### Purpose

This document has been created in response to the COVID 19 (Corona Virus) Global Pandemic and the risk it poses. Glenora Farm has written this comprehensive plan to communicate and educate the Coworkers, Companions, Staff, Day Volunteers, guests, visitors and contractors in the protocols regarding to COVID 19 to allow for the safe operation of Glenora Farm during this time.

Glenora Farm has used the following resources in the creation of this plan.
- Government of Canada – Public Health Service
- Ministry of Public Health – British Columbia
- Island Health – British Columbia
- Center for Disease Control and Prevention – British Columbia
- Community Living British Columbia
- WorkSafeBC
- World Health Organization

### Scope

This plan is applicable to all Glenora Farm Coworkers, Companions, staff, day volunteers, guests, visitors and contractors.

### Responsibilities

<table>
<thead>
<tr>
<th>Care Group</th>
<th>• Approve the Glenora Farm COVID 19 Safety Plan</th>
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</thead>
</table>
| FM, PD, QCC          | • To implement, communicate and train Glenora Farm COVID 19 Safety Plan to all Coworkers, Companions, Staff, Day Volunteers, guests, visitors and contractors  
|                      | • Provide all material and PPE as outlined in this plan |
| Coworkers, Companions, Staff, Day Volunteers, guests, visitors and contractors | • To adhere to the Glenora Farm COVID 19 Safety Plan |

### COVID 19 facts

**Coronaviruses**

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the coronavirus has been named COVID 19.

While many of the characteristics of COVID 19 are still unknown, mild to severe illness has been reported for confirmed cases.

**Symptoms**

The symptoms of COVID 19 are similar to other respiratory illnesses, including the flu and common cold. They include cough, sneezing, fever, sore throat and difficulty breathing.

**Transmission**

COVID 19 is spread by droplet transmission. The mere act of getting the virus airborne in droplets from coughing, sneezing, aggressive talking etc. can be enough to spread the virus by droplet.

Research has shown the virus can live outside the body for many days on most hard surfaces including plastics, steel, copper and cardboard. The length of time the virus can survive varies according to the research source.

When a person touches a surface with the virus, the mere act of touching the eyes, nose or mouth (mucous membranes) can be enough to infect the person with the virus.
How long does the virus last?
SARS-CoV-2, which causes COVID-19, needs a living host to reproduce in. A new study looks at how long it can last outside the body

- As aerosol in the air*: Up to 3 hrs
- On copper: Up to 4 hrs
- On cardboard: Up to 24 hrs
- On plastic: 2 - 3 days
- On stainless steel: 2 - 3 days

*Researchers used a nebulizer to simulate coughing or sneezing, and found that the virus became an aerosol

Study and paper by:
New England Journal of Medicine
CDC
Universitris of California, LA, Princeton
## Risk Identification and Assessment

On March 8, 2020 the Province of BC declared a provincial state of emergency over the growing COVID 19 Pandemic. Daily updates are provided by the Canadian and BC Ministry of Health Departments. These updates will be forwarded to the Glenora Farm Coworkers, Companions, Staff, Day Volunteers, guests, visitors and contractors as they become available.

## Health Monitoring / Self-Assessment

Every resident coworker and Companion must perform the self-assessment of their health daily.

Every Coworker living off site, Staff, Day Volunteer, guest, visitor and contractor must perform the self-assessment of their health before coming to Glenora Farm.

1. Are you feeling feverish?
2. Do you have a new cough?
3. Are you sneezing?
4. Do you have a sore throat?
5. Do you have difficulty breathing?
6. Have you travelled within or outside Canada in the last 14 days?
7. Did you provide care or have close contact with a person with suspected or confirmed COVID 19 symptoms while they were ill (cough, fever, sneezing or sore throat)?

If all questions are answered “NO” → continue to work.

If ANY question is answered “YES” → DO NOT continue to work. Notify your House Coordinator, the Facility Manager, the Quality Care Coordinator or Business Administrator. Return to your home immediately to self-isolate.

Note: There may be some exceptions to the above. If you have a documented allergy or pre-existing conditions which may result in a “Yes” answer to the above questions discuss with the HC, FM, QCC or BA.

## Education and Training

Due to the social/ physical distancing requirements at this time, we will deliver this COVID 19 Safety Plan to all Glenora Farm Coworkers, Companions, staff, day volunteers, guests, visitors and contractors.

Each person will be provided with:
1) a digital copy of this document.
2) the location, description and end use of cleaning supplies.
3) The location of personal protective clothing.

Any questions or concerns will be answered by the FM and QCC.

## COVID 19 Prevention Procedures – Hygiene, Decontamination

### Personal Hygiene

Washing your hands regularly with soap and water is the single most effective way of reducing the spread of infection by the COVID 19 virus.

