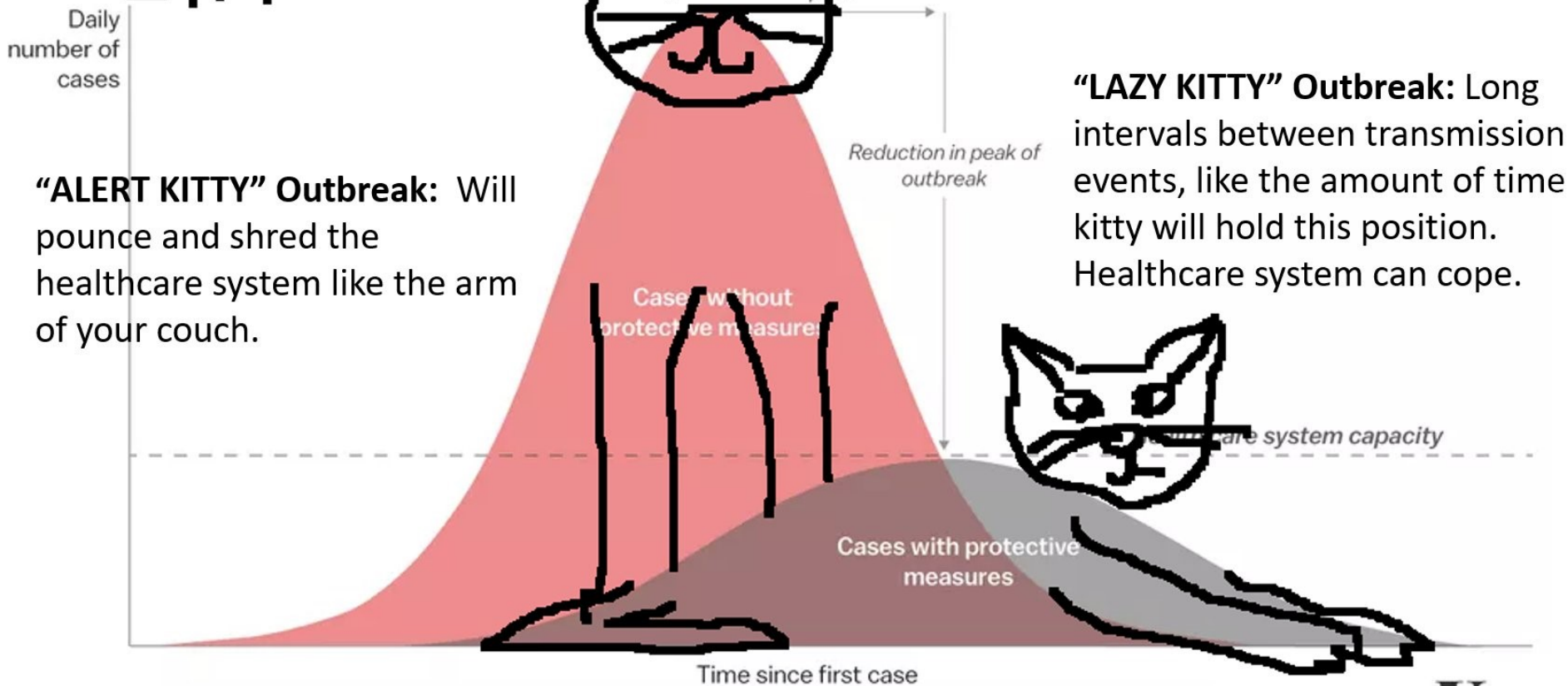
In case you or someone around you is tested positive: Avail necessary medical care and stay confined at home with limited contact with other people.

Personal Precautions

- World Health
Organization, 2020,
Important WHO Advisory
on COVID-19



Flattening the curve CAT



Source: CDC

Vox



THE REALITIES OF SOCIAL INEQUITIES IN TIMES OF OUTBREAK

- Access to soap, clean water, and sanitizer
- Social distancing in shelter settings
- Access to testing services
- Access to timely messages and information
- Health risks and immune function
- Access to basic needs (adequate nutrition)



In the media.

“In Vancouver, shelters and housing providers are sprinting to introduce new cleaning measures and make contingency plans, but there is no public announcement yet about any provisions for isolating homeless people who get infected.”

