

ICE PAGE

Making it Happen! - Support Social Inclusion

ECAT

Employee & Client
Assistance Team

780-461-7236

Phones do not accept
text messages. Staff
need to call ECAT.

What's inside this issue:

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Time Sheet Hand-In

OCTOBER 16TH 2023
FOR ALL SHIFTS
WORKED BETWEEN
OCTOBER 1ST AND
OCTOBER 15TH.

OCTOBER 31ST 2023
FOR ALL SHIFTS
WORKED BETWEEN
OCTOBER 16TH AND
OCTOBER 31ST.

UPCOMING

HEALTH AND
SAFETY MEETING
Oct 11th/Nov 8th 2023
at 1:30 PM.

RPAC MEETING
Oct 18th/ Nov 15th
2023 at 2:00 PM

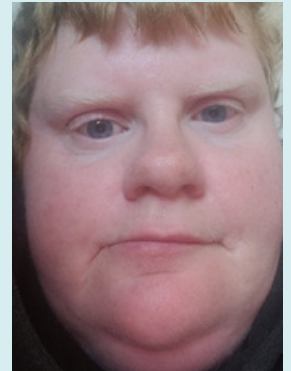
ON SPOTLIGHT

VICTORIA L

Victoria is a kind woman who has been with ICE since 2015. Victoria has a strong passion for creativity and loves to cross-stitch as one of her many hobbies. Victoria also carries an interest in collecting realistic dolls called reborn dolls; she currently has one and is planning on getting more soon!

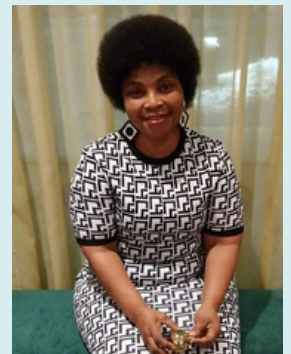
Victoria loves going into the community to run errands at malls, meet with friends for coffee, and walk around the city parks and river valley.

Victoria is a leader and puts effort into creating an inclusive environment for everyone. She led the self-advocacy group at her day program at Chrysalis, where she taught her friends and peers about Disability Pride Month and the flag, AISH benefits, and advocacy. Victoria also shared ways of being independent with her group while remaining safe. Some of the safety skills Victoria practices while out in the community she learned from her Support Home Operator, Philomena, including checking in regularly, and letting Philomena know where she is going and when she will be back. At the end of the day, Victoria loves to learn about and taste cultural dishes cooked by her Support Home Operator, Philomena.



PHILOMENA M

Philomena has been a Support Home Operator with ICE, supporting Victoria since 2015 and is one of the reasons Victoria has been so successful. Philomena involves herself by making sure Victoria is aware of the latest events going on, supporting her with her appointments, and always being available for Victoria. Philomena inspires Victoria to lead, try new things, and is a trustworthy person whom Victoria can rely on. Thank you for the great work, Philomena!



ICE HAS CANADA LIFE RSP PLAN!

Refer to Policy 3.14.18 CANADALIFE RSP if you are eligible, ICE will match your contributions! [To sign up, please contact Independent Counselling Enterprises at: 780-453-9664. For more information about Canada Life: <https://my.canadalife.com/sign-in> CANADA LIFE Helpdesk: 1-800-724-3402](#)

ICE WILL BE CLOSED ON
OCTOBER 9th, 2023 THANKS
GIVING DAY/ NOVEMBER 13th,
2023 REMEMBRANCE DAY



Please direct all calls to the Employee Client
Assistance Team for that day.

780.461.7236

POLICY REVIEW

*(Please note that selected sections of ICE Policy 3.5.9 are reproduced here. Please refer to the Policy Manual for the complete policy).

Policy 3.5.9 Eliminating/Mitigating/Controlling Work Site Hazards

Employees are responsible to be aware of potential worksite hazards and how they may impact the overall health and safety of themselves and that of other employees and clients. Employees are responsible to report and follow through in correcting, eliminating or controlling these hazards with assistance of their Team Leader and Supervisor and communicating this process in the hazard section of the staff communication logbook. All supporting documentation must be completed.

