

3. Prevention Measures

Infection prevention and control measures help prevent the spread of communicable disease in all settings. Here are some key prevention measures:

Prevention Measures for Communicable Disease

- ☐ **Wash your hands** with soap or use hand sanitizer often, especially after using the washroom, blowing your nose and before eating
- ☐ **Stay away** from others when you are feeling sick
- ☐ **Get vaccinated** to protect against infectious diseases
- ☐ **Practice good respiratory etiquette:**
 - Cover your coughs and sneezes with your elbow or a tissue
 - Discard tissues into trash can right away after use
 - Wear a mask when sick
- ☐ **Avoid sharing:**
 - **food, drinks**, utensils, cigarettes, smoking supplies
 - **personal items** like toothbrushes, towels, razors
 - **needles** or other drug injection supplies
- ☐ **Practice safer sex** and use condoms to protect against sexually transmitted infections

3.1 Vaccinations

Getting vaccinated is one of the most effective ways to prevent communicable disease. In BC, some vaccines are available for free for your clients, including:

Vaccine	When to Get
Flu shot (influenza)	1 dose every year
COVID-19	As recommended by public health
Pneumococcal	1 dose, one time
Tetanus/diphtheria	1 dose every 10 years If pregnant, 1 dose in every pregnancy
Note: This list may not be up-to-date or complete. Visit HealthLinkBC for full information.	

Your clients may be eligible for some other routine vaccines if they have not already received them, depending on their medical status and other risks such as drug use. Check the links to see eligibility:

- [Measles, mumps and rubella \(MMR\)](#)
- [Hepatitis A](#)
- [Hepatitis B](#) (Free if born in 1980 or later)
- [Chickenpox / Varicella](#)

Staff are recommended to get their yearly flu shot, COVID-19 vaccines, measles, mumps and rubella (MMR), and tetanus/diphtheria vaccines.

The most up to date vaccination information can be found here: [Recommended vaccines for adults | HealthLinkBC](#)

Clients and staff should follow guidance from their health care provider.

3.2 Cleaning and Disinfection

Infection prevention and control measures help prevent the spread of communicable disease in all settings. Here are some key prevention measures:

Cleaning and Disinfection in Supportive Housing Settings	
When and what to clean	• Clean visibly dirty surfaces right away (e.g. spills) • Clean high touch surfaces daily (e.g. light switches, door knobs, chairs, counters, electronics, washrooms) • Clean other surfaces regularly (e.g. general cleaning of floors)
How to clean	1. Read and follow all manufacturer instructions for cleaning and disinfecting products 2. Clean first, then disinfect. i. For cleaning, use soap or detergent and water. ii. For disinfecting, use a disinfectant available at stores. 3. Wipe from cleaner to dirtier areas, and from top to bottom (e.g. low touch to high touch areas) 4. Only put clean cloths into cleaning or disinfectant solution (do not double-dip) 5. If cleaning up body substances, wear gloves and if there is a possibility of splashing, wear a gown and eye protection. For body substances, use a disinfectant with higher concentration bleach solution (e.g. ½ cup of bleach to 4 cups of water, or 125 ml of bleach to 1 litre of water). 6. When cleaning, look out for sharp objects and handle/dispose of them appropriately.

Follow additional guidance in your site's cleaning and disinfection protocols. More tools [from Toronto Public Health](#) are available:

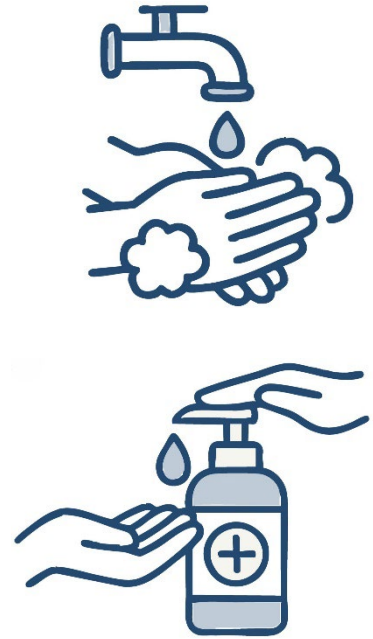
- [Tool 9: Room Cleaning/Disinfecting Checklist](#)
- [Tool 10: Floor Cleaning Checklist](#) (page 46)
- [Tool 11: Bathroom Cleaning/Disinfecting Checklist](#)
- [Tool 12: General Cleaning and Disinfecting Tips](#)
- [Tool 14: Cleaning and Disinfecting Sleeping Mats](#)
- [Tool 15: Linen and Laundry Tips](#)
- [Tool 16: Cleaning up Body Substances](#)

For handling and disposing sharps or needles:

Review the [BC Housing Provider Guide for a Contractor Safety Program](#) (Page 50) and the links to [WorkSafe BC's Controlling Exposure](#) guidance (Page 77).

