

COVID-19 Preparedness Plan

Together, we are facing a truly unprecedented situation. The global coronavirus pandemic is affecting all our families, our businesses, our communities, and our way of life. During this time, we wanted to keep you updated on how we are approaching the situation at Yogi’s Kitchen.

Our number one priority throughout the COVID-19 pandemic has been and continues to be the health and safety of our customers and employees. We have implemented a simple 4-step approach to ensure hygienic operations.

4-Step Approach

This page addresses key considerations for how foods offered can be safely handled and delivered to the customers, as well as key best practices for employee health, cleaning and sanitizing, and personal protective equipment (PPE).

We have implemented a simple 4-step approach & any staff found not adhering to these practices would be dealt with a lot of strictness.

BE HEALTHY, BE CLEAN	
CLEAN & DISINFECT	
SOCIAL DISTANCE	
PICK-UP & DELIVERY	

Detailed action plan

BE HEALTHY, BE CLEAN



- Stay home or leave work if sick; consult doctor if sick, and contact supervisor
- Sick employees to stay home and send home immediately if sick
- Pre-screen employees for temperature and other symptoms daily



- Wash hands often with soap and water for at least 20 seconds
- If soap and water are not available, use a 60% alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wear mask/face covering AT ALL TIMES while in kitchen



- Never touch Ready-to-Eat foods with bare hands
- Use single service gloves, deli tissue, or suitable utensils
- Cover food containers to prevent cross contamination
- Follow 4 steps to food safety [Clean, Separate, Cook, and Chill](#)

CLEAN & DISINFECT



- We have retrained our staff on cleaning and disinfecting procedures, and protective measures, per CDC
- We have and use best quality cleaning products and supplies
- We follow protective measures



- High-touch surfaces are disinfected more frequently (counter tops, doorknobs, equipment handles, kitchen tools etc.)
- We use Health Canada approved disinfectants
- Food containers and utensils are cleaned and sanitized



- Prepare and use sanitizers according to label instructions
- Sanitize all kitchen equipment before and after use
- Sanitize raw vegetables with food grade sanitizers

SOCIAL DISTANCE



Educated employees on the importance of social distancing:

- Training
- Signs
- Daily huddles/announcements



- Discourage employee gatherings
- Staggered shifts & break timings to avoid large groups of people
- Placed floor markings and signs to encourage social distancing



- Established designated pick-up zone for customers
- Installed a doorbell outside the kitchen for self-pick up customers
- Customers will need to ring the bell and NOT ENTER inside the kitchen
- Placed sanitizers near the bell to sanitize before and after ringing the bell.

PICK-UP & DELIVERY



When receiving raw material delivery from various vendors

- Ensure all packets/cases are sanitized
- Encourage vendors to use online invoices & payments
- Avoid cash dealings
- Wash hands after receiving delivery & signing paper receipts



• Delivery drivers will do “no-touch” deliveries by not shaking/touching hands with the person receiving the delivery

- Applying hand sanitizer before handing over food items
- ALWAYS wear mask/face covering while delivering food



• Established designated delivery pick-up zone for all the drivers

- Paperless delivery assignment and meal counting
- Sanitize/wash hands before entering kitchen area
- Sanitize vehicle space where food packets will be kept for delivery

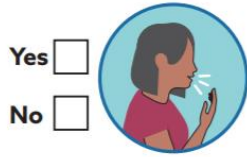
COVID-19 daily checklist

The following questions are used to screen for COVID-19 before entry into kitchen.

1.) Do you have any of the following new or worsening symptoms or signs?*



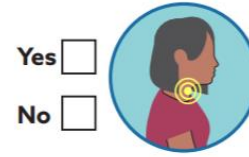
Fever or chills



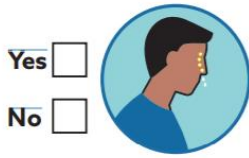
Cough



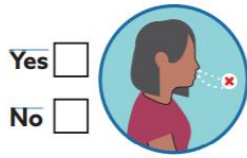
Difficulty breathing or
shortness of breath



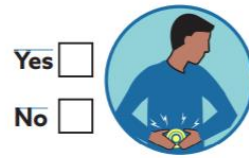
Sore throat,
trouble swallowing



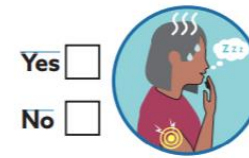
Runny/stuffy
nose



Decrease or loss
of taste or smell



Nausea, vomiting,
diarrhea



Not feeling well
extreme tiredness,
sore muscles

2.) Have you had close contact with a confirmed or probable case of COVID-19 without wearing appropriate PPE? Yes No

3.) Have you travelled outside of Canada in the past 14 days? Yes No

*If you have an existing health condition that gives you the symptoms you should not answer YES, unless the symptom is new, different, or getting worse. Look for changes from your normal symptoms.