Before employees manually lift, lower, push, pull, carry, handle, or transport a load that could cause an injury, a hazard assessment is to be performed. This assessment is to consider the following:

- The weight of the load,
- Size and shape of the load,
- The number of times the load must be moved and
- The manner in which the load will be moved.

Before an employee performs any manual client / resident handling activities, a hazard assessment is to be performed considering the employees physical and mental capabilities to perform the work. If a hazard assessment completed for the above determines a potential for a musculoskeletal injury, the I.C.E supervisor / Manager will develop a plan to eliminate or control the hazard.

1. To reduce the risk of fire there are to be no lit candles, lit fires in fireplaces and no lit fire pits in the yard in any residential program.
2. Exterior potted plants/planters are not acceptable at any residential program (i.e., back yard/balcony). This will serve to reduce/eliminate the extreme fire hazard they present.
3. There are to be no stick pins in common areas in any residential program. These may be used in the staff office and only if this is a contained room and able to be locked.
4. All sharps i.e., knives, scissors, tools, sewing/knitting supplies, choppers, graters, blender blades, thermometers, fire ignition sources (i.e., lighters) etc., with the exception of butter knives, will be locked up in all residential programs. A location will be identified as appropriate to the home i.e., office, kitchen drawer. In a support home, sharps are to be in a secure location. Client support requirements will determine if locks are required.
5. In residential programs, all cleaning supplies are to be kept locked up in an area separate from the food and medications in the home. If a client is independent in cleaning and/or are able to clean unsupervised a location will be identified for the storage of these products i.e., laundry room. A Safety Data Sheet (SDS) is readily available in the Daily Planner. Cleaning supplies may need to be in a locked location in a support home and is dependent on client support requirements.

6. In residential programs:

- Portable heaters are not to be used as the primary heat source. Portable heaters are not permitted in sleeping rooms. If there is a need for use of a heater a protocol will be developed outlining the need (i.e., furnace repair required), the length/period of time the heater will be required and clear instruction as to the safe use/storage of the portable heater. To further facilitate client safety if the temperature of the home is not appropriate to permit a comfortable environment for the client(s) the I.C.E. employee will contact their Supervisor/Manager for alternative arrangements (i.e., hotel/motel, another residential program etc.).
- Halogen lamps are not to be left turned on without employee supervision.
- All lamps in the client home must have the light bulb completely covered/encased by a lampshade or globe.
- For clients who choose to have a Christmas tree they will be required to purchase an artificial one. Artificial trees will also be required in any office setting.
- When recharging smart phones and other electronic devices use approved chargers/cords or docking stations to prevent overheating and a potential for a fire.
- Gas/propane BBQ's are not permitted to be used in apartment/condo style dwellings.
- For clients residing in detached/semi-detached dwellings BBQ's must be used 1.5 m away from the building and not against combustible materials. Refer to the Health and Safety binder for BBQ protocol.

7. All residential and support homes are to have a working fridge thermometer. Appliances with built in thermometers are acceptable.

8. As per Policy 3.8.6 Dress, Hygiene, and Grooming it is the employee's responsibility to ensure they wear clean and safe indoor shoes while on shift in the homes. This is not applicable to support home operators.

9. Employees/ Support home operators will ensure support and supervision, as required, is provided to clients when using the household appliances and yard equipment. Protective equipment such as gloves and goggles must be provided. When orientations are provided to an employee or a client in a residential setting document this in the logbook. All lawn mowers, weed eaters, gardening equipment etc. will be maintained, used, and safely stored appropriate to the situation in the home.

10. Snow and ice are to be cleared from all pathways, sidewalks, and driveways as soon as it appears. When the employee clears snow or salts ice during the course of their work duties it must be documented in the hazard section of the staff communication logbook in residential programs.

11. If the hot water supply in any program is interrupted for any reason the employee / client WILL NOT heat water in the kitchen and transfer it to any other location in the home. This practice will also not be used to convert the kitchen into a bathing site. The employee is to call their supervisor or, if after hours, the ECAT supervisor for direction i.e., moving to a new location until the water supply source is repaired.

