INFO SHEET

COVID-19 FAQ

The legislative mandate of the College of Licensed Practical Nurses of Alberta (CLPNA) is to serve and protect the public by ensuring its members deliver safe, competent, and ethical nursing care. An Info Sheet informs membership on relevant nursing topics or the CLPNA's processes.

INTRODUCTION The College of Licensed Practical Nurses of Alberta (CLPNA) understands that licensed practical nurses (LPNs) must be informed about COVID-19, and the related risks. This FAQ document provides up-to-date information and will be updated weekly and as appropriate with the most accurate information.

For COVID-19 information related to LPN practice, please refer to the CLPNA document on Common Questions: LPN Practice during COVID-19 at https://www.clpna.com/wp-content/uploads/2020/03/doc_Info_Sheet_LPN_Practice_COVID-19.pdf.

It is important that LPNs continue to follow infection prevention and control best practices and adhere to employer requirements to aid public health.

The following CLPNA documents are important to consider:

The Standards of Practice for Licensed Practical Nurses in Canada:

https://www.clpna.com/wp-content/uploads/2013/02/doc_CCPNR_CLPNA_Standards_of_Practice.pdf

The Code of Ethics for Licensed Practical Nurses in Canada:

 https://www.clpna.com/wp-content/uploads/2013/02/doc_CCPNR_CLPNA_Code_of_Ethics.pdf

The CLPNA Policy on Professional Responsibility and Accountability:

https://www.clpna.com/wp-content/uploads/2018/01/doc_Policy_Professional_Responsibility_Accountability.pdf

The CLPNA Policy on Expectations and Obligations for LPNs during Emergencies:

https://www.clpna.com/wp-content/uploads/2017/09/doc_Policy_Expectations_Obligations_During_Emergencies.pdf

The CLPNA Info Sheet on Pandemic Characteristics and Response Measures:

https://www.clpna.com/wp-content/uploads/2017/09/doc_info_Sheet_Pandemic_Characteristics_and_Response_Measures.pdf

What is COVID-19?

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses.

Novel coronaviruses, like COVID-19, are new strains of the virus that have not been previously identified in humans.[1]

Because COVID-19 can cause serious illness, it is critical to keep it from spreading by having people with symptoms follow mandatory self-isolation requirements. [2]

Further academic and clinical information about COVID-19 can be found at:

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https://www.dynamed.com/condition/covid-19-novel-coronavirus[3]

How is COVID-19 transmitted?

The Government of Alberta provides information at https://www.alberta.ca/coronavirus-info-for-albertans.aspx.[4]

COVID-19 is transmitted though tiny droplets of liquid produced by people who have the virus.

These droplets spread by:

- coughing, sneezing, talking, laughing, and singing
- touching objects or surfaces the virus has landed on and then touching your eyes, nose, or mouth (bath towels, kitchen utensils, doorknobs, etc.)

People who have COVID-19 can spread it to others before they start to feel sick.

COVID-19 does not appear to be airborne, which means it does not stay in the air long and will not travel very far. However, there may be certain circumstances that increases the risk of aerosol transmissions and risk mitigation strategies should be applied.

The Government of Alberta states they think the virus generally only survives for a few hours on a surface or object, but it may be possible for it to survive several days under some conditions.

What rehabilitation resources are available for people experiencing long term COVID-19 symptoms?

COVID-19 may lead to long term health effects. A provincial rehabilitation response framework is available to support healthcare providers determine the appropriate rehabilitation responses for patients. The report is available at:

https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-post-covid-rehab-response-framework-summary.pdf.

AHS provides two webpages with additional rehabilitation information and resources:

https://www.albertahealthservices.ca/topics/Page17397.aspx

https://www.albertahealthservices.ca/topics/Page17540.aspx

AHS has a rehabilitation advice line that can be reached at 1-833-379-0563. For more information about the rehabilitation advice line please visit:

https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1080775&serviceAtFacilityID=1126573

What are Alberta Health's current public health actions?

The Government of Alberta announced temporary measures to reduce the impact of COVID-19 on the healthcare system. More information can be found at https://www.alberta.ca/enhanced-public-health-measures.aspx.

Province-wide restrictions may vary over the course of the pandemic, and Albertans should continue to follow municipal and site-specific guidance.

Where can I find information about the COVID-19 vaccination rollout in Alberta?

Beginning November 26, 2021, all Albertans aged 5+ are eligible for both doses of the vaccine. Some groups may also be eligible for a third or fourth dose of the vaccine. Information about vaccines and vaccine records can be found here:

https://www.alberta.ca/covid19-vaccine.aspx

What are the restrictions I need to follow as an Albertan?

Province-wide restrictions can be found at https://www.alberta.ca/covid-19-public-health-actions.aspx.

What is my level of risk?

The Government of Alberta provides the following personal risk assessment tool: https://www.alberta.ca/lookup/COVID-19-personal-risk-severity-assessment.aspx

What about infection prevention and control as an LPN?

