

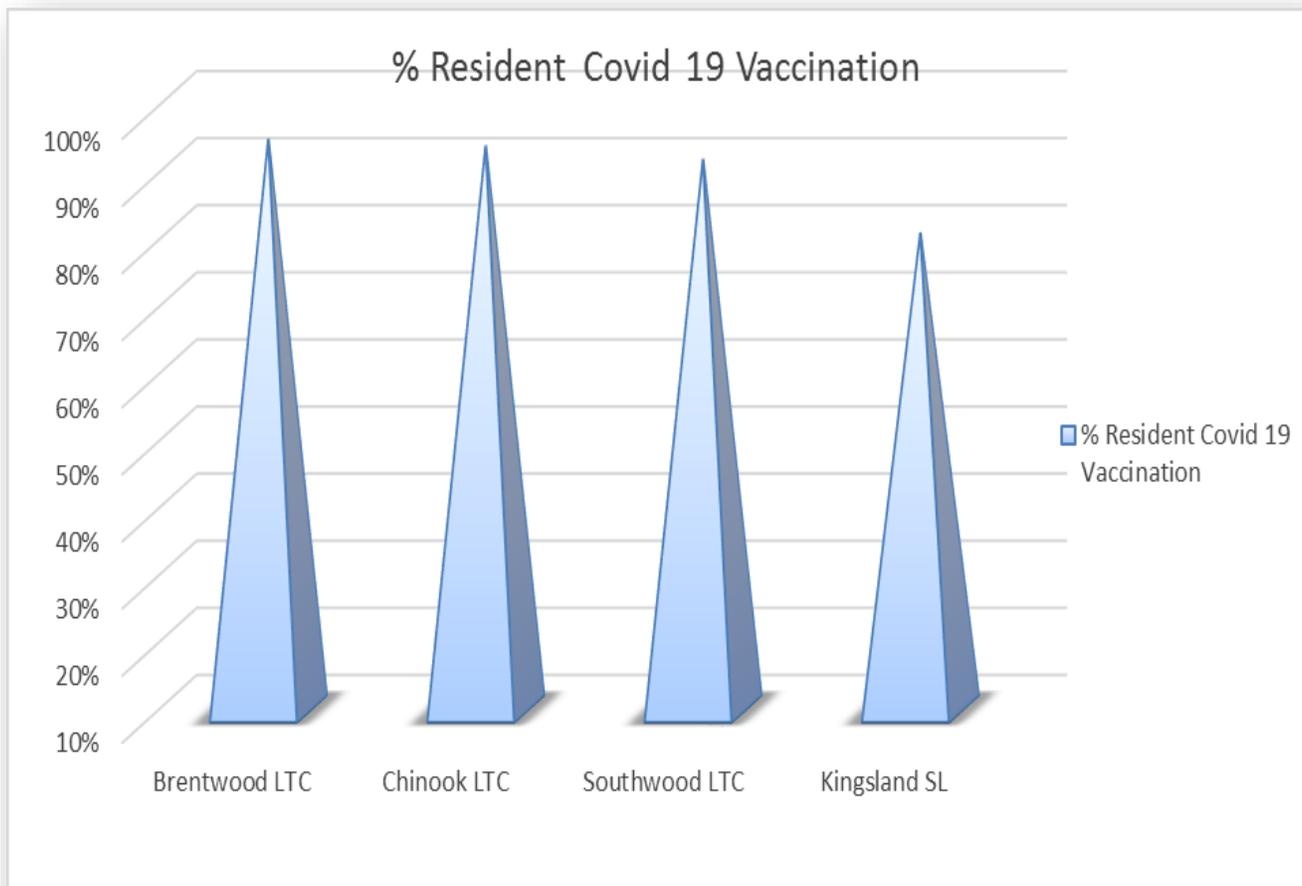
Infection Prevention & Control

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Alberta’s **voluntary Covid-19 vaccination** process was initiated by government in December 2020. Following the vaccination launch, Intercare staff were offered and provided COVID-19 vaccinations on a voluntary basis between late December and early January. Shortly after, COVID-19 vaccinations were also offered and provided on to consenting residents on a voluntary basis during the month of January. COVID-19 vaccinations will continue to be offered and provided to consenting residents who have not yet received the COVID-19 vaccination, on a voluntary and on-going basis.