- Wash your hands often with soap and water for at least 20 seconds. Refer to Appendix or posted information in each bathroom.
- If a sink is not available, alcohol based hand rubs or sanitizer can be used to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and the hand rub to effectively clean them.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food, drinks, utensils, work tools, etc.
Anyone who may have been exposed to or contracted COVID 19

- Anyone looking for medical advice should contact their family doctor or a medical professional.
- In BC, contact 811 or use the self-assessment link http://covid-19.bccdc.ca
- If you have interacted with someone who has tested positive for COVID 19 you must inform your HC, FM, QCC or BA.
- You must inform your HC, FM, QCC or BA if you have tested positive for the virus.
- If you have been away from work after testing positive for COVID 19, you must contact your HC, FM, QCC or BA before returning to work.

Anyone who is sick or suspect they are becoming sick

- If you are feeling unwell, inform your HC, the FM, QCC or BA and do not come to Glenora Farm.
- If you suspect you may have COVID 19, call 811 or use the self-assessment link.

Anyone who may have sick or unwell family members

- If a member of your family has tested positive for COVID 19, you are required to inform the FM, QCC or BA. You must follow the advice of your physician and self-quarantine as required.
- If a member of your family is ill, please do not come into work until they are well.

Anyone who has recently travelled out of country

- Stay at home for 14 days upon return / arrival to Canada if you have been outside of the country.
- You are encouraged to avoid all non-essential travel as per the Government of Canada and the Local Health Authorities.
- Check with your HC, the FM, QCC or BA for clearance before returning to work as you may be required to quarantine.

Anyone who tests positive for COVID 19

In the event anyone associated with Glenora Farm tests positive for COVID 19, Glenora Farm will follow the guidelines and direction of the local Public Health Official for response. These items may include:

- Notification of positive test to anyone affected
- Immediate deep cleaning and sanitization of the operation
- Possible curtailment of the operation for a period recommended by the local Public Health Official.

Enhanced Precautionary Measures

Social / Physical Distancing
- Coworkers, Companions, Staff, Day Volunteers, guests, visitors and contractors are required to keep a minimum of 6 feet or 2 meters from each other, whenever possible.
- At times the minimum social / physical distance is not feasible due to the tasks the Coworkers, Companions, Staff or Day Volunteers are completing. In these instances, a hazard assessment will be completed, and the proper controls will be implemented.

Approved Cleaning/ Disinfectant Products

BC Center for Disease Control cleaning protocols have also been used.

Precautionary Cleaning Procedures

- All common surface areas (handrails, doorknobs, faucets, counters etc.) are to be cleaned with an approved disinfectant frequently throughout each shift.
- Vehicles, Equipment and Farm Machines are disinfected by the operator after each use.
- Anyone who is required to use approved disinfectant will be trained in their use. Safety Data Sheets will be readily available to ensure that WHMIS & Hazard Communication protocols are adhered to.
Medical Emergency Cleaning Procedures

- In the event there is a medical emergency, Coworkers responsible for cleaning up following the established IWA Policy and Procedure for dealing with blood borne Pathogens.
- Follow all waste disposal requirements as outlined in the IWA Policies and Procedures.
- Coworkers, Companions, Staff and Day Volunteers will be provided a face mask if requested as an extra precaution due to COVID 19.
- The use of N95 respirators is only intended for Health Care professionals or Paramedics who are performing advanced respiratory treatment (incubation etc.)

Donning a facemask

![Image of how to wear and remove a surgical mask]

1. Clean your hands with soap and water or hand sanitizer
2. Hold the mask by the ear loops and place a loop around each ear
3. Mold or pinch the stiff edge to the shape of your nose
4. Pull the bottom of the mask over your mouth and chin
5. Avoid touching the front of the mask when wearing

1. Clean your hands with soap and water or hand sanitizer
2. Avoid touching the front of the mask. Only touch the ear loops
3. Hold both of the ear loops and gently lift and remove the mask
4. Throw the mask in the trash
5. Clean your hands with soap and water or hand sanitizer
Appendix

How to wash hands with soap and water

Handwashing with soap and water

1. Remove jewellery and wet hands and wrists with warm water.
2. Use 1 or 2 squirts of liquid or foam soap.
3. Lather soap and scrub hands well, palm to palm.
4. Scrub in between and around fingers.
5. Scrub back of each hand with palm of other hand.
6. Scrub fingertips of each hand in opposite palm.
7. Scrub each thumb clasped in opposite hand.
8. Scrub each wrist clasped in opposite hand.
9. Rinse thoroughly under running water.
11. Turn off water using same paper towel.
How to remove gloves

1. Pull the top edge of the glove off the hand, keeping the inner face of the glove against the hand.
2. Begin rolling the glove off with finger pressure on the inner palm of the hand.
3. Roll the glove over the hand to the wrist, using finger pressure to maintain the shape of the glove.
4. Roll the glove completely over the hand, keeping the inner face of the glove against the hand.
This document provides advice to public groups, transit, schools, universities, child care and other institutions in BC on cleaning for non-health care settings.

