



July 20, 2020

UPDATE TO ALL FAMILY AND FRIENDS

Hello, I am attaching the guidelines for Indoor and Outdoor visits. As you know LTC Homes will be able to resume indoor visits as of Wed. July 22. The attached requirements are for the protection and safety of residents, staff and those visiting. These requirements are based upon the guidance provided by the Ministry of Long Term Care and Public Health. The general principles used to establish these requirements are based upon the same guidelines that Ottawa Public Health and the province have been providing for everyone in Ontario.

Remember to **be COVIDWise**:

- **W** – Wear a **mask or face covering** when you are in indoor public spaces and when you cannot maintain a physical distance of two metres (six feet).
- **I** – Isolate yourself from others when you are sick (and get tested promptly if you have COVID-like symptoms).
- **S** – Stay **two metres (six feet) apart** from those outside your household.
- **E** – Exercise **proper hand hygiene**; wash your hands regularly or use sanitizer especially before touching your face.

We look forward to having you return to St. Pat's indoors and we know that everyone has the same goals – following the best practices to keep all of the residents living at St. Pat's safe.

Be safe and well,

Janet Morris
President & CEO

Visiting Requirements at St. Patrick's Home of Ottawa

July 22, 2020

Welcome back to St. Patrick's Home to the dedicated and loved family and caregiver partners.

The following requirements for resuming visits are based upon the existing guidance from the Ministry of Long-Term Care and Public Health. These are in place to provide a safe and secure environment for the residents, staff and visitors within the home.

We know that everyone will follow the outlined requirements for the protection of all, however, anyone who is not able to adhere to the requirements will be asked to leave the building for everyone's safety. Future visits will be determined by the President and CEO based upon discussion with the visitor and the resident or their Power of Attorney or Substitute Decision Maker.

Indoor visiting hours are between 8:00am and 8:00pm. Please do not arrive or leave between the hours of 2:30pm to 3:15pm. Staff will be arriving and leaving work during these hours and the screener's priority will be for staff during these hours.

In the event that St. Pat's is declared in outbreak, all non-essential visitations must end. We would follow the directives for homes in outbreak as per the Chief Medical Officer of Health of Ontario and Ottawa Public Health requirements.

Requirements for Indoor Visits

Screening

- Everyone entering will be screened. A screener will read all of the screening questions out loud. On the screening tool, you will be asked to attest that you have had a negative COVID-19 test within the last 2 weeks and have not tested positive subsequently. You will be documented as a visitor for the specific resident you are visiting as each resident can only have 2 visitors at one time. **Please coordinate among your family and friends so that the resident does not have more than 2 visitors expecting to visit at the same time.**
- We will need your name and phone number for potential contact tracing in the event that we have a COVID-19 outbreak, as a requirement from Public Health.

Location of Visits

- Once you are screened and signed in, go directly to the resident's room and do not interact with any other residents. Visiting will occur in the resident's room.

Physical Distancing and Mask Requirements

- Residents are able to move around the building on a limited basis to go outside and preferably with a mask on, if they are able to tolerate a mask. If you are bringing the resident outside go directly from the resident room to the front door and outside. You will need to ensure your mask stays on at all times, even outside.
- Please keep a physical distance (2m) from others. Do not walk about the home areas other than going directly to the resident's room with whom you are visiting. If you need assistance while in the resident's room please ring the call bell. Please keep in mind that during meal times staff are busy assisting residents with their meals.
- Please maintain physical distancing with staff and other visitors.
- Wash your hands frequently, especially if you touch your mask. Your mask must remain over your nose and mouth at all times.

Meals

- If you are present for a resident meal, the resident will be served their meal in their room with you, even if it is their scheduled dining room day. In order to maintain physical distancing visitors cannot be present in the dining room.
- The greatest risk for the residents is anyone removing their mask, therefore there is no eating or drinking on resident home areas. If you must eat or drink, you must be 6 feet or 2 metres from **any** other person. (Staff, residents and other visitors). Eating or drinking can be done on the first floor in physical distanced seating areas. Do not move chairs and tables that are set up for physically distanced eating.

Elevator Use

- Please do not enter the elevator if there is a resident without a mask in the elevator already.
- When using the elevator, please keep physically distanced from others. Please limit to a maximum of 4 people with masks on in the elevator at a time.

Washroom Use

- All visitors are to use the washrooms on first floor (beside the chapel) only. There can only be a maximum of 2 people in the washroom at once. Please wait outside the washroom if there are already 2 people in the washroom.

Private Caregivers

- We continue to keep residents' interactions with as limited a number of people as possible. For that reason, privately hired caregivers are limited to one client/resident only in the building.

Packages for Residents

- Packages for the resident must be wiped down prior to entering the screening area. A spray bottle of an appropriate cleaning product is available at the entrance. Spray the package and then wipe the package off.

Resident Isolation

- If your loved one is on additional precautions (isolation) for any reason, we will review visiting during this time with Monique Patterson, VP of Nursing- ext. 261 or Pam Smith, AVP of Nursing- ext. 299. A risk assessment and Personal Protective Equipment (PPE) education will need to be completed.

Attachments:

How to do Hand Hygiene

How to wear a Mask

Hand Hygiene and Respiratory Etiquette

Requirements for Outdoor visits

Outdoor visits no longer require a COVID-19 test and 2 persons can visit at a time.

Visits will remain on the current schedule. If you are doing indoor visits, keep in mind that some families cannot be COVID tested and the outdoor visits will be a good option for them.

The screening will remain in place for outdoor visits as well.

