



# **City of Calgary**

## **Calgary Neighbourhoods**

### **Caregiver Resources**



An easy-to-read resource for caregivers.



# Public Health Measures (Government of Canada, 2020)

## Hand Hygiene

Refers to hand washing with soap and water or hand sanitizing with alcoholic solutions, gels or tissues to maintain clean hands and fingernails. It should be performed frequently with soap and water for at least 15-20 seconds:

- Before and after preparing food;
- Before and after eating;
- After using the toilet;
- After coughing/sneezing into a tissue (or if non-compliant with respiratory etiquette);
- Before and after using a surgical/procedure mask and after removing gloves;
- After handling body fluids, contaminated waste or laundry;
- Whenever hands look dirty.

If soap and water are not available, hands can be cleaned with an alcohol-based hand sanitizer (ABHS) that contains at least 60% alcohol, ensuring that all surfaces of the hands are covered (e.g. front and back of hands as well as between fingers) and rubbed together until they feel dry. For visibly soiled hands, soiling should be removed with an alcohol-based hand wipe first, followed by use of ABHS.

Touching one's eyes, nose, and mouth with unwashed hands should be avoided.

## Respiratory Etiquette

Describes a combination of measures intended to minimize the dispersion of large particle respiratory droplets when an ill person is coughing, sneezing and talking to reduce virus transmission.

- Cover coughs and sneezes with a surgical/procedure mask or tissue. Dispose of tissues in a lined waste container and perform hand hygiene immediately after a cough or sneeze

OR

- Cough/sneeze into the bend of your arm, not your hand

## Cleaning the Home

Frequently touched areas such as toilets, bedside tables, light switches and door handles should be first cleaned (to physically remove dirt) and disinfected daily with water and regular household cleaning products or a diluted bleach solution (0.5% sodium hypochlorite). If they can withstand the use of liquids for disinfection, frequently touched electronics such as phones, computers and other devices may be disinfected with 70% alcohol (e.g. alcohol prep





## How to Hand Wash

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If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: [Hand.Hygiene@ahs.ca](mailto:Hand.Hygiene@ahs.ca)



- 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

*\*Periodically apply AHS-provided hand lotion for skin integrity.\**

Adapted with permission from The World Health Organization





## **Practice Social Distancing** (Government of Alberta, 2020)

Social distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce the risk of getting sick.

This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.

We are asking all Albertans to practice social distancing to help protect themselves and limit the spread of COVID-19.

### **To protect yourself and others:**

- keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs
- limit the number of times you leave your home for errands
- try to shop at less busy times
- order online to have groceries or other items delivered if possible
- go for a walk in your neighborhood or park while maintaining distance from others
- avoid overcrowding in elevators or other enclosed spaces
- follow Alberta's recommendations on mass gatherings
- wash or sanitize your hands after touching communal surfaces

## **Home Safety** (Go Keyless)

- Carefully consider all the factors that can influence your decision. No two kids are alike (even under the same roof), so what might be a completely logical decision for one situation would be a complete disaster for another.
- Make sure your child has memorized his/her full name, address and telephone number (both the home phone and your cell phone).
- Create an easy-to-read list of emergency contact numbers and post it in a very accessible place. Let your child know that should they not be able to reach you in an emergency, the numbers on this list will be the next ones in line for them to call.
- Teach your child how to lock and unlock the windows and doors in your home.
- Make sure to inform a trustworthy neighbor (or two) that you're stepping out for a bit, and that your child will be home alone. It always helps to have an extra set of eyes and ears available to keep tabs on your child, plus your neighbor can be a valuable source of assistance in case of an emergency.
- Instruct the child to never go into anyone else's home (including your neighbors) without your permission.
- Call your child several times throughout the span of time that you're away from the house to check on and reassure them.
- Make sure to let your child know that the oven and stove are off-limits while you're out of the house.





# On-line Resources: At Home Activities

## Games/Activities

Cosmic Kids yoga at home	<a href="https://www.cosmickids.com/category/watch/">https://www.cosmickids.com/category/watch/</a>
Games for children (K-8)	<a href="http://funbrain.com">http://funbrain.com</a>
Dr. Seuss Games	<a href="http://seussville.com">http://seussville.com</a>
Games for children (K-5)	<a href="http://turtlediary.com">http://turtlediary.com</a>
Colouring Pages	<a href="http://thecolor.com">http://thecolor.com</a>
Stories (some narrated)	<a href="http://freechildrenstories.com">http://freechildrenstories.com</a>

## Educational Resources

Free worksheets for kids	<a href="http://123homeschool4me.com">http://123homeschool4me.com</a>
Spelling: Grades 1-4	<a href="http://spellingtraining.com">http://spellingtraining.com</a>
Languages	<a href="http://memrise.com">http://memrise.com</a>
Learning to Read	<a href="http://readingeggs.com">http://readingeggs.com</a>
Music	<a href="http://rockalingua.com">http://rockalingua.com</a>
Phonics skills	<a href="http://starfall.com">http://starfall.com</a>
Phonics worksheets	<a href="http://funfonix.com">http://funfonix.com</a>
National Geographic	<a href="http://ngexplorer.cengage.com">http://ngexplorer.cengage.com</a>
National Geographic (science)	<a href="http://kids.nationalgeographic.com">http://kids.nationalgeographic.com</a>
Science: Mystery Doug	<a href="http://mysterydoug.com">http://mysterydoug.com</a>
Digital resources (Library)	<a href="https://calgarylibrary.ca/read-learn-and-explore/digital-library/">https://calgarylibrary.ca/read-learn-and-explore/digital-library/</a>
Math: Prodigy game	<a href="http://play.prodigygame.com">http://play.prodigygame.com</a>
Math: Khan Academy	<a href="http://khanacademy.org">http://khanacademy.org</a>



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