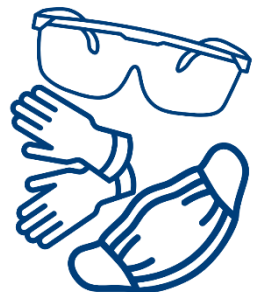
3.3 Hand Hygiene

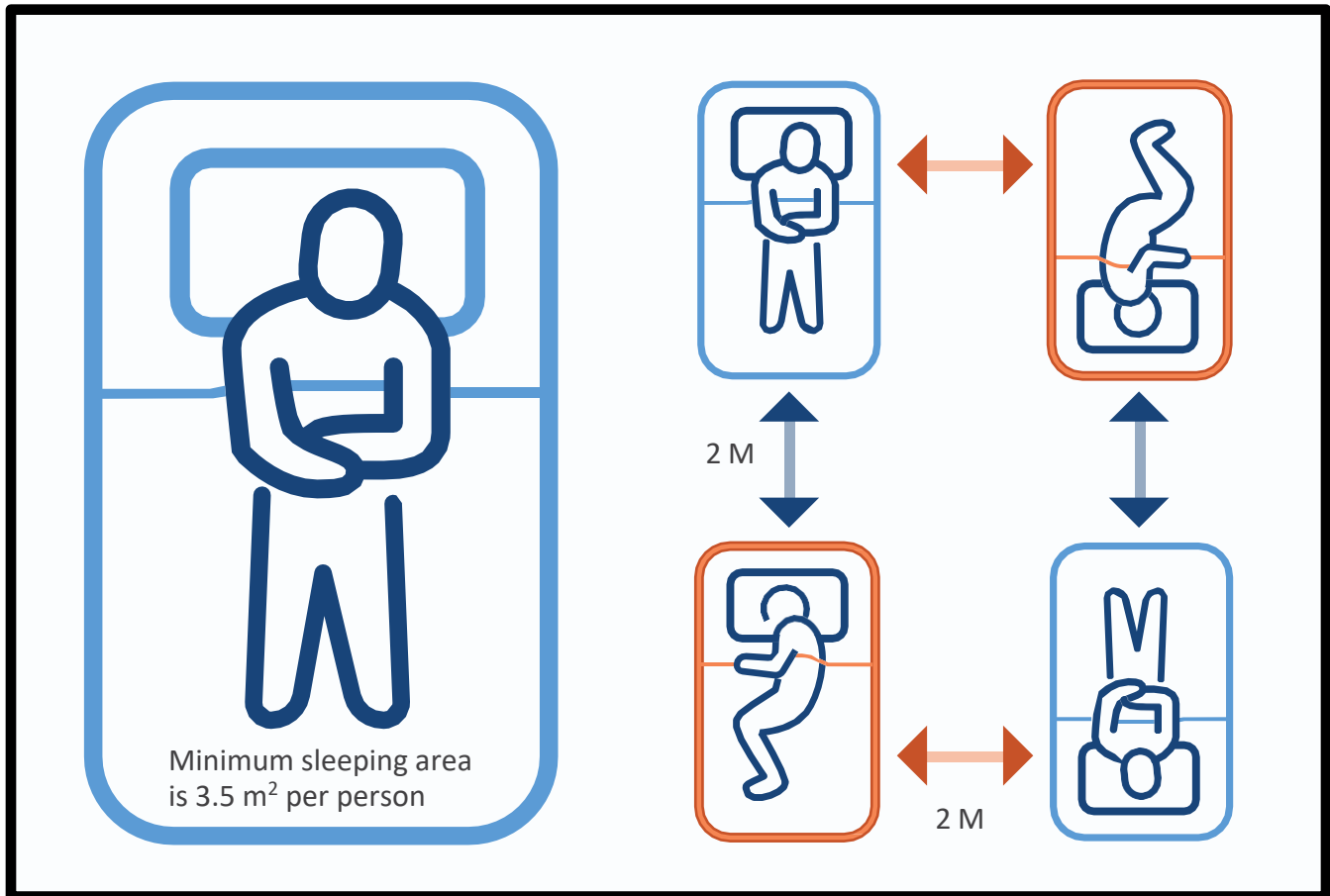
- Clients and staff should clean their hands with soap and water or use hand sanitizer
- **Clean your hands often, especially:**
 - After using the washroom
 - Before eating
 - After coughing/sneezing
 - After blowing your nose
 - After touching an animal
 - Before and after looking after wounds or cuts
- If your hands look dirty, wash them with soap instead of using hand sanitizer
- **Dry your hands** with paper towel or hand dryers (do not reuse towels)
- Put up handwashing and hand sanitizer posters in your site
- See posters in the Appendices on how to wash your hands and how to use hand sanitizer



3.4 Masking & Personal Protective Equipment (PPE)

- Wear a mask if you are sick and cannot stay away from others, and as a personal choice.
- Wear PPE as recommended by Public Health for specific diseases or as per cleaning protocol.
- Train staff on wearing PPE properly and use these posters in the Appendices:
 - **How to wear a mask**
 - **Putting on PPE** (Donning)
 - **Taking off PPE** (Doffing)





3.5 Spacing and Air Flow

- Follow [BC Housing Shelter Design Guidelines](#) for requirements around rooming and sleeping spaces
- Be aware of your site's approved occupancy limits and washroom requirements
- Be sure that heating ventilation and air conditioning (HVAC) systems are in good working order
- If weather or air quality permits, open windows and doors for fresh air

3.6 Food Safety

Follow your site's established food safety policies and plans.

Policies and plans can be found here: _____