12. Employee personal belongings i.e., purse, money, cigarettes, matches, lighter, medications etc. are to be kept locked away at all times.

13. For residential programs: To eliminate client injury heating blankets and heating pads are not to be used. Warming of towels/wash cloths in a microwave is not permitted. Use of bean bag heating pads that are heated in a microwave is prohibited.

THANK YOU CARD WINNERS



Prem Kochantavita



Oluwakayode Arikawe



Faustin Kabura



Hermela Tesfagiorgis



Shirley-Ann Ochoco



Amanuel Mehari

HAPPY RETIREMENT

Marian Lacampuenga



ICE would like to extend its best wishes to Marian Lacampuenga, who will be retiring after 33 years with the agency at the end of October. Marian started with the company when ICE had a Homecare department and has been in her current role as Receptionist in the Edmonton Office for the lion's share of that time. Marian has the great gift of being able to make a connection with anyone that had the pleasure of talking to her. Marian was the face of ICE for those who arrived in reception looking for work and the voice of ICE for anyone that called looking for assistance. She was an integral part of ICE's success and growth and her contributions to ICE are invaluable. She will be sorely missed by everyone who was lucky enough to have had the chance to get to know her. Congratulations, Marian, and may you enjoy every minute of your well-deserved retirement!

October Training

Pre-Employment Training

October 3,4,10,11,17,18,24,25,31 2023

Communication Training- Supportive Task Improvement

October 5, 2023 (1:30 PM- 3:30 PM)

OCD/ODD Training

October 6, 2023 (9:30 AM- 11:30 AM)

Sleep Apnea Training

October 6, 2023 (10 AM- 11 AM)

Diabetes Training

October 10, 2023 (2:30 PM- 3:30 PM)

Borderline Personality Disorder Training

October 10, 2023 (3:30 PM- 4:30 PM)

Abuse Prevention Training

October 11, 2023 (10 AM- 12 PM)

Schizophrenia/Psychosis Training

October 12, 2023 (1:30 PM- 3:30 PM)

PBI Training

October 13, 2023 (1:30 PM- 3:30 PM)

Somatization Training

October 16, 2023 (1:30 PM- 2:30 PM)

Epilepsy Training

October 16, 2023 (1:30 PM- 3 PM)

Manual Material Handling Training

October 19, 2023 (9:30 AM- 12:30 PM)

Hypertension/COPD/Sleep Apnea Training

October 19, 2023 (1:30 PM- 3:30 PM)

Cerebral Palsy/Hypotonia Training

October 20, 2023 (9:30 AM- 11 AM)

Communication Training; Civility and Respect/Resolving Conflict

October 20, 2023 (1 PM- 4 PM)

Incident Investigations Training

October 20, 2023 (1 PM- 5 PM)

Promoting Safety Training

October 23, 2023 (1:30 PM- 4 PM)

ASIST (Edmonton Region) Training

October 24,25, 2023 (8:15 AM- 4:30 PM)

Brain Injury Training

October 24, 2023 (9 AM- 10 AM)

Hoarding Training

October 24, 2023 (10 AM- 11 AM)

Hypertension Training

October 24, 2023 (11 AM- 12 PM)

Food Safety Training

October 25, 2023 (1 PM- 2 PM)

Mental Health First Aid Training

October 26, 27 2023 (9 AM- 5 PM)

Due Diligence for Supervisors and Managers Training

October 27, 2023 (9:30 AM- 1:30 PM)



November Training

Pre-Employment Training

November 1,7,8,14,15,21,22,28,29 2023

Workplace Diversity Training

November 2, 2023 (9:30 AM- 11:30 AM)

Transgender Identity Awareness Training

November 2, 2023 (1:30 PM- 3:30 PM)

Workplace Violence, Bullying and Harassment for Supervisors Training

November 7, 2023 (1 PM- 3 PM)

Communication and Teamwork Training

November 8, 2023 (1:30 PM- 3:30 PM)

Harm Reduction Training

November 9, 2023 (1:30 PM- 3:30 PM)

Abuse Prevention Training

November 10, 2023 (10 AM- 12 PM)

Communication Training: Emotional Intelligence

November 14, 2023 (1:30 PM- 3:30 PM)

