



Tools for Dementia Care



northern health
the northern way of caring

Important Message

A serious virus is spreading in our community and around the world. It's called COVID-19. The symptoms include cough, sneezing, fever, sore throat, and difficulty breathing.

We're doing all we can to prevent the spread of this virus. This includes:

- No family visits**
- No group programs**
- Meals may be provided in your room or in small groups**
- Staff may wear gloves, a mask, or a gown**

How does the virus spread?

The World Health Organization states that COVID-19 spreads from person to person through small droplets from the nose or mouth when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

Facts about COVID-19

COVID-19 is a virus that has been spreading around the globe. This virus is called the coronavirus or COVID-19. The virus has spread to many people, in all parts of the world, and is called a pandemic.

In today's world, many people travel, making it easier for a virus to spread to communities, large and small. This virus is now widespread and affecting more and more people everyday. Governments around the world have been taking advice from world health leaders and establishing action plans to help

stop the virus from spreading further.

The federal and provincial governments provide details about what they're doing to help stop the spread of the virus and what they plan to do to help the people of Canada.



What we all need to do.

The most important message from the federal and provincial governments is everyone must stay home, unless they're required to work. Only people who are essential workers are allowed to work.

Everyone else must stay home. This means that all people – all families – are asked to stay home until health experts say it's safe to be with others.

There are many new rules in place, both in our local community and all of Canada. These rules will continue to be in place until the health experts

tell us it's okay to once again gather together.

Many stores have closed, both in Canada and in other countries. Only essential stores are open. Grocery stores and pharmacies are open, because we all need food and many people need medications.

Everyone is having to adopt new daily routines. Schools are closed, libraries are closed and no team sports are being played. If you've tried to watch your favourite sport on TV, you'll know there are no current games on.

These new rules have been put in place to keep people from coming into contact with each other.

Staying away from people is called physical distancing. Health experts recommend people stay at least 6 feet away from each other, to ensure they don't share their germs.

The biggest challenge is people may not know they have the virus, because it can take up to 14 days to show symptoms. So, everyone is being asked to stay at a distance, to make sure we keep everyone as safe as possible.

If families and friends want to

visit each other, they need to use their phone or the new technology available today, such as a computer, cell phone or tablet, like an iPad. This new technology will allow people to see each other on the screen as they talk to each other.

Another way to stay in touch is to send a letter, or ask someone to write a letter to you. While talking on the phone or getting a letter isn't same as being together, it's what everyone – young and old – has to do right now.

Health care workers are the greatest heroes during these difficult days.

They're doing their best to care for everyone who needs their attention. We also need to recognize everyone who is entering the hospital, and helping to keep the hospital running. For example, the cleaning staff, dietary staff and anyone who's doing their part to keep things running needs to be thanked. As a society, we need to say a great big and sincere thank you to all of these brave, and exhausted, people.

We also need to thank those who continue to make sure we have food and medications in our community.

In hospitals, staff wear a mask, gloves, and body suits to be sure the

virus does not pass from one person to another. Everyone has to be very careful.

You may find that where you're living, people who help you also wear a mask and gloves, and may also wear a body suit. This special protection keeps everyone, including yourself, as safe as possible.

We all need to do our part to wash away and kill the germs that could be carried on our hands. During this time of heightened precaution, it's important for **EVERYONE to wash their hands regularly and use hand sanitizer often – that includes you.**

Infection control experts suggest that social gestures such as shaking hands and hugging should stop during this time. Since we're being told to avoid shaking hands, we need to find other ways to let people know we care. So, smile brightly or wave from a distance and let everyone know you're happy to see them. No one knows how long these new rules will be in place. Let's all work together to keep our distance and do our part to stop the virus from spreading.



Appendix

A number of different message boards are in the pages that follow, with the goal of helping those in your care understand what's going on with COVID-19.

DementiAbility always encourages you to use the WOW Model when considering “What to do?” Ask yourself, “Who is this person in the present?” Can the person read and/or understand at a basic or higher level of ability? How basic does the messaging need to be? Let your observations guide you. Some people benefit from lots of details and others need very simple messaging.

Some will not understand why you're wearing a mask and may be frightened. You may find a description, with a sense of humour, may help. Again, let your observations guide you.

Be sure to check out the hand hygiene guidelines available on the DementiAbility website – now available on the home page at www.dementiability.com



Do I look funny?

**I'm here to
help.**

**I'm wearing a mask in case
one of us has a virus and
we don't know it. The mask
protects both of us.**

**A serious virus, called
COVID-19, is spreading
around the world.**

**In an effort to prevent
the spread of the virus,
I'm wearing a mask and
gloves.**

A serious virus, called COVID-19, is spreading around the world.

In an effort to prevent the spread of the virus, I'm wearing a mask, gloves, and special protective clothing.

A serious virus, called COVID-19, is spreading around the world.

In an effort to prevent the spread of the virus, federal and provincial governments have asked people to avoid contact with others. Therefore, only essential family visits are allowed until the virus is under control.

A serious virus, called COVID-19, is spreading around the world.

In an effort to stop the spread of the virus, health experts have asked people to avoid contact with others.

Therefore, only essential family visits are allowed until the virus is under control.

A serious virus, called COVID-19, is spreading around the world.

In an effort to prevent the spread of the virus in our home, NO group programs will happen until the virus is no longer a threat to our community.

A serious virus, called COVID-19, is spreading around the world, and we don't want it spreading in our home.

In an effort to prevent the spread of the virus, we'll bring your meals into your room or gather people in small groups for meals.

A serious virus, called COVID-19, is spreading around the world, and we don't want it entering or spreading in our home.

In an effort to prevent the spread of the virus, we'll limit the number of people in the dining room and eat meals in shifts.

**A serious virus, called
COVID-19, is spreading
around the world.**

**In an effort to prevent the
spread of the virus**
