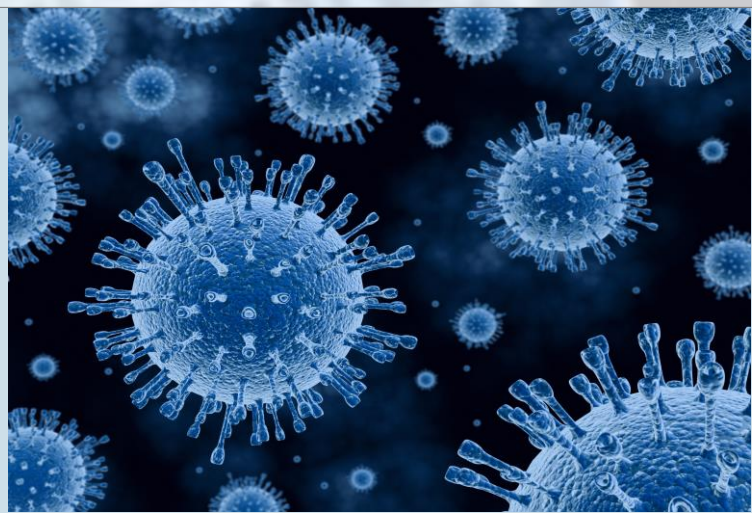




Safety Talk

Respiratory Illness Prevention



WHAT IS RESPIRATORY ILLNESS?

Respiratory illness impacts the airways, lungs and can affect breathing. It can be caused by a variety of viral and bacterial organisms. COVID-19 and influenza are two common types of respiratory illnesses.

HOW TO PREVENT RESPIRATORY ILLNESS

- Keep up to date with immunizations for COVID-19 and influenza
- Wear appropriate personal protective equipment (PPE)
- Follow proper hand hygiene
- Stay home when sick
- Cover coughs and sneezes
- Clean and disinfect high-touch surfaces



WHO IS AT A RISK FOR SEVERE ILLNESS?

- Individuals with underlying health conditions
- Those 65 and older
- Children under 5 years of age
- Individuals who are pregnant
- Long term care residents and members of other congregated living settings
- Individuals in or from First Nations, Métis, and Inuit communities
- People who provide essential community services (healthcare workers)

WHERE TO FIND VACCINE CLINIC INFORMATION?

The calendar for the COVID-19 and Influenza vaccine clinics can be found on the Staff Resource Centre (SRC) under the Respiratory Illness tab, in posters around HPEI facilities, and in HPEI email communications.

On the SRC there is a calendar of vaccine clinic dates, the current HPEI Respiratory Illness Guidelines as well as a Validation Form for immunizations completed outside of the Employee Health Clinics.



WHEN IS IT APPROPRIATE TO RETURN TO WORK?

A healthcare worker (HCW) may return to work when:

- symptoms have markedly improved and the HCW is fever-free for 24 hours, without the use of fever-reducing medication such as acetaminophen. The exception is a cough which may linger longer than other symptoms.
- the HCW feels well enough to come to work.
- the HCW can adhere to work isolation restrictions: diligent mask use at all times, good hand hygiene, and eating/drinking alone. Work isolation restrictions remain in place until 5 full days since symptoms began.

DATE: _____

SAFETY TALK LEAD BY: _____

FACILITY: _____

DEPARTMENT: _____

DISCUSSION QUESTIONS:

Where can COVID-19 and Influenza vaccine clinic information be found?

Name three ways to prevent Respiratory Illness?

When is it appropriate to return to work after having a Respiratory Illness?



EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>