Borderline Personality Disorder Training

November 16, 2023 (9:30 AM- 11:30 AM)

HACD Training

November 20, 2023 (1 PM- 5 PM)

Cerebral Palsy/Hypotonia Training

November 20, 2023 (1:30 PM- 3:30 PM)

PBI Training

November 20, 2023 (1:30 PM- 3:30 PM)

Documentation and Reporting Practices (Residential) Training

November 21, 2023 (1:30 PM- 4:30 PM)

Communication Training; Psychologically Safe Interactions

November 23, 2023 (1:30 PM- 3:30 PM)

Workplace Inspections Training

November 24, 2023 (9:30 AM- 4:30 PM)

PTSD Training

November 24, 2023 (9:30 AM- 11:30 AM)

Client Lifts and Transfers Training

November 24, 2023 (1:30 PM- 3:30 PM)

Mental Health First Aid Training

November 27, 28 2023 (9 AM- 5 PM)

Client Scam Prevention Training

November 30, 2023 (1:30 PM- 3:30 PM)



HURT AT WORK?



Employees and Support Home Operators are reminded of their responsibility

(as per legislation) to report all workplace injuries immediately to an ICE supervisor or manager. In the event of an injury, the employee will follow all agency policies and procedures.

While not all injuries are reportable to WCB, all injuries and work-related health concerns are required to be reported within the company. This is done so that health and safety investigation and follow-up may be completed for the safety of all parties.

REFERRAL INCENTIVE RECIPIENT

Employees or Support Home Operators who refer a person to ICE who successfully meets our hiring requirements and completes their three-month probation with a minimum of 120 hours worked, receive \$100.00!

HEALTH AND SAFETY MEETING MINUTES

August 9, 2023

(MINUTES EDITED FOR PUBLICATION)

