



Subject: UCE and COVID-19

Thank you to everyone who has called and emailed with concerns about how to keep individuals visiting UCE healthy. While AHS rates the risk of exposure to COVID-19 in Alberta as low at this time, we know we have members and friends who are more susceptible to infection.

Therefore, UCE is implementing the following measures designed to minimize the risk of infection to people in our building:

- **Hygiene:** We ask those visiting UCE to practice heightened levels of hygiene. As always, UCE is well stocked with scent free soap for hand washing and hand sanitizer for emergency use. Sections of our services will be changed for now to reduce the spread of germs; holding hands for Carry the Flame will be replaced with holding your hands over your heart.
- **Self-imposed limits:** We ask that you stay home and call Health Link 811 if you have symptoms such as fever, cough and difficulty breathing and have travelled outside Canada or have been exposed to someone who has COVID-19.
- **Increased cleaning:** Our Buildings and Grounds volunteers and our staff are doing deeper cleaning, particularly in “high-touch” areas.
- **Identifying critical jobs:** We are forming contingency plans in case staff become ill or situations change suddenly so that our operations can continue.
- **Continued monitoring:** We are following the recommendations of Alberta Health Services and will implement additional control measures as needed as events unfold.

What can you do?

To help protect yourself and others against all respiratory illnesses, including flu and COVID-19, you should:

- Wash your hands often and thoroughly with soap and water
- Cough/sneeze into your arm/elbow or cover your mouth and nose with a tissue when you cough/sneeze and discard the tissue into the regular garbage
- Avoid touching your face, nose, or mouth especially with unwashed hands
- Be sensitive to the concerns of people with health concerns. Avoid close contact, try winking, bows, or waves instead of handshakes.
- Clean and disinfect surfaces that are frequently touched
- Stay at home and away from others if you are feeling ill
- Contact your primary health provider or Health Link 811 if you have questions or concerns about your health
- Look to the AHS website for best practices and the most up-to-date local information

Cover Your Cough



Cough or sneeze into your sleeve not your hands

OR



Cover your mouth and nose with a tissue and put your used tissue in the garbage, then wash your hands



- 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
- 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

Original date: May 2017
Revised date: June 2019



<https://www.albertahealthservices.ca/>

Perhaps the most important thing we can all do though is to look out for each other. Phone people to check in. Offer to pick up groceries for someone who has health concerns. Make an extra pot of soup for those who may become ill.

We'll share updates through email and the uce.ca as needed.

Thanks for your thoughtfulness. We'll get through this together.

Your board,

Karen Mills, Karen Bilida, Doug Eastwell, Gloria Krenbrenk, Yvonne Mireau, Brandi Moller-Reid, Kathy Stanley, Robert Begg