Cleaning and disinfection are essential to prevent the spread of COVID-19 in BC.

Cleaning: the physical removal of visible soiling (e.g. dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Cleaning for the COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in households are strong enough to deactivate coronaviruses and prevent their spread.

Recommendations:

- General cleaning and disinfecting of surfaces should occur at least once a day.
- Clean and disinfect highly touched surfaces at least twice a day and when visibly dirty (e.g. door knobs, light switches, cupboard handles, grab bars, hand rails, tables, phones, bathrooms, keyboards).
- Remove items that cannot be easily cleaned (e.g. plush toys).

Cleaning

For cleaning, water and detergent (e.g. liquid dishwashing soap), or common, commercially available cleaning wipes should be used, along with good physical cleaning practices (i.e. using strong action on surfaces).

Disinfection

For disinfection, common, commercially available disinfectants such as ready-to-use disinfecting wipes and pre-made solutions (no dilution needed) can be used. Use the figure and table below for guidance. Always follow the manufacturer’s instructions printed on the bottle.

Make sure to wash hands with plain soap and water after cleaning or use an alcohol-based hand sanitizer.

OR
## Cleaning and Disinfectants for Public Settings


### IMPORTANT NOTES:
- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, contact time and safe use.
- All visibly dirty surfaces should be cleaned BEFORE disinfecting (unless otherwise stated on the product).

### List of disinfecting agents and their working concentrations known to be effective against coronaviruses:

<table>
<thead>
<tr>
<th>Agent and concentration</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. 1:100 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)</strong>&lt;br&gt;10 ml bleach to 990 ml water</td>
<td>Used for disinfecting surfaces (e.g. hand railings, grab handles, door knobs, cupboard handles). Make fresh daily and allow surface to air dry naturally.</td>
</tr>
<tr>
<td><strong>2. 1:50 dilution Chlorine: household bleach – sodium hypochlorite (6.25%)</strong>&lt;br&gt;20 ml bleach to 980 ml water</td>
<td>Used for disinfecting surfaces contaminated with bodily fluids and waste like vomit, diarrhea, mucus, or feces (after cleaning with soap and water first). Make fresh daily and allow surface to air dry naturally.</td>
</tr>
<tr>
<td><strong>3. Hydrogen Peroxide 0.5%</strong>&lt;br&gt;<strong>Do not dilute your own.</strong></td>
<td>Used for cleaning and disinfecting surfaces (e.g. counters, hand rails, door knobs).</td>
</tr>
<tr>
<td><strong>4. Quaternary Ammonium Compounds (QUATs):</strong>&lt;br&gt;noted as ‘alkyl dimethyl benzyl ammonium chlorides’ on the product label&lt;br&gt;<strong>Do not dilute your own.</strong></td>
<td>Used for disinfecting surfaces (e.g. floors, walls, furnishings).</td>
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</tbody>
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If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries<br>(ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300
<table>
<thead>
<tr>
<th><strong>Recommended bleach, water ratios, and cleaning times needed for COVID-19 disinfecting</strong></th>
<th><strong>High touch and heavily soiled areas</strong> (appropriate for households with illness)</th>
<th><strong>All other surfaces</strong></th>
<th><strong>Food contact surfaces</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example areas and surfaces</strong></td>
<td>Toilets, light switches, door knobs, cell phone, TV remotes, bathroom faucets</td>
<td>Tables, counters, floors, chairs, cribs</td>
<td>Any surface or equipment that contacts food</td>
</tr>
<tr>
<td><strong>Bleach concentration in ppm</strong> (refers to the % ratio of bleach to water) OR 1 part bleach diluted in ## parts of water</td>
<td>1000ppm 0.1% (1:49)</td>
<td>500ppm 0.05% (1:99)</td>
<td>100ppm 0.01% (1:499)</td>
</tr>
<tr>
<td><strong>Time to leave wet, rinsing and drying</strong></td>
<td>Allow 1 minute then rinse with clean water</td>
<td>Allow 5 minutes, no rinse required, let air dry</td>
<td>Allow to air dry, no rinse required</td>
</tr>
<tr>
<td><strong>Frequency if everyone in household is well</strong></td>
<td>Once every few days</td>
<td>Once per week</td>
<td>After each use</td>
</tr>
<tr>
<td><strong>Frequency if someone in household has COVID-19 or symptoms of illness</strong></td>
<td>Twice per day</td>
<td>Once per day</td>
<td>After each use</td>
</tr>
</tbody>
</table>