3.1 Review of 'Regional Health and Safety Meeting Minutes (sections 3.2 and 3.3).**A) Section 3.2. Completed Incident Investigations for Injury, Health, and Property Damage:****Calgary Meeting Minutes:** No investigations reviewed in June or July.**Northwest Meeting Minutes:** Did not hold a meeting in June or July.**South Meeting Minutes:** No investigations reviewed in June or July.**B) Section 3.3 Completed Near Miss Incident Investigations:****Calgary Meeting Minutes:** No investigations reviewed in June.**April 3, 2023:** Staff removed the smoke detector batteries due to beeping and did not replace them. **Incident Investigation Recommendations:** Staff review policy 3.5.2; 3.5.9; and 3.5.12. Staff attended Promoting Safety Training. **Health and Safety Committee:** No additional recommendations.**Northwest Meeting Minutes:** Did not hold a meeting in June or July.**South Meeting Minutes:** No investigations reviewed in June or July.**3.2 Evaluation of completed current Internal Incident Investigations for Injury, Health and Property Damage (Edmonton):****April 11, 2023:** Staff wore fragrance to the program causing an allergic reaction to other staff. **Incident Investigation Recommendations:** TC to review "Exposure to Allergens/Exposure to Personal Scented Products", update to program HACD that program is scent free. Permanent Residential Orientation to be completed with TC. A reminder to be provided to booking staff to review all hazards with staff when scheduling coverage. **HSC Recommendations:** No additional recommendations.**3.3 Evaluation of completed Near Miss Investigations (Edmonton):**
No investigations reviewed.**3.5 COR Audit Review: Review Element 3 Hazard Control. Section 3.05-3.10.****3.6 Hazard Assessment and Control document (H.A.C.D.):** Edmonton is assigned pages 1-38 of the General HACD for the 2022-2023 review period. The committee will review pages 19-20 Elevator Use. **HSC Recommendations:** No additional recommendations.**Calgary Meeting Minutes:****June** -Reviewed the Office HACD pages 14 – 17. The HSC also reviewed Appendix A-2. Pg 14 Opening, sorting, and routing mail. **HSC Recommendations:** No additional recommendations. Pg 15 Making coffee- lunch room and training room.**HSC Recommendations:** Add biological hazard as it is a high-touch area. Pg 17 Ascending/descending stairs. **HSC Recommendations:** Add biological hazard as it is a high-touch area. Pg 17 Opening office/first to arrive to worksite. **HSC Recommendations:** No additional recommendations. Appendix A-2 Safe Practices for Handling Behaviour Escalations. **HSC Recommendations:** Rephrase terminology like "directive" to "use a calm direct tone" and "Acting Out" to "Risk Behaviour."**July-** Reviewed the Office HACD page 18 and Non-Residential HACD pages 2-3. The HSC also reviewed Appendix A-3. Pg 18 Terminating/Hiring. **HSC Recommendations:** No additional recommendations. Pgs. 2-3 Working/Meeting with people in the community. **HSC Recommendations:** Change biological hazards to say "potential allergic reactions" (i.e., scented products, pet dander, foods etc.). Remove employee immunizations under engineering controls and keep recommended immunizations (i.e., flu shot). Appendix A-3 Safe Practices for Lifting. **HSC Recommendations:** Change misspelling from 'tum' to 'turn.'**South Meeting Minutes:****June-** Reviewed pgs. 100-101 Staff Illness at Work. **HSC Recommendations:** No additional recommendations. Reviewed pgs. 102-103 Exposure to Pets. **HSC Recommendations:** No additional recommendations. Reviewed pgs. 104-105 Exposure to Insects/Pests. **HSC Recommendations:** No additional recommendations.**July-** Reviewed pgs. 106-107 Mice Infestations. **HSC Recommendations:** No additional recommendations. Reviewed pg. 108-109 Lifting, Moving, Cleaning Furniture, etc. **HSC Recommendations:** No additional recommendations. Reviewed pg. 110 Paperwork (Documentation by Hand). **HSC Recommendations:** No additional recommendations.**3.7 Policy Review: 3.5.5 Employee Work Related Injury, Illness, and Near Misses.****3.8 COVID 19 Pandemic Response:** Reminder bookings can be made using the following link or by calling 811 for booster shots. <https://www.albertahealthservices.ca/topics/page17295.aspx>**3.10 Emergency Response Plan Review: (Regional committees to review the ERP drills and identify recommendations for improvement) -** Reviewed Action Plan Template #13A – Tornado, Thunderstorm-Residential Programs. **HSC Recommendations:** No additional recommendations.**Next Meeting Date: September 13, 2023**

HEALTH AND SAFETY MEETING MINUTES

September 13, 2023

(MINUTES EDITED FOR PUBLICATION)