The graph below depicts the current rate of COVID-19 vaccination of consenting residents at Intercare facilities.

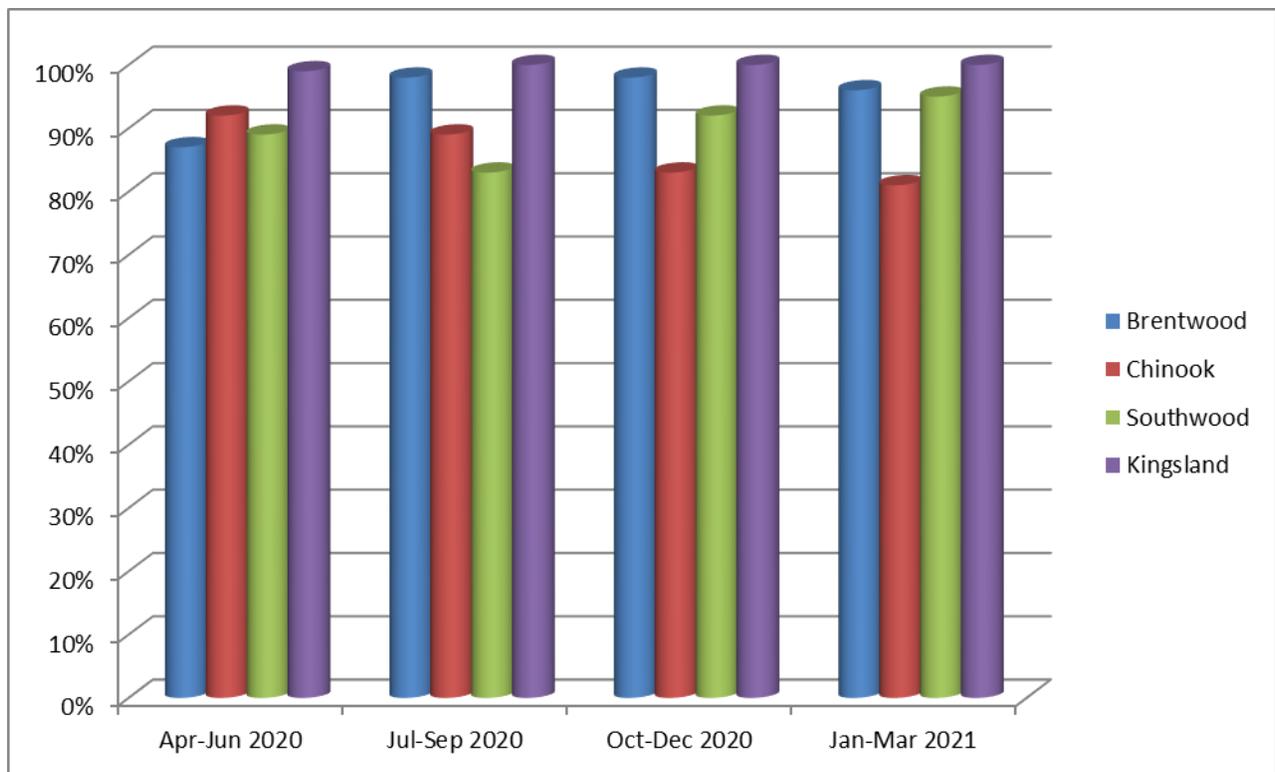


Hand Hygiene Audit Results (2021)

Our hands are the main pathways of germ transmission during the delivery of care. Proper hand hygiene is, therefore, one of the most important safeguards that help us avoid the transmission of harmful germs and prevent the spread of infection in healthcare settings.

