

INDOOR VISITOR EXPECTATIONS & INFECTION CONTROL PROTOCOLS:

As provinces begin to slowly lift restrictions and reopen, it continues to be important to maintain strong protections in place within these settings to minimize the introduction of and risk of virus transmission and spread of COVID-19 because our residents are still at the most risk and will continue to be until there is a vaccine. We also need to balance this with the need for social interaction with families and friends and the benefits that this has for the mental health and overall happiness of our residents.

The following are expectations, information and Infection Control Protocols for indoor visits:

What is COVID-19?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What are the Symptoms of COVID-19?

The most common symptoms of COVID-19 include fever, dry cough and tiredness. Some people may have aches and pains, nasal congestion, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but do not develop any symptoms and do not feel unwell. From what is known today, it appears that the elderly as well as people who have pre-existing conditions are at more risk. Most people (about 80%) recover from this virus without the need of special treatment; however, there is a risk of death in severe cases.

Transmission and Incubation: How is COVID-19 being spread?

COVID-19 is transmitted through person-to-person spread by close contact with infected persons (within about 6 feet), by larger droplets, like from a cough or sneeze, and/or by touching your eyes, nose or mouth after touching contaminated objects or surfaces. COVID-19 can also be spread through the air during aerosol-generating medical procedures. Many people experience only mild symptoms, particularly at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill (PH, April 16, 2020). The incubation period is between 1-14 days. Currently there is no treatment for COVID-19.

Indoor visitation is only permitted if the home is not in outbreak

Indoor visits will be cancelled if a home has a confirmed Covid-19 outbreak. Visitors per visit: **a maximum of two (2) visitors per suite is allowed at one time**, i.e. one resident and two visitors, two residents (if a couple) and two visitors.

Common Areas in Retirement Community

The visitor must only visit the suite they are intending to visit and no other resident. Visitors must take the most direct route and follow our Infection Control Protocols. Please refrain from touching any hand rails, elevator buttons, etc. You will **not** be able to use any common areas; i.e. Bistro, Dining Room, Activity spaces etc.

Hand Hygiene & Respiratory Hygiene (also known as Respiratory/Cough Etiquette)

Good hand hygiene is essential for everyone entering the home. Signage is posted in our homes with instructions for residents, staff, volunteers, external care providers, etc. to perform hand hygiene. Hand Hygiene stations are at the entry/exit of the home with signage. Hand washing for at least 20 seconds with soap and water is the best defense against the virus. Please ensure you practice Respiratory Hygiene of covering your cough and sneeze with your arm and washing hands afterwards.

Face Masks

Visitors must wear a Surgical/Procedure mask at all times. Visitors are responsible for bringing their own masks.

Young Children and Pets

Due to the strict guidelines and screening for Covid-19 and the usage of a surgical mask we strongly discourage the visit of young children and pets.

When visiting a Resident in suite

- Refrain from using resident's washroom when visiting.
- Limit high touch areas in the resident's room (light switches, appliances, remote, counter tops, dishware, towels).
- Leave essential packages for delivery by staff at the screening station. Please do not bring home prepared food items at this time.
- No participation in residence indoor events or activities
- Residence common laundry rooms are not available for visitor/family use, please refrain from doing any resident laundry.
- No physical contact-Virtual hugs only.