If you answered YES to any of these questions, go home & self-isolate. Call 811 or your health care provider, to find out if you need a test.

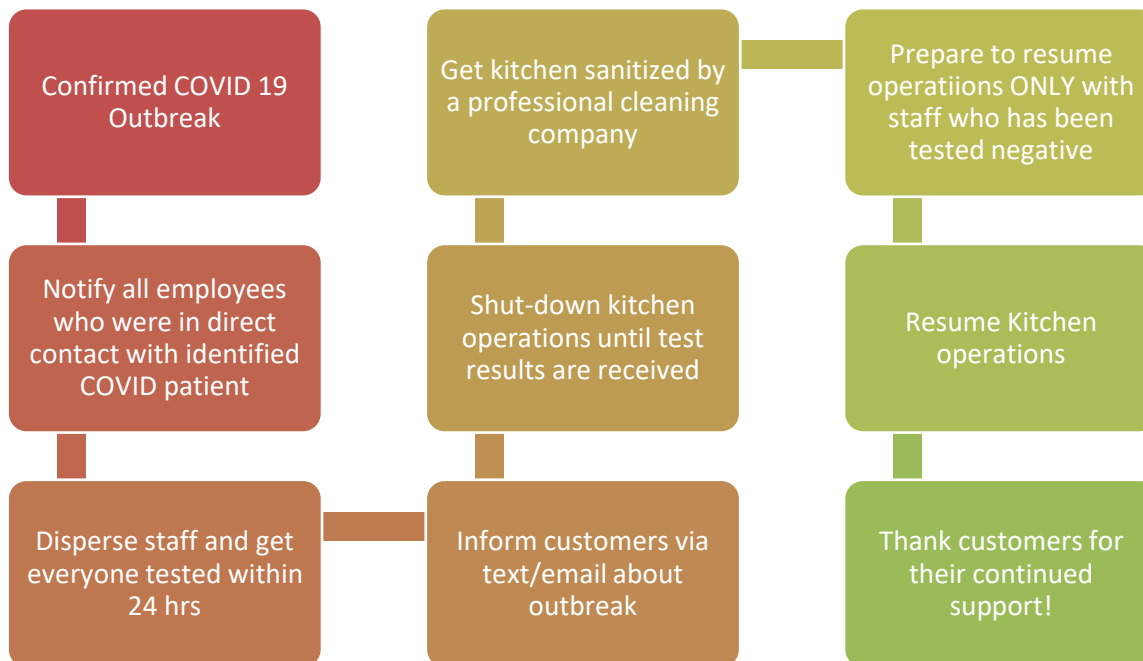
If you answered NO to all these questions, you have passed and can go to work/attend your activity.

What if an COVID 19 outbreak has been identified at workplace

When an outbreak is identified, the following considerations should be applied:

- Re-assessing risk of transmission to a broader set of contacts than those identified through individual level case management based on the increased risk associated with an outbreak scenario. For example: Assessing potential exposures in the workplace related to shared work area/break areas/common areas/washroom facilities/staffing schedules with the known case(s) in their period of communicability.
- Assessing potential exposures to clients/customers/visitors in the workplace from known case(s) in their period of communicability.
- Investigating other potential sources of infection in the workplace that were not identified during individual case follow-up.
- Reassessing risk of exposure of potential contacts in the workplace, defining an 'outbreak area' in the workplace and identifying those at risk. A broad and inclusive approach should be applied when identifying an outbreak area and may include the entire workplace.
- Develop a list of employees, and where applicable, clients/customers/visitors, at risk of exposure.
- Assessing context of workplace and whether others outside of the workplace are at risk due to shared building/common spaces with the workplace (e.g., shared elevators, washrooms).

Outbreak Action Plan



Staff with COVID-19 returning to work

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began. Therefore, CDC has updated the recommendations for discontinuing home isolation as follows:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptom onset and
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications and
- Other symptoms have improved.

“To move forward, you have to give back” – OPRAH WINFREY

As the COVID-19 pandemic continues, it is important that every one of us recognizes the pressure that healthcare systems—and particularly those who work in healthcare—are under, and that we all take steps to support them. With a similar intent Yogi’s Kitchen successfully delivered complimentary meals to Vancouver General Hospital staff members. We managed to donate 150 meals daily for 1 month and were tremendously excited to see so many delighted smiling faces. Being able to help in some way was a truly fulfilling experience & our small effort to give back to the community!



To all the thoughtful staff & owners of Yogi's KITCHEN The Cardiac Cath Lab at VGH thanks you very much!

Elaina Hwaite *R. McCall*
Thank!! *Thank you so much!* *Thank you so much!*
Simple *Brave* *Edie*
Thank you so much! *Thank you so much!*
Thank you for the delicious food! *Thank you so much!*
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♥ To Yogi's KITCHEN STAFF ♥
THANK YOU SO MUCH!
 ♥ Sincerely ♥
 VGH Quality Patient Safety
 Infection Control Depart