Infection and Prevention Control Canada provides information about COVID-19 as well as many strategies for interacting with patients with suspected/confirmed COVID-19 at https://ipac-canada.org/coronavirus-resources.php.[5]

The World Health Organization provides additional infection prevention and control information for health workers at https://www.epi-win.com/covid-19-faqs.[6]

How can I protect myself and others?

Alberta Health Services provides education for LPNs and other healthcare professionals at https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-emerging-issues-ncov.pdf. This document details infection prevention and control protocols.[7]

All Albertans have a responsibility to help prevent the spread. Take steps to protect yourself and others:

- practice physical distancing
- practice good hygiene: wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching face

- monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat, loss of taste and smell
- take the COVID-19 self-assessment if you're concerned about your health
- self-isolate for the legally-required 10 days if you have any core symptoms that are not related to a pre-existing illness or medical condition or you test positive for COVID-19
- health care workers should follow guidelines for personal protective equipment (PPE) when caring for individuals who may have COVID-19. AHS provides PPE guidance at https://www.albertahealthservices.ca/topics/Page17048.aspx

Please see https://www.alberta.ca/isolation.aspx for more information on isolation requirements.

Alberta Health outlines the following tips for gathering safely:

https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Alberta Health Services provides the following documents to help guide you in proper alcohol-based hand rub and hand washing techniques:

https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-flu-hand-rub-how-to.pdf.[8]

https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf.[9]

The Pan-Canadian Public Health Network released information about the use of non-medical cloth masks or face coverings in community settings. You can find this information at:

http://www.phn-rsp.ca/sac-covid-ccs/wearing-masks-community-eng.php

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The World Health Organization provides free online modules about many aspects regarding COVID-19 at https://openwho.org/courses.[10] The *ePROTECT Respiratory Infections* course explains acute respiratory infections and basic hygiene measures to protect against infection.

Where can I find additional up-to-date information about screening or COVID-19?

For all public health orders in Alberta regarding COVID-19 from the Chief Medical Officer of Health please visit:

https://www.alberta.ca/covid-19-orders-and-legislation.aspx

The Government of Alberta has created the ABTraceTogether app to help with contact tracing. Information about this app can be found at https://www.alberta.ca/ab-trace-together.aspx

Please use this Government of Alberta Self-Assessment tool to help determine whether healthcare workers should be tested for COVID-19:

https://www.alberta.ca/assets/documents/COVID-19-assessment-tool-for-health-care-workers-and-public-health-enforcement.pdf

For members of the public Alberta Health Services provides a separate self-assessment tool:

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx

Please also see Alberta Health Services FAQ for information relevant to nursing practice at

https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-2019-staff-faq.pdf. [11]

The Government of Canada provides the following webpage for information on COVID-19 generally and specifically for health professionals:

https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

The World Health Organization releases weekly epidemiological reports about COVID-19. These reports indicate any new confirmed cases of COVID-19 and their locations.[12] You can find these reports at https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports.

Where should I go for information about international travel or travel advice?

The Government of Canada provides information about travel restrictions and exemptions here:

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html

CONCLUSION The CLPNA will work with Alberta Health and other external stakeholders to communicate up-to-date information relevant for LPN practice. Your employer will provide additional information specific to your practice setting or facility. The CLPNA will update this document weekly and as appropriate.

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[1] Government of Alberta (GoA), "COVID-19 coronavirus info for Alberta," 2020, https://www.alberta.ca/coronavirus-info-for-albertans.aspx.

[2] Government of Alberta (GoA), "COVID-19 coronavirus info for Alberta," 2020, https://www.alberta.ca/coronavirus-info-for-albertans.aspx.

[3] Dynamed, "COVID-19 (Novel Coronavirus),"2020, https://www.dynamed.com/condition/covid-19-novel-coronavirus.

[4] GoA, "COVID-19 coronavirus info for Alberta."

[5] Infection Prevention and Control Canada, "Information about Coronavirus," 2020, https://ipac-canada.org/coronavirus-resources.php.

[6] WHO, "COVID-19 FAQs," 2020, https://www.epi-win.com/covid-19-faqs.

[7] AHS, *COVID-19 (Novel Coronavirus, 2019-nCoV) Interim IPC Recommendations* (2020), https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-emerging-issues-ncov.pdf.

[8] AHS, *How to Use Alcohol-based Hand Rub* (2019), https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-flu-hand-rub-how-to.pdf.

[9] AHS, *How to Hand Wash* (2019), https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf.

[10] WHO, "Open Courses," 2020, https://openwho.org/courses.

[11] AHS, *novel Coronavirus (COVID-19) FAQs for Staff* (2020), https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-2019-staff-faq.pdf.

[12] World Health Organization (WHO), "Coronavirus disease (COVID-2019) situation report," 2020, https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports.