



Calgary Progressive  
Lifestyles Foundation

## CPLF Pandemic Response

CPLF adheres to all [AHS pandemic guidelines](#). In addition, we have the following CPLF-specific pandemic protocols.

### CPLF Facilities

**CPLF Administrative Offices:** Currently closed to visitors. If you need an appointment, please contact your case manager via phone or email. Virtual meetings are also available.

**Lifestyles Bistro:** Temporarily closed until further notice. We take the safety of our staff and customers very seriously. We hope to resume operations as soon as possible to continue serving our community.

### CPLF Client Services

**Day Programs:** Support Staff and clients will continue to not enter each other's homes unless vitally necessary. Vitally necessary supports are to continue in homes for those clients who are bed ridden, complex needs, and/or guardians working in an essential service such as health care. There may be other extenuating circumstances. Day program supports may be facilitated in garages or outside.

**Vehicles:** When appropriate, staff can transport clients in their car while observing the [CPLF pandemic driving protocols](#).

**Symptoms & Assessment:** Alberta Health Services has a simple online screening tool that asks questions about symptoms and takes users through steps to determine whether they should call Health Link at 811 for testing. See [ahs.ca/covid](https://ahs.ca/covid) for further details.

### CPLF Group Activities

**On-Site Group Activities:** Cancelled until further notice (includes bingo, dances, art classes, etc.).

**Remote Group Activities:** Contact [events@cplf.ca](mailto:events@cplf.ca) for more information and/or to register for available online activities.

### CPLF Personal Protective Equipment (PPE)

If CPLF support workers and/or clients need any PPE, they should contact their Case Manager to co-ordinate delivery. CPLF will strive to have masks, gloves, wipes, shields, gowns, and hand sanitizer continuously available.

## CPLF Occupational Health & Safety (OHS) Committee

To be sure that all our employees, contractors, volunteers, clients, and their families continue to be safe, we have formed an OHS Committee. Email [ohscommittee@cplf.ca](mailto:ohscommittee@cplf.ca) or visit [cplf.ca/ohs/](http://cplf.ca/ohs/) for further information.

## ABTraceTogether

We encourage everyone to use the [ABTraceTogether](#) mobile contact tracing app to use when in public. It is not mandatory but is highly recommended and becomes more efficient with more participants. It will help the province track the spread of the virus so that we can notify the potentially infected to limit additional exposure.

## General Alberta Health Services Safety Measures

It's still important to observe safety protocols to prevent a second wave of infections. This includes:

**Social Distancing:** Physical distancing involves taking steps to limit the number of people you come into close contact with. Keep at least 2 metres (about the length of a hockey stick) distance from people outside your household or family.

**Disinfecting:** Clean and disinfect commonly touched surfaces such as door handles regularly.

**Hygiene:** Avoid touching your face with unwashed hands. Wash or sanitize your hands often with soap and water for at least 20 seconds after touching communal surfaces.

**PPE:** Wear a mask in public when distancing is not possible.

Get more details at [alberta.ca/prevent-the-spread.aspx](http://alberta.ca/prevent-the-spread.aspx)

Last updated January 2021