

## Pandemic

Intercare has a pandemic plan that is based on AHS standards and pandemic plans. The plan is regularly reviewed and updated. If a pandemic is declared, Intercare will work with AHS to meet the needs of our residents and the community.

If you have questions, please call the Facility Leader or Clinical Team Leader at your site.

### Intercare Brentwood Care Centre

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

### Intercare Chinook Care Centre

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

### Intercare Southwood Care Centre

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

### Kingsland Terrace

835- 68 Avenue SW  
Calgary, Alberta T2V 0N5  
Phone: (403) 291-0499

*Visit our Website:*

[www.intercarealberta.com](http://www.intercarealberta.com)



**You can prevent the spread of infections and germs!**

**Intercare's Guide to Clean Hands**



*Thank you for helping us protect you, our residents and our staff!*

*For more information on Hand Hygiene visit [handhygiene.ca](http://handhygiene.ca)*

## References

Adapted from:

Brenda Strafford Foundation

*"You Can Prevent the Spread of Infection"*

Alberta Health Services (AHS)

*"Hand Hygiene Policy and Procedure"*



## General Rules to keep you and our residents' healthy

- Do not visit when you are unwell
- Get your annual influenza vaccination
- If you have been sick, please wait to visit until you are free of symptoms for 48 hours

## When to Hand Wash

Germs are invisible so hand washing is the best way to stop the spread. Wash your hands with soap and running water, or use hand sanitizer:

1. Before and after providing personal care to anyone
2. After using the toilet
3. After sneezing, coughing or blowing your nose
4. After handling garbage
5. Before preparing, serving and eating food
6. After removing gloves

## How to Wash Your Hands

- When using hand sanitizer, use one or two pumps and then rub your hands together; touching all surfaces of your hands until dry (at least 15 seconds).
- When hands look or feel dirty such as when visibly soiled by body fluids, dirt or grease then
- Assist those who can't wash their own hands.
  - Wet hands with water, apply soap, and lather thoroughly for at least 15 seconds (sing Happy Birthday).
  - Rub between fingers, the backs on hands and wrists, finger tips and thumbs.
  - Rinse under running water; pat hands dry with paper towel.
  - Turn off tap with a clean paper towel.

## Outbreaks

Outbreaks can happen in care facilities due to several different causes, such as:

- 1) Respiratory viruses like influenza
- 2) Diarrhea and vomiting ("gastro illness")
- 3) Antibiotic resistant organisms (MRSA, c-diff or other "super bugs")
- 4) Others

These infections can be spread easily, therefore to decrease risk to families and our residents and staff visits may be restricted

Group, social and rehabilitation activities may be cancelled.

Hair dressing may be cancelled

If your loved ones room is located on an outbreak unit, visit only in his/her room.

You may have to take special precautions if you visit eg: wear a gown or mask. Staff will advise you what is required.