-Globe and Mail, March 17 2020

Advocacy.



APPLICATIONS TO SHELTER CONTEXT

PART I: PREVENTION & PROMOTION

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

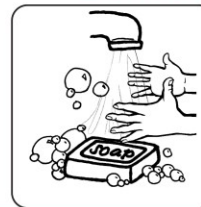


Put your used tissue in
the waste basket.



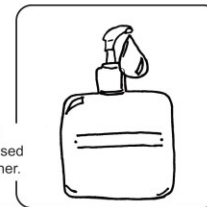
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



Vancouver
Coastal Health
Preventing Serious Illnesses

MDH
Municipal Department of Health
11750 Glenview Street
Vancouver, BC V6S 1G6
(604) 675-5414 or (604) 675-5414
www.health.vancouver.ca

Westside
Anti-Bio
Resistance
Collaborative

APIC
Association for Professionals in Infection Control and Epidemiology, Inc.



STOP

2019 Novel Coronavirus (COVID-19)



Do you have a FEVER, or NEW
COUGH or DIFFICULTY BREATHING?

**IF
YES**



Clean your hands



Put on a mask



Report to
reception or a
health care provider



2019COVID_POSTER_002

APPLICATIONS TO SHELTER CONTEXT

PART II: SCREENING, QUARANTINE, & SOCIAL DISTANCING



Guide to Local Production:
WHO-recommended Handrub Formulations

Introduction: This Guide to Local Production of WHO-recommended Handrub Formulations is separated into two discrete but interrelated sections:

Part A provides a practical guide for use at the pharmacy bench during the actual preparation of the formulation. Users may want to display the material on the wall of the production unit.

Part B summarizes some essential background technical information and is taken from WHO Guidelines on Hand Hygiene in Health Care (2009). Within Part B the user has access to important safety and cost information and supplementary material relating to dispensers and distribution.

APPLICATIONS
TO SHELTER
CONTEXTPART III:
CLEANING &
DISINFECTING

Pandemic Response Planning Checklist for Homeless & Housing Services Providers

This checklist will help you to plan your response to an influenza pandemic, as it might affect your program or facility. The checklist is divided into three sections:

1. Section 1 deals with **Service Continuity Planning**. Critical to your response is your ability to continue to provide services. A service continuity plan, developed to respond to a pandemic, will help you prepare for other disease outbreaks or emergencies.
2. Section 2 deals with **infection control** and details practical ways in which you can prevent the spread of influenza among your clients, staff and volunteers.
3. Section 3 deals with issues that are specific to an **influenza pandemic** or other widespread, serious disease outbreak.

Refer to the Vancouver Coastal Health Pandemic Response Plan at:

sneezediseases.com/resource/vch-regional-pandemic-outbreak-response-plans

Specific chapters of the plan that you may find useful are:

Chapter 4: Infection Control

Chapter 12: Handling the Deceased

Another tool that you may find helpful is the VCH self-care guide for pandemic and seasonal influenza.

“**Look after yourself: how to care for yourself and the people you care about**” is available at:

sneezediseases.com/resource/pandemic-prep-look-after-yourself/open

1. Service Continuity Planning

- An influenza pandemic will cause disruption throughout society for several months. All areas of society will be affected; it may be difficult to get some goods or services.
 - It is expected that large numbers of people will become ill and may be away from work. 15-25% of your staff and volunteers may be absent at any one time.
 - A service continuity plan will help you maintain your facility's essential services in the face of staff and volunteer absenteeism.
- ☐ Have you identified your essential services? Include payroll, systems maintenance, communications systems, support services as well as client services. What services may be more important in a pandemic?
 - ☐ What services can you discontinue/postpone? Identify services that may be postponed or discontinued during a pandemic in order to free up staff and volunteer resources to provide essential services.
 - ☐ Consider how you will maintain your essential services when you don't have enough staff or volunteers. Staff or volunteers may stay home from work because they are ill or to take care of family members or out of fear.
 - ☐ Identify supplies and equipment that are essential to the provision of your services. How will you deal with disruptions to the supply chain? Are there supplies that you can stockpile for use in a pandemic? Consider building a 6-weeks' stockpile of essential items for use or distribution during a pandemic. Remember to rotate supplies that have an expiry date.
 - ☐ Do you have policies to cover when staff and volunteers who become ill with influenza may return to work? It is important to enable those who are sick to recover fully; people will be contagious until their symptoms have resolved. Once someone has recovered from pandemic influenza, they will be immune to the disease.