The purpose of Hand Hygiene Auditing at Intercare is to improve and reinforce proper handwashing technique in our care homes. To monitor this important safety process, Intercare has completed hundreds of hand hygiene audits and uses the audit findings to provide staff with constructive feedback and educational opportunities, on an on-going basis, that support and reinforce a commitment to continuous improvement and proper hand washing technique.

Intercare sites complete Hand Hygiene Audits, inclusive of all staff in all departments, on a monthly basis.



Personal Protection Equipment Audit Results (2021)

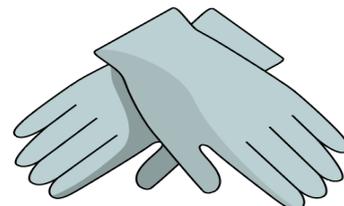
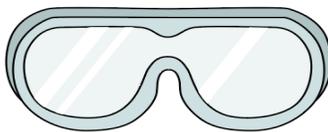
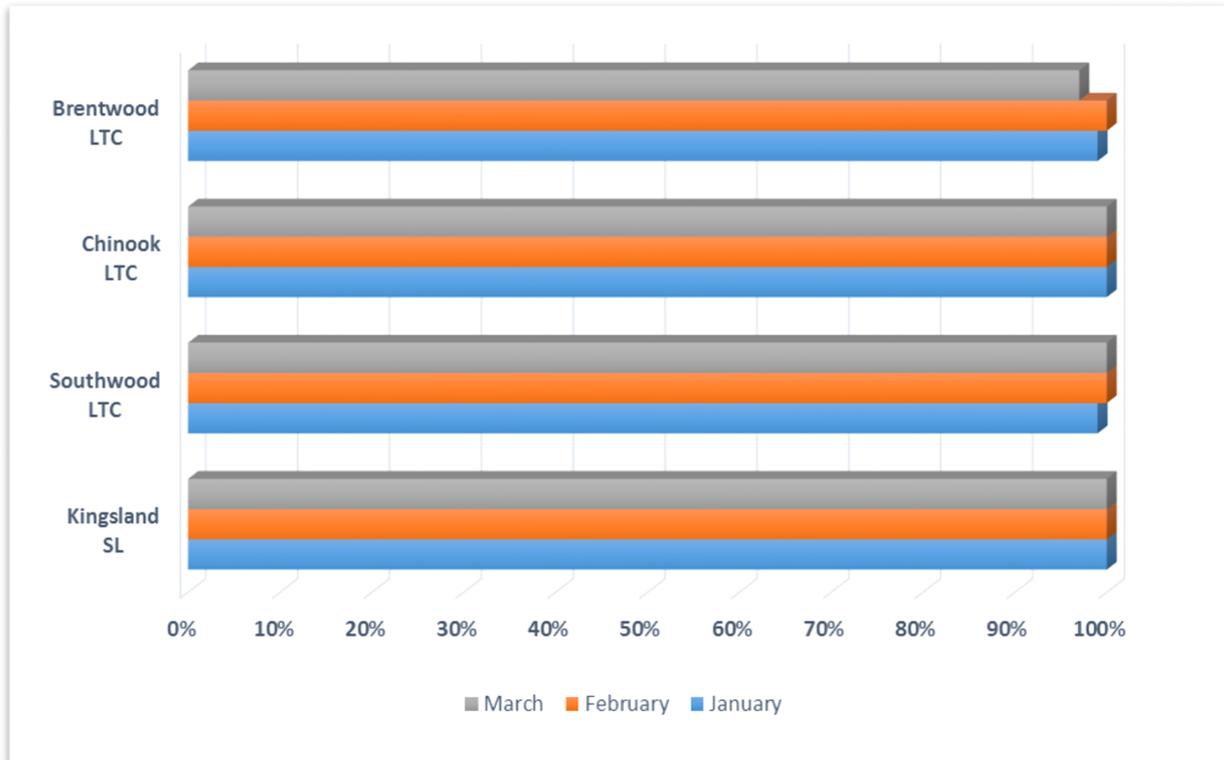
Monitoring the proper use of Personal Protective Equipment (PPE) is a vital component in the prevention and cessation of the spread of Infections. In 2020 and to date, Intercare completed a substantive number of PPE audits.

