

Hello Families and Friends,

We thought that we would review with you the Infection Control Practices that we follow and to review some things that you can do to remain healthy in the community.

We are following all the guidelines from Public Health Ontario, The Ontario Government and the World Health organization. These are the sources of information that everyone should be listening to and not the many myths and misinformation in the general public comments and suggestions. The links to these are on our website. We review the information daily and implement any changes to these guidelines promptly.

These practices are the normal infection control protocols that Long Term Care homes have been following for many years. Our staff are educated regularly on these and are familiar with these protocols. We continue to screen all staff every time they come to work and follow up with staff on a regular basis.

COVID-19 is a droplet/contact respiratory virus and not an airborne virus; therefore we are not required to use N95 respirators/masks. Although we do not have any people with COVID-19 at this time we wanted to clarify this, as there is much in the press regarding personal protective equipment (PPE). The hospitals will need to use airborne precautions in specific circumstances as per the guidelines, as they have patients with ventilators (devices that help with breathing).

Hand hygiene, washing your hands, is the most important measure that anyone can take in prevention of illness. Also important measures you should take is to avoiding touching your face, which is very hard as we do it out of habit and social distancing of at least 2 metres from someone else. There are many people in the community wearing masks and gloves and this can be alarming to see. To reduce your risk, if you must go out, disinfect commonly touched surfaces, for example, the shopping cart in the supermarket before you use it. Wash your hands or use alcohol-based hand rub (hand sanitizer) before shopping and then again when you are done shopping.

If you have any symptoms of fever, cough, runny nose, nasal congestion, sore throat, you should not deliver any packages to the home or go out in public. Check the Public Health website to screen yourself to see if you require testing. The site will guide you. Healthcare workers have more stringent guidelines for screening and all staff with any symptoms are reviewed with Monique or Pam before they can return to work.

Remember if you are on self-isolation, do not go out in the public and follow the directions for self-isolation on the Public Health Ontario website. There are fact sheet for people to follow on the website.

Stay healthy!

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