

Pandemic

Intercare has a pandemic plan that is based on Alberta Health Services (AHS) standards and pandemic plans. The plan is regularly reviewed and updated.

In 2020, a worldwide Pandemic of COVID-19 was declared which has changed many Infection Prevention and Control (IPC) Measures in Continuing Care. These changes are ongoing and Intercare works hand in hand with AHS to meet the needs of our residents, patients and the community.



If you have questions, please call the Site Administrator or Director of Care at your site.

Brentwood Care Centre
2727–16th Avenue NW
Calgary, Alberta T2N 3Y6
Phone: (403) 289-2576

Chinook Care Centre
1261 Glenmore Trail SW
Calgary, Alberta T2V 4Y8
Phone: (403) 252-0141

Southwood Care Centre
211 Heritage Drive SE
Calgary, Alberta T2H 1M9
Phone: (403) 252-1194

Kingsland Terrace Supportive Living
835 - 68 Avenue SW
Calgary, Alberta T2V 0N2
Phone: (403) 291-0499

References

Adapted from:

Brenda Strafford Foundation Ltd.
"You Can Prevent the Spread of Infection"
and
AHS
"Hand Hygiene Policy and Procedure"

Intercare strives to protect residents, patients, visitors and staff from infections.

Please protect yourself and help us to protect our residents, patients, visitors and staff... Wash your hands frequently.



Brentwood Care Centre

Chinook Care Centre

Southwood Care Centre

Kingsland Terrace



Hand Washing

Hand washing is the best way to stop the spread of germs. Wash your hands with soap and running water frequently; or use hand sanitizer:

- Before preparing, serving and eating food
- Before and after providing personal care to anyone
- After using the toilet
- After sneezing, coughing or blowing your nose (*remember to always cover your cough or sneeze by coughing / sneezing into the crook of your elbow versus into your hands*)
- After handling garbage
- After removing gloves

Please remember to also assist those who are unable to wash their own hands.



**Germs are invisible so...
when in doubt,
wash your hands!**

How to Use Alcohol-based Hand Rub

- Roll up long sleeves and push up wrist accessories
- Apply a palm-full of Alcohol-based Hand Rub (ABHR) to hands
- Rub all surfaces of your hands and wrists
- Include palms, fingers, thumbs and fingertips
- Rub until hands are completely dry

How to Wash Your Hands

- Wash hands with soap and water when they are visibly soiled by body fluids, dirt or grease.
- Roll up long sleeves and push up any wrist accessories
- Wet hands with warm water
- Apply enough soap to cover surfaces of the hands
- Vigorously rub soap over palms, backs of hands and wrists
- Include space between fingers, fingertips and thumbs
- Procedure should take 15 to 30 seconds
- Rinse under warm, running water
- Pat hands dry with disposable towel
- Turn tap off with the disposable towel

General rules to help protect your and our residents' / patients' health

- Self-isolate if you're feeling sick and don't visit
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face
- Get your annual influenza vaccination
- Get your Covid-19 vaccination

Outbreaks

There are several different causes of Outbreaks:

- Covid-19
- Influenza
- Gastro Intestinal
- Antibiotic Resistant Organisms (ARO)
- Other infections

The infections noted above can be spread easily. As such, during an Outbreak the following may happen at the site including, but not limited to:

- Visiting may be restricted;
- Group, social and rehabilitation activities may be temporarily cancelled;
- Hair dressing at the site's hair salon may be cancelled and the salon may be closed temporarily.
- Visitors may be required to take special precautions when visiting a loved one i.e. wearing a gown or mask. (Staff will advise visitors what is required).

If the care unit where yours or your loved one's room is located is experiencing an outbreak, all visits should avoid communal (common) spaces.