3.1 Review of 'Regional Health and Safety Meeting Minutes (sections 3.2 and 3.3).**A) Section 3.2. Completed Incident Investigations for Injury, Health, and Property Damage:****Calgary Meeting Minutes:** No investigations reviewed.**Northwest Meeting Minutes:** No investigations reviewed.**South Meeting Minutes:** No investigations reviewed.**B) Section 3.3 Completed Near Miss Incident Investigations:****Calgary Meeting Minutes:** No investigations reviewed.**Northwest Meeting Minutes:** No investigations reviewed.**South Meeting Minutes:** July 4, 2023: Client became agitated due to roommate motioning for client to be quiet. Client took staff's hand bringing it to her mouth, but staff was able to remove hand to prevent injury. **Incident Investigation Recommendations:** Staff reviewed client's Positive Approaches and the full orientation process in the program. **HSC Recommendations:** No additional recommendations.**3.2 Evaluation of completed current Internal Incident Investigations for Injury, Health and Property Damage (Edmonton): February 1, 2023:** Staff's vehicle was rearended by a community member. **Incident Investigation Recommendations:** Both staff to review the Safe Winter Driving information in the Health and Safety binder. **HSC Recommendations:** No additional recommendations.**February 19, 2023:** While staff was walking to their car at the end of their shift they slipped on ice and fell. **Incident Investigation Recommendations:** Health and Safety Specialist to review Policy 3.5.5 Employee Work Related Injury, Illness, and Near Miss, and Safe Walkways and Snow Shoveling 12 in the Health and Safety binder with employee. **HSC Recommendations:** No additional recommendations.**June 26, 2023:** Staff member felt pain in knees and lower back after lifting boxes. **Incident Investigation Recommendations:** Attend Musculoskeletal Materials Handling training. Review 7 Steps to Safe lifting in the Health and Safety manual. Review Policy 3.5.9. **HSC Recommendations:** No additional recommendations.**3.3 Evaluation of completed Near Miss Investigations (Edmonton): January 8, 2023:** Staff became locked outside while leaving area to grab food. **Incident Investigation Recommendations:** Attend Safety Plan After Hours- ECAT training. Review Policies 3.5.9, and 3.9.1. **HSC Recommendations:** No additional recommendations.**April 13, 2023:** Toilet became clogged and overflowed leaking into the downstairs unit. **Incident Investigation Recommendations:** Team Coordinator to review ICE Policies 3.5.4 Working Alone, and 3.5.9 Elimination/Mitigating/Controlling Work Site Hazards. Team Coordinator to train staff on all client protocols. **HSC Recommendations:** No additional recommendations.**August 11, 2023:** Client became agitated after staff was giving orientation late at night, saying verbal threats and slurs to staff while waving a knife. **Incident Investigation Recommendations:** Client Positive Approaches, and Risk Assessment by RPAC. TC to review updated protocols with program staff. The manager met with the booking department to discuss orientation procedures for the home. **HSC Recommendations:** No additional recommendations.**3.5 COR Audit Review:** Review 2023 COR Element 1 Management Leadership and Organizational Commitment 1.01-1.05**3.6 Hazard Assessment and Control document (H.A.C.D.):** Edmonton is assigned pages 1-38 of the General HACD for the 2022-2023 review period. The committee will review pages 21-22 Use/Handling of Sharps. **HSC Recommendations:** No additional recommendations.**3.7 Policy Review:** 3.5.6 Investigation of Internal Injury Incidents/Near Misses.**3.8 COVID 19 Pandemic Response:** There has been a recent uptick in cases in Alberta hospitals, and it is expected that there may be another wave of COVID-19 this fall. As of September 12, 2023 Health Canada authorized an XBB 1.5 containing mRNA COVID-19 vaccine for use in individuals 6 months of age and older. Submissions for two other updated COVID-19 vaccines are still under review from Health Canada. Beginning in the fall of 2023, for those previously vaccinated against COVID-19, NACI recommends a dose of the XBB.1.5-containing formulation of COVID-19 vaccine for individuals in the authorized age group if it has been at least 6 months from the previous COVID-19 vaccine dose or known SARS-CoV-2 infection (whichever is later). This vaccine can be used for those who have not been previously vaccinated, as well as those who have received a booster or completed a primary series.**3.10 Emergency Response Plan Review:** (Regional committees to review the ERP drills and identify recommendations for improvement) - Reviewed the Action Plan Template #13B – Tornado, Thunderstorm-Offices. **HSC Recommendations:** Fix page numbers and create a flow chart for easier information access.

Next Meeting Date: October 11, 2023

DON'T FORGET TO FALL BACK.

**AN UPCOMING REMINDER TO
CHANGE YOUR CLOCKS BACK
ON NOVEMBER 5, 2023.**



Get the guidance you've been looking for

Let a health and wealth consultant help you
find ways to save and reach your goals.

Book a call with a health and wealth consultant, a licensed
professional, to get support and advice when you have
questions, like:

- What investments are right for me?
- How much should I contribute to reach my goals?
- How can I get my information online?

Your health and wealth consultant can help you with all these questions and
more. You can connect with them whenever you need to.

It's all part of your workplace retirement and savings program to help you with
your financial goals.

Book a call with a
health and wealth
consultant



Connect and get started on
the path to reach your goals in
every stage of life.

<http://canlife.co/FreedomExperience>

MESSAGE FROM THE CHIEF OPERATING OFFICER

2023 HEALTH & SAFETY COR

AUDIT UPDATE

What is a Certificate of Recognition (COR)?

A COR is awarded to employers who have developed a health and safety program that meets standards established by the Alberta Government and an accredited certifying partner. ICE's certifying partner is the Continuing Care Safety Association, and we are required to complete an audit of ICE's health & safety program each year to maintain our Certificate of Recognition.