APPLICATIONS TO SHELTER CONTEXT

PART IV: WHAT IF I SUSPECT SOMEONE HAS COVID-19?





COMMUNICATION

HARM REDUCTION IN A PANDEMIC

KEEPING SAFE : CORONAVIRUS & DRUG USE TIPS FOR PEOPLE WHO USE DRUGS

Big nights out and regular drug use can suppress your immune system and make you more vulnerable to infections, so this might be a good time to cut back. Here are a few common sense tips for people who use drugs.



- **Avoid sharing joints, pipes, straws etc**
- **Avoid sharing and passing stash bags**
- **Avoid touching face/eyes with your hands when smoking/snorting**
- **Wash preparation surfaces/wipe with alcohol gel**
- **Avoid parties and big sessions if you feel unwell or have a cough/fever**

GLOBAL DRUG SURVEY

Source: Global Drug Survey





TIPS & TRICKS

March 14, 2020

Dear Colleagues,

In the context of the evolving COVID-19 outbreak and implementation of prevention and control measures across the country, it will be important to maintain Canadians' access to controlled substances when needed for medical treatments (e.g., treatment of substance use disorders and chronic pain). This is critical in order to enable individuals who are currently undergoing medical treatment, including for chronic conditions, and need to self-isolate, or adhere to social distancing guidance from public health officials.

To support access, Health Canada is preparing to issue the following exemptions for prescriptions of controlled substances under the *Controlled Drugs and Substances Act* (CDSA) and its Regulations. If permitted within the applicable provincial/territorial scopes of practice, the planned exemptions will:

- permit pharmacists to extend prescriptions;
- permit pharmacists to transfer prescriptions to other pharmacists; and
- permit prescribers to issue verbal orders (i.e., over the phone) to extend or refill a prescription.

We expect to issue these class exemptions during the week of March 16, 2020. We strongly encourage all partners to work to implement these exemptions in their jurisdictions and welcome any additional suggestions you may have to maintain Canadians' access to controlled substances for medical reasons during the pandemic.

We strongly urge Ministries and regulators to conduct a thorough assessment of any barriers to access to medicines that could contravene public health advice for social distancing and self-isolation, when appropriate. This could include, for example, temporarily lifting restrictions on take-home doses ("carries") of opioid agonist treatments, and allowing those with chronic conditions to obtain enough medication to last through a period of self-isolation.

We also recognize that local pandemic precautions may impact the operations of Supervised Consumption Sites (SCS), and are committed to work directly with SCS Operators to assess each individual situation and develop appropriate modifications to their protocols and practices. Operators are encouraged to contact the Office of Controlled Substances' Exemptions Section at hc.exemption.sc@canada.ca.

If you have any questions, or wish to discuss any other potential barriers to treatment and harm reduction services related to the COVID-19 pandemic, please contact Health Canada's Office of Controlled Substances, at: hc.ocs-bsc.sc@canada.ca.

Best Regards,

Eric Costen
Associate Assistant Deputy Minister
Controlled Substances and Cannabis Branch
Health Canada



info@westsideharmreduction.com



Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



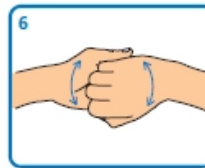
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



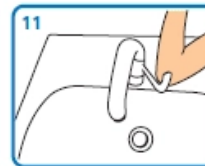
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



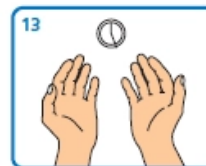
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

The background features several curved lines in black and grey, some solid and some dashed, sweeping across the top and bottom of the page. A teal-colored speech bubble is positioned on the left side, containing the text 'ADDITIONAL RESOURCES'.

ADDITIONAL RESOURCES

- Vancouver Coastal Health: [Pandemic Response Checklist](#)
- BC Housing: [Information for Homelessness Service Providers](#)
- Sneezes & Diseases: [Cover Your Cough](#)
- BCCDC: [Stop 2019 Novel Coronavirus](#)
- WHO: [Recommended Hand Rub Formulations](#)

Select References

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