

Protocol for the Prevention of COVID-19 Spread

According to the World Health Organization, when someone who has COVID-19 coughs or exhales, they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects – such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed or exhaled by them. In other words, COVID-19 spreads in a similar way to the flu. Most persons infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care. Risk of serious illness rises with age: people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

In essence COVID-19 is a virus that should not be taken lightly and therefore we would like you and your loved ones to familiarize yourself with the following protocols that will be implemented at ARC Addiction Recovery center to assist in preventing and minimizing the risk of infection:

Protocols for people entering ARC Addiction Recovery Centre

Protocol for anyone entering ARC Addiction Recovery Centre

- All people who enter the facility will be asked to sanitize their hands
- Following sanitation: all people will undergo a quick screening assessment by a nurse to determine if a fever is present. If someone presents with a fever or any other COVID-19 related symptoms, they will not be allowed into the facility.

Protocol for new admissions

- All people who enter the facility will be asked to first sanitize their hands
- Following sanitation: all people (including the new client and escorted family member(s)) will undergo a quick screening assessment by a nurse to determine if a fever is present. If someone presents with a fever or any other COVID-19 related symptoms, they will not be allowed into the facility.
- If no fever or any other related symptoms are present: the new client will be escorted by a nurse to the nursing station and be assessed
- Physical contact with psychologists and clients or any other staff member will be prohibited (including handshakes, kisses, hugs, holding hands) until client is cleared by the nursing staff, where after physical contact should still be limited
- If any symptoms are present or picked up on during the nurses screening assessment, the client will not attend any groups and/or individual therapy sessions and will be placed in a private room, where contact will be limited to medical health practitioners
- The clients family member and the COVID-19 hotline (080 002 9999) will be contacted and a representative will come to test the client for the virus
- If the client tests positive, he or she will have to be escorted off the premises as soon as possible and be placed in quarantine as advised by public safety.

Protocol for current in-patient clients

Day passes for medical procedures or emergencies

Clients will not be allowed out whatsoever for any day passes that is not for medical or family emergencies. If a client needs to leave the premises the following protocols will apply:

- Client is to be assessed by the nurse for any potential symptoms upon leaving and returning to the facility
- Client to be signed out by a next of kin or next of kin approved family member
- Client and family member to receive short information leaflet that provides information on safety measures to limit possible risk of contraction of COVID-19
- The client will be further monitored for any symptoms on a frequent basis.

Visitation for existing clients

All visitation rights are cancelled until further notice. This includes:

- Weekend and Tuesday visitations
- Fellowship and graduate meetings
- Tuesday family support group meetings
- Saturday family orientation group
 - Due to physical contact being limited, clients will receive one more 10 min phone call on Saturdays and may write and receive letters on Mondays, Wednesdays and Fridays.

Family or couple's sessions for existing clients

All people attending private sessions will have to adhere to the following procedures:

- All people who enter the facility will be asked to sanitize their hands
- Physical contact with psychologists and clients will be prohibited, including hand-shakes, kisses, hugs, holding hands
- People to undergo screening assessment by nurse to determine if a fever is present. If someone presents with a fever or any associated symptoms, they will not be allowed into the facility
- All sessions will be conducted in the board room to assist with maintaining safe physical distance
- When leaving the facility people will be asked to sanitize their hands as well
- Clients or family members to please inform ARC should they start presenting with any symptoms prior to or following these meetings
- Sessions will be rescheduled if clients or family members present with any symptoms.

General protocol for existing clients

- Clients to restrict physical contact with peers and staff members at all times
- Clients to maintain a safe physical distance between each other, especially in group sessions
- Clients to make use of sanitizers that will be placed in designated areas
- Clients to wash their hands before and after all meals
- If clients start to present with any possible symptoms, they need to report to the nursing station immediately.

If a client presents with any symptoms:

- The client will stop attending all group and individual therapy sessions
- The client will also be placed in a private room, where contact will be limited to medical health practitioners. Should a private room not be available, necessary transfers or referrals will be made
- The client's family and the COVID-19 hotline (080 002 9999) will also be contacted and a representative will come to test the client for the virus
- If the client tests positive, he or she will have to be escorted off the premises as soon as possible and will be placed in quarantine as advised by public safety.

Protocol for individual therapy:

- Clients to sanitize their hands before entering and upon leaving the office
- Clients to not touch any door knobs. The therapist will open and close the doors
- No shaking of hands or physical touch is allowed.

Protocol for consultation with admission doctor and/or in-house psychiatrist:

- Clients to sanitize their hands before entering and upon leaving the office
- Clients not to touch any door knobs. The doctor will open and close all doors
- No shaking of hands or physical touch will be allowed.

Protocol for staff members:

- All staff members to keep general hygiene and clean surfaces in offices and other designated areas
- All staff members to wash and sanitize hands regularly
- All staff members to be screened for fever and other associated symptoms upon entering the facility. If fever is present staff member will be expected to return home until cleared of possible infection
- All staff members to report to the nursing station immediately if symptoms arise during working hours.