Why does ICE participate in the COR program?

ICE has a strong focus on ensuring and promoting the health & safety of employees, clients, contractors, and all other parties who are involved in the work we do. We strive to accomplish many things through our COR program participation including but not limited to: minimizing workplace injuries, meeting or exceeding legislative compliance, and improving health & safety culture and participation.



Where can I find information about the COR Audit results?

The results of the COR Audit can be found in any ICE Health & Safety Manual. These manuals are available at all residential and office sites. The COR Audit results are located in Part One – Section 6 under the heading 'Certificate of Recognition (C.O.R) Audit'

Who is involved in the ICE Health & Safety Program?

ICE promotes continuous quality improvement within our health & safety program and engagement from all levels of employees. This includes frontline staff through to the President. Everyone's health & safety is of the utmost importance, and we all are responsible to work in a health and safe manner!

How did ICE perform on the 2023 COR audit?

In July 2023, ICE participation in a COR re-certification audit which occurs every three years. An external auditor spent around three weeks completing interviews, documentation reviews and observation tours within three ICE regions (Edmonton, Calgary, Northwest). After the audit was completed, a score was awarded based on the results of reviewing 10 critical elements related to ICE's health & safety program. **We achieved an overall score of 94%!** Even though this is an excellent score, we still have work to do. We will be reviewing the audit and developing an action plan to further strengthen our health & safety program. Watch for health & safety initiative in the coming months!

Congratulations to everyone on our excellent COR performance! All ICE employees should be incredibly proud of how hard we all work to ensure a health & safety workplace. Keep up the great work!

Hilary Smith
Chief Operating Officer



Respiratory Illness



As the weather gets colder, we can guarantee one thing for sure, respiratory illness season will be upon us!

What is a respiratory illness?

Respiratory illness are diseases caused by organisms such as viruses or bacteria that affect the respiratory system (e.g., lungs and throat). Respiratory illness can include Influenza (flu), COVID 19, Respiratory Syncytial Virus (RSV), Rhinovirus and other viruses that cause the common cold.

What are some symptoms of respiratory illness?

- Fever and chills
- Sore throat or cough you may bring up mucus or phlegm
- Headache
- Muscle aches
- Breathlessness, tight chest or wheezing
- Feeling tired

Respiratory illness can spread through infected persons sneezing, coughing or even talking. Infection can spread before symptoms even begin.

How can you prevent respiratory illness?

- Get available vaccines for COVID-19 and Influenza.
- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.

In early October anyone who lives, works, goes to school or visits Alberta can get the influenza immunization for free. Albertans five years of age and older are encouraged to book their vaccinations at a local pharmacy.

To schedule an appointment call 811 or book online at <https://myhealth.alberta.ca/topic/Immunization/Pages/book-appointment.aspx>



Immunization and Vaccine Facts



VACCINES ARE SAFE AND SAVE LIVES.

Vaccines work

Immunization (getting a vaccine) is the best way to protect yourself and your community against diseases that vaccines can prevent. Over the past 50 years, immunization using vaccines has saved more lives in Canada than any other treatment, procedure, or policy against disease.

You cannot get the disease from a vaccine.

Most vaccines are inactivated vaccines. This means they have no living bacteria or viruses in them, so they cannot cause disease. Messenger RNA vaccines (called mRNA vaccines) are a new type of vaccine. Some of the vaccines for COVID-19 are mRNA vaccines. These types of vaccines also do not contain any living bacteria or viruses and cannot cause disease.

It's safe to get more than one vaccine at the same time.

Giving multiple vaccines at one visit helps to ensure that you are up to date with all the recommended vaccines.

Healthy diet and lifestyle are not enough to protect against infectious diseases.

Without immunization, your body will not know to make antibodies to fight off diseases. No matter how healthy your diet or lifestyle, without immunization, you're at risk for serious diseases and you are also more likely to spread these diseases to others.

HOW TO GET A VACCINE:

Use the Alberta Vaccine Booking System.

<https://bookvaccine.alberta.ca/vaccine/s/>

Contact your local pharmacy directly

See available walk-in clinics near you