

PROMOTING HEALTHY PRACTICES

The resources below are designed to stress the importance of key practices in mitigating the contraction and spread of COVID-19. Try sharing a new one each day during the pandemic with staff or clients to promote a shared understanding of healthy practices. The Public Health Agency of Canada published a series of [awareness documents](#), available in six languages, that can be printed and posted in service settings, including [physical distancing](#), [cleaning and disinfecting public spaces](#), [handwashing](#), and more.

See the Government of Canada's [companion document](#) on how the Homeless Individuals and Families Information System (HIFIS) can Promote Healthy Practices during a COVID-19 Outbreak ([En Francais](#)).

Handwashing

Proper handwashing can save lives. Studies show that handwashing can prevent life-threatening diseases and can [significantly cut the spread respiratory infections](#).

GRAPHICS & POSTERS

- [Handwashing Guide by the Public Health Agency of Canada \(PHAC\)](#) – A simple graphic that can be posted in community spaces. Available in six languages.
- [World Health Organization's \(WHO\) direction on when to wash your hands](#) – A simple graphic that identifies activities and circumstances when handwashing should take place.
- [Buttons and Badges by the Centre for Disease Control and Prevention](#) – Lists buttons and badges that can be shared on social media. Available in English and Spanish.
- [Centre for Disease Control and Prevention's \(CDC\) Social Media Library](#) and [Printable Resources](#) designed specifically for people experiencing homelessness, including [How to Protect Yourself](#).

VIDEOS

- [What You Need to Know About Handwashing](#) – 2-minute video from the Center for Disease Control and Prevention that answers many common questions about handwashing.
- [MD Anderson Cancer Center's video demonstration of proper handwashing](#) – Uses a blacklight to show the importance of the proper technique when washing hands, and particularly, the need to wash for minimum of 20 seconds.
- [Vox's 4-minute video on how soap kills COVID-19](#) – Provides an overview of COVID-19, a demonstration of the power of soap under a UV light, and the difference between hand sanitizer and soap.
- [Adorable 6-year-old demonstrates advanced handwashing technique](#) – 2 minutes video
- [Remix of Sweet Caroline](#) – If you're a Neil Diamond fan, check out this remix that stresses the importance of washing your hands.

Social Distancing

Physical Distancing, also referred to as Social Distancing, means making changes to day-to-day routines to minimize close physical contact with other people. This includes keeping at least a two-metre distance from others.

Physical Distancing protects personal health and the health of community members. Keeping a safe distance is the most effective way to reduce the spread of illness during an outbreak. As COVID-19 is spread through droplets, Physical Distancing can significantly reduce the rapid spread of COVID-19.

- [Physical Distancing Guide by the Public Health Agency of Canada](#) – Provides an overview of how to practice social distancing. Available in six languages.
- [Windsor-Essex County Health Unit's Posters on Physical Distancing](#) – Available in 8 languages.
- [CDC's Social Distancing Poster for People Experiencing Homelessness](#) – Lists the importance of finding ways to maintain social connections while staying physically apart.

Disinfecting Public Spaces

It's equally important to clean and disinfect public spaces as it is to wash your hands. Creating a cleaning procedure or checklist for a public space, such as a common area in a shelter, can ensure that everyone is doing their part to keep our shared spaces clean. This is especially important for protecting [vulnerable populations](#).

- [Cleaning Public Spaces Guide by the Public Health Agency of Canada](#) – Provides guidance on cleaning and disinfecting places such as communal residences. Available in six languages.
- [Public Health Peterborough's Guide on Preventing the Spread in Homelessness Service Settings](#) – A one-stop-shop for homelessness providers to gather and share information on healthy practices, including how staff should use Personal Protective Equipment (PPE).
- [Windsor-Essex County Guidance for Group Homes and Co-Living Settings](#) – Captures the necessary components of a pandemic action plan for staff and volunteers in a group home or another group living setting, including routine infection control practices (Page 8) and cleaning and disinfecting procedures (Page 10).
 - Access CAEH'S COVID-19 Resource on [Personal Protective Equipment \(PPE\)](#) for more information.
 - Visit your province's or territory's [Public Health Authority website](#) for direction on healthy protocols, practices, or direction in your jurisdiction.

Disclaimer: This document is a collection of resources and/or ideas compiled by the team at CAEH. Please follow [Public Health Agency of Canada guidelines on COVID-19](#) as the primary resource for all health-related concerns.

CAEH will continue to update this resource as new information or ideas become available. Please refer to the CNH3 website Resources page at cnh3.ca/resources for additional information. If you have an idea or resource to share or are seeking further support, please contact us at info@caeh.ca.