



To our valued employees;

As we navigate through this challenging COVID-19 pandemic, the management team at Provincial Homecare would like to remind all our valued employees that they have a role to play in protecting themselves, our clients and our communities by reducing the spread of the virus.

To ensure the safety of you and your client provincial homecare is making it mandatory that Immediately upon arriving at your client's home you must:

- 1) Wash your hands for at least 20 seconds. See link below for detailed instruction
- 2) Cleaning and disinfecting frequently used surfaces (doorknobs, fridge handles, counters, light switches, remote controls, bathroom)
- 3) Washing hands prior to and after any task that involves personal contact, food preparations, handling garbage, laundry,
- 4) Increase regular cleaning of washroom, surfaces and frequently touched areas
- 5) Wash hands and disinfect frequently touched surfaces following any visitors

To follow is a list of additional things we all can do to ensure our safety and the safety and well being of our clients:

- Assist with pre making clients meals to freeze for future use
- Remind clients to have an ample supply of any prescriptions and cold medication
- Avoid touching your face
- Covering your cough or sneeze in your elbow bend or in your clothing
- Social Distancing- stay away from crowded areas, events and visiting
- Encourage client to limit trips outside the home. i.e. To the store, pharmacy, bank, etc
- Encourage clients to limit number of visitors in home.
- Wash your hands prior to leaving clients home

Immediately contact 811 for instructions and follow up with your local provincial homecare office if:

- Your client displays flu like systems
- You have direct contact with body fluids of any ill person (e.g. were coughed or sneezed directly on by a sick person)
- You develop flu like symptoms.

For additional information regularly monitor our Provincial Homecare website
<https://provincialhomecare.ca/news/> and face book page.

You can also access up to date information related to COVID-19 on the provincial government website:

www.gov.nl.ca/covid-19