

It takes a whole community to keep COVID-19 out.

4 steps for visitors to help keep our site safe

1. Get Involved

We need your ideas and opinions about this site's visitor policy:

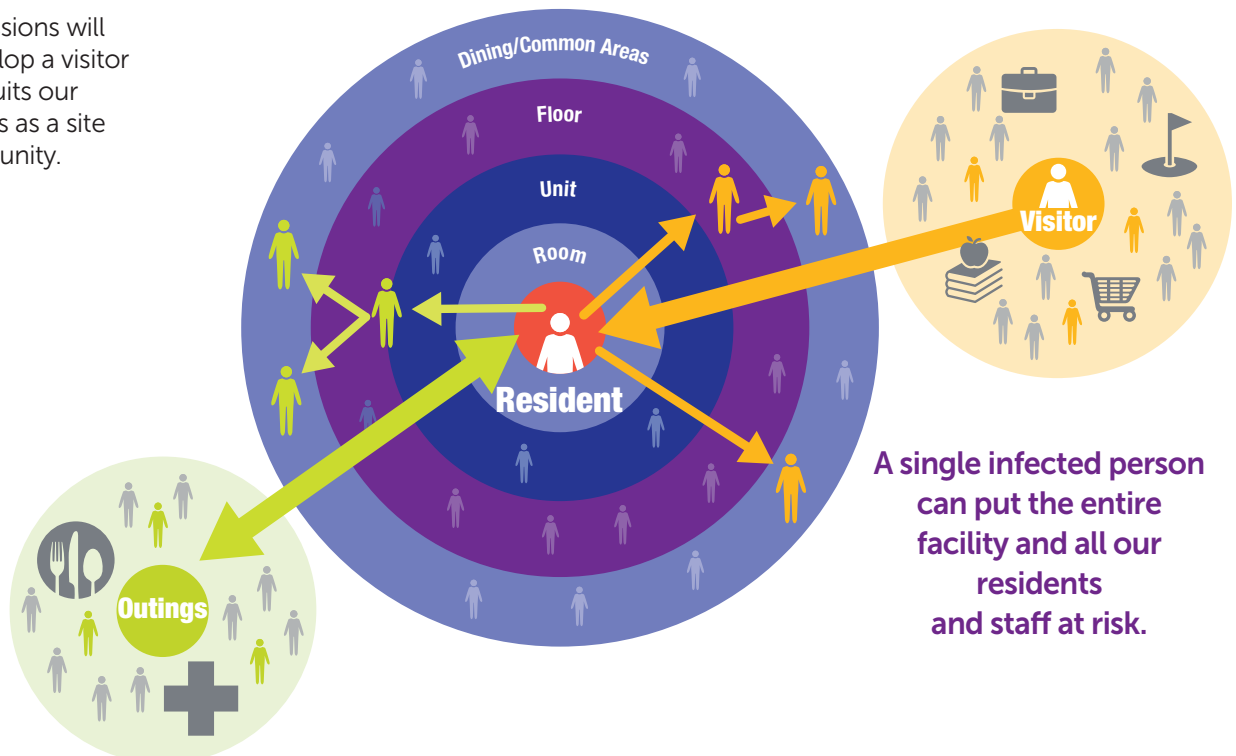
- What can you commit to as a visitor?
- What is your family prepared to do?
- Are we all committed to meeting the many different needs of families and residents?
- Can our community of visitors agree on common practices?

These discussions will help us develop a visitor policy that suits our unique needs as a site and a community.

2. Know our site risks

Each site has unique risks, depending on its residents and building design. Some factors that increase the risk for COVID-19 infection and spread are:

- Residents aged 70 and up
- Large number of people 80+ years, or more frail or sick people
- Residents with dementia
- Buildings with more than 100 residents
- Shared bedrooms or bathrooms
- Large common areas
- Public businesses on-site
- Many resident outings and visitors



As our continuing care sites allow more visitors, we all need to do our part to keep residents and staff safe

Staff trained in use of personal protective equipment

Management follows public health guidelines

Residents & visitors

wear masks, and practice hand hygiene and distancing

Visitors & family

commit to doing their part outside of visiting time

Did you know ...

You can have COVID-19 and not know it?

You can be infected yet feel perfectly well?

You might not ever develop a fever?

For up to 14 days, you can spread infection to others without realizing it?

3. Assess your own risk

Are you a safe visitor? Look back on your activities over the past 14 days to assess whether you could have been exposed to COVID-19. Then decide as a family who are the lowest-risk visitors, and encourage higher-risk visitors to either stay away (for now) or change their risk habits.

Lower-risk visitors

- Visit only one site per day
- Work from home
- Have infrequent outings, mostly outdoors
- Consistently maintain 2 metres of distance
- Wear mask during outings
- Small social 'bubble' of the same people
- Social circle uses masks
- No guests in home for past 14 days
- Consistent hand washing
- Use private vehicle
- No recent travel
- Members of the household have the above patterns.

Higher-risk visitors

- Visit more than one site per day
- Work outside the home
- Have frequent social outings, many indoors
- Can't maintain 2 metres of distance at work
- Don't wear mask during outings or at work
- Large social circle
- Social or work circle doesn't use masks
- Guests in the home in past 14 days
- Inconsistent or infrequent hand washing
- Use public transportation or car pooling
- Recent travel
- Members of the household have the above patterns.

4. Consider other families and residents

Let's take care of each other. There are many different social needs and attitudes toward risk.

Some residents may want looser visitor restrictions if they:

- Have high social needs
- Are mobile, active, and healthy
- Prefer activities off the property

Other residents may want more restrictions if they:

- Have low social needs
- Are older, frail or less mobile
- Prefer a social bubble within the site

As a community of families and visitors, we need to balance the needs and concerns of everyone. Our home needs to feel safe for everyone.

Going off the property?

Trips off the property bring more exposure to COVID-19. The more contact points there are with other people, the higher the risk that your loved one could become infected.

Limit outings and choose safer options, such as:

- Private homes with low-risk occupants and guests
- Uncrowded outdoor spaces
- Uncrowded indoor spaces with good distancing and mask-wearing

Always avoid crowded indoor spaces and high-touch surfaces (public transit, bank machines, grab bars and railings).

Always wear a mask and use good hand hygiene.

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