The recent CMOH Order 03-2021 (which came into effect on February 24, 2021) requires that all continuing care operators (including Intercare) follow 'Covid19 Variants of Concern (VOC) Outbreak Protocol' in the event of a COVID-19 outbreak at a site. Operators are also required to educate all staff on a weekly basis on proper PPE Usage and Hand hygiene. As a proactive enhancement, Intercare has incorporated weekly PPE Audits as part of its Quality Improvement Accountability Framework, the results of which are then rolled up into monthly site summaries.

The PPE Audits are used to monitor the following:

- Isolation Signage;
- Appropriate PPE Usage for each situation and area of work;
- Proper 'putting on' and 'taking off' of PPE;
- Staff movement on units;
- Physical distancing;
- Availability of PPE and hand sanitizing supplies.

The graph below depicts a summary of PPE Audit results at Intercare sites during the months of January, February and March 2021.



COVID-19 versus Influenza

Cause:

- ◆ **COVID-19:** Caused by the novel 2019 coronavirus, also known as **SARS-CoV-2**.
- ◆ **Influenza (the 'Flu'):** Caused by any of several different types and strains of influenza viruses. Different strains circulate each year.

Symptoms:

- ◆ Both illnesses can cause fever, cough, body aches, and sometimes vomiting and diarrhea (especially in children).
- ◆ Both can result in pneumonia.
- ◆ Both flu and COVID-19 can be mild or severe, or even fatal in rare cases.
- ◆ COVID-19: Many people infected with the coronavirus do not feel sick or have any symptoms at all, but they can still transmit the coronavirus to other people.
- ◆ Unlike the flu, COVID-19 can sometimes cause a person to suddenly lose their sense of smell ('anosmia') or taste ('ageusia').

Spread:

- ◆ Both the flu and COVID-19 spread in similar ways. Droplets or smaller virus particles from a sick person can transmit the virus to other people nearby. The smallest particles may linger in the air, and another person can inhale them and become infected.
- ◆ People can also touch a surface with viruses on it, and then transfer the germs to themselves by touching their face.
- ◆ People infected with COVID-19 or the flu may not realize they are sick for several days, and during that time can unknowingly spread the disease to others before they even feel sick.

Treatment:

- ◆ **COVID-19:** Antiviral medications and other therapies are being tested to see if they can effectively address symptoms and shorten the duration of the illness. Currently, effective treatments are only available in an intravenous form, so they are not prescribed to patients outside of a hospital setting.
- ◆ **Flu:** Oral antiviral medications can address symptoms and sometimes shorten the duration of the illness. Because they are given by mouth, these antiviral therapies can be prescribed for patients who are not hospitalized as well as for those in the hospital.
- ◆ Both are treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and very ill patients may need a ventilator (a special machine that helps them breathe).

Prevention:

- ◆ Both can be prevented by mask-wearing, frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected.
- ◆ Physical distancing also limits the spread of COVID-19 in communities.

Vaccination (Immunization):

- ◆ **COVID-19:** Pfizer and Moderna developed vaccines that have been approved for use in Canada by *Health Canada*. Vaccination of healthcare providers commenced in December 2020 followed shortly after for residents in continuing care. Pfizer and Moderna vaccines are being used for residents in continuing care.
- ◆ **Flu:** A flu vaccine is available annually and is effective in preventing and safeguarding people from some of the most dangerous types, including reducing the severity and/or duration of the flu. It is very important for everyone to ensure that they get vaccinated annually for the flu.