All of these measures are in place to minimize the risk of exposure to residents and the staff, as well as yourself. We thank you for your support in keeping everyone safe.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for at least 15 seconds

1



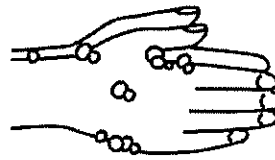
Wet hands with warm water.

2



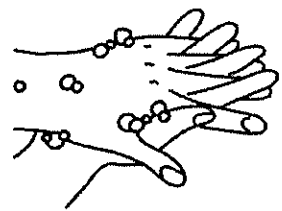
Apply soap.

3



Lather soap and rub hands palm to palm.

4



Rub in between and around fingers.

5



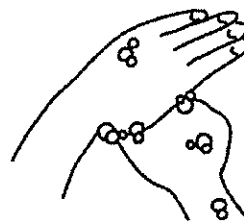
Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



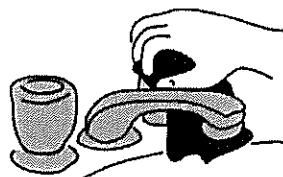
Rinse thoroughly under running water.

9



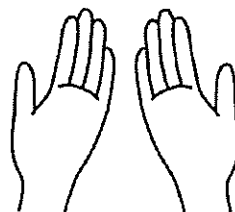
Pat hands dry with paper towel.

10



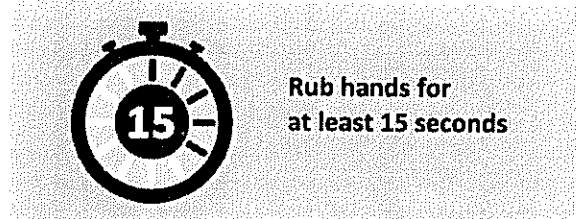
Turn off water using paper towel.

11



Your hands are now clean.

How to use hand sanitizer

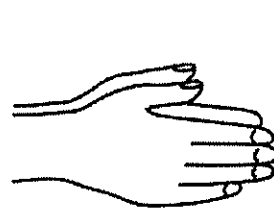


1



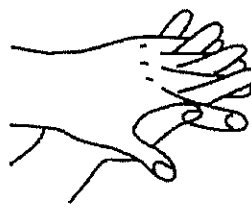
Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



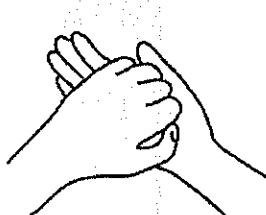
Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



Rub fingertips of each hand in opposite palm.

6



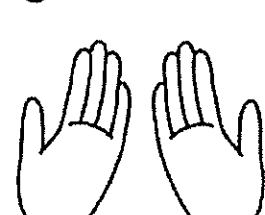
Rub each thumb clasped in opposite hand.

7



Rub hands until product is dry. Do not use paper towels.

8



Once dry, your hands are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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Ontario 

HOW TO WEAR A MASK

The following is the guideline on how to wear your mask:

1. Wash your hands!
2. Apply your mask over both ears and pull the bottom right over your chin. Pull it over your nose and pinch the nose area tight.
3. You can remove it on break when eating and ensure you are social distancing from others.
4. To remove your mask: a) WASH YOUR HANDS! B) remove mask from your ear loops. Don't touch the inside of the mask. If you do, wash your hands and do not touch your face.
5. If you accidentally touch the outside of your mask while wearing it, WASH YOUR HANDS immediately.
6. If you need a new mask please ask either the screener or the RN for a replacement.

HAND HYGIENE IS THE SINGLE, MOST EFFECTIVE WAY TO MINIMIZE TRANSMISSION.

REFERENCES

MOHLTC, Just Clean your Hands Campaign
Public Health Ontario, Best Practices for Hand Hygiene
Fire safety regulations

THE FOUR MOMENTS

Before resident/environment contact

1. Before any procedure
2. After body fluid exposure risk
3. After resident/environment contact

Hands **must** be washed;

1. Before and after putting on and taking off gloves
2. Between direct contact with residents
3. Before performing any procedures
4. Before caring for residents who are immunocompromised
5. Before eating food
6. When hands are visibly soiled
7. After contact with a resident's bodily fluids
8. After using the washroom or blowing one's nose
9. WHENEVER IN DOUBT

PROCEDURE

HOW TO HANDWASH

1. Wet hands with warm water.
2. Apply soap
3. Lather soap and rub hands palm to palm, in between and around fingers for 15 seconds
4. Rub the back of each hand with palm of other hand for 5 seconds
5. Rub fingertips of each hand in opposite palm for 5 seconds
6. Rub each thumb clasped in opposite hand for 5 seconds
7. Rinse thoroughly under running water
8. Pat hands dry with paper towel
9. Turn off water using paper towel

HOW TO HANDRUB – (Preferred method when hands are not visibly soiled)

1. Apply 1 to 2 pumps of product to palms of dry hands
2. Rub hands together, palm to palm
3. Rub between and around fingers and rub back of each hand with palm of other hand for 15 seconds
4. Rub fingertips of each hand in opposite palm for 5 seconds
5. Rub each thumb clasped in opposite hand for 5 seconds
6. Rub hands until product is dry. Do not use paper towels

**ALCOHOL RUB DISPENSERS ARE LOCATED IN THE HALLWAYS
THROUGHOUT THE HOME AS WELL AS IN EVERY RESIDENT'S ROOM.**

RESPIRATORY ETIQUETTE

1. Cover your coughs and sneezes
2. Turn away from others when coughing
3. Use your sleeve or a tissue
4. If you use a tissue, discard tissue in a garbage
5. WASH YOUR HANDS.