



February 11, 2022

## **UPDATE TO ALL FAMILY AND FRIENDS**

Hello, the two residents who had Covid19 are now resolved! There are no residents isolating due to close contacts with a positive Covid19 case or who have tested positive. As always, if a resident has symptoms they will be in isolation awaiting test results.

If there are no further positive cases as of midnight tonight, Ottawa Public Health should declare the outbreak at St. Pat's over tomorrow! We need all of the positive thoughts and prayers you have! Masks and eye protection are still required even if the outbreak is declared over.

### **What does this mean?**

As per the attached snapshot, residents can have up to 2 visitors at a time. Residents who have had 3 doses of the vaccine and are not in isolation can go out for day trips. There are some testing requirements following social outings as outlined in the other attachment today: 'What can residents expect'. Residents who go out of the home for outings should follow all the current infection prevention and control requirements as outlined in the 'What residents can expect'

Whenever outside of the home, residents should do their best to:

- Wear a mask (as tolerated)
- Wash hands frequently
- Limit their contact with others. Avoid crowds, large social gatherings and gatherings with unvaccinated people
- Physically distance and only be in close contact with fully vaccinated people, especially when eating or singing

### **Visiting Guidelines**

MoLTC Targeting February 21, 2022 to:

- Resume all general visitors 5 years and older who have had at least two COVID-19 vaccine doses.
- Children under 5 years of age would continue to be restricted from entering a long-term care home, except for infants 12 months or younger.
- Increase limits on the number of visitors (including caregivers) that may visit a resident at one time to 3.
- Expand social day absences to all residents regardless of vaccination status.
- Resume social overnight absences for residents who have had at least three COVID-19 vaccine doses.
- Social group activities should remain as small groups (i.e., up to 10).

Targeting March 14, 2022 to:

- Resume visits by general visitors under 5 years old. No vaccination requirement for those under the age of 5.
- Increase limit on the number of visitors (including caregivers) at a time per resident to 4.
- Allow social overnight absences for all residents regardless of vaccination status.

**Vaccination Requirements for Visitors and Designated Caregivers**

The Ministry of LTC Directive is that at the present time any designated caregiver is required to have first dose of COVID-19 to gain entry to home. As of February 21, the requirement changes to must have 2 doses to enter a long term care home. The only exception is when a resident is palliative.

**Definition of Close Contacts and Isolation Precautions**

The Chief Medical Officer of Health of Ontario has revised the definition of low and high risk contacts for residents and therefore the isolation precautions for low and high risk contacts.

Residents who have had a third or fourth dose of the Covid vaccination and have been in close contact with a positive case of a staff or designated caregiver will be considered a low risk contact as long as the positive person was wearing a mask during the interaction. The protocol will be that they do not need to isolate unless there are symptoms, will be monitored for 10 days by the staff for any symptoms, and will have a PCR test on or after day 5 following the close contact. If the PCR result is positive the protocol for isolation will be started.

If a resident does not have the third dose of the vaccination they are considered high risk contacts with a positive case and therefore they will be required to isolate for 10 days, and a PCR swab will be completed on Day 5.

Have a great weekend and stay well,

***Janet Morris***

President and CEO

# Long-Term Care Visitor, Absences & Social Gatherings Snapshot

As of February 7, 2022

		Requirements		
		Fully Vaccinated	Not Fully Vaccinated	Outbreak/ Resident in Quarantine
<b>VISITORS</b> *Masks required at all times. Eating and drinking not permitted except where a home is able to provide designated space	ESSENTIAL – CAREGIVER <b>NEW:</b> Max 4 designated (unless previously designated). Caregivers designated after December 15, 2021 must be fully vaccinated  Max 2 per resident at a time (unless in outbreak or quarantine)  Required to have first dose of COVID-19 to gain entry to home. Second dose required as of February 21, 2022 <sup>1</sup> Proof of third dose required by March 14, 2022.	May have physical contact with resident  May support in dining room, join in activities  Must be screened and tested to enter home	Are restricted to residents' room where permitted entry to home  Must be screened and tested to enter home	May support in resident's room / quarantine room (1 per visit)
GENERAL VISITOR		Not permitted, unless visiting a resident receiving end of life care.		
		Requirements*		
		All Residents		Outbreak/ Resident in Quarantine
<b>ABSENCES</b> *Medical mask required, follow IPAC, active screening on return *Overnight absences - Testing and Isolation requirements as set out in Directive 3 apply	MEDICAL/ COMPASSIONATE/ PALLIATIVE  SHORT TERM – ESSENTIAL (<24 hrs)	Permitted		
	SHORT TERM – SOCIAL (<24 HOURS)	<b>NEW:</b> Permitted for residents with at least three doses of COVID-19 vaccine		
	TEMPORARY – SOCIAL (2+days/ overnight)	Not Permitted		
	TEMPORARY – ESSENTIAL (2+ days / overnight)	Permitted		
<b>SOCIAL GATHERINGS</b> *Residents wear face coverings if tolerated, IPAC adherence, cleaning prior/ after	ORGANIZED EVENTS/ SOCIAL GATHERINGS	Limited capacity in a room  Cohorting required for high risk activities (singing and exercise)  Social group activities should be in small groups (i.e. up to 10)	Advice of the PHU	
<b>DINING</b>	COMMUNAL DINING	Cohorting of residents, physical distancing at table not required  Physical distancing between dining tables as much as possible  Buffet and family style dining permitted – fully vaccinated caregivers may join residents while remaining masked at all times	In-suite dining	

<sup>1</sup> End of life care and medical exemptions apply, where one who is not fully vaccinated enters the home with limited access to only the residents' room. Must be screened and tested to enter home

The document is meant to be used as snapshot of the visitor, absences and social activities section of the Long-Term Care Guidance Document and Directive 3. Readers should refer to [Directive 3 and the Long Term Care Guidance Document](#) for full details of the policies and requirements including exceptions. Homes are encouraged to distribute this document to residents and their families.



# COVID-19 Policies: What Residents Can Expect in a Long-Term Care Home



(As of February 7, 2022 unless otherwise specified)

## All residents may\*...

- Have **four** designated caregivers; Two caregivers can visit at a time. General visits are paused at this time.
- Participate in group social activities, including games, clubs and exercises
- Have meals in the dining room, including buffet and family-style meals
- Leave the home for **social day absences\*\***, essential purposes, such as medical appointments or exercise

\*Unless otherwise directed by the local public health unit or when isolating

\*\* Residents with at least 3 doses

## What temporary measures are in place to safeguard long-term care homes?

- All staff, students, volunteers and support workers must be fully vaccinated against COVID-19 to enter a home.\*
- **Caregivers must have at least 1 dose of a COVID-19 vaccine to enter the home and be fully vaccinated as of February 21, 2022.\* Proof of third dose required by March 14, 2022.\*\***
- Everyone must be screened, tested and wear masks, whether inside or outside.
- Continued infection prevention and control measures will be followed, including distancing, masking, hand washing and enhanced cleaning.

\*Unless proof of a valid medical exemption has been provided or visiting residents receiving end of life care

\*\* **For those eligible on or after March 14th, proof within 30 days of being eligible**

## What if the home is in outbreak?

### Residents can expect the following if the area of the home they live in is in outbreak\*:

- Group activities, dining and social gatherings may continue in non-outbreak areas if residents can follow public health measures.
- For outbreak areas of a home, residents will be cohorted in small groups for all essential activities. Group activities for cohorts may continue/resume if operationally feasible.
- Communal dining, non-essential activities and personal care services will be suspended or modified.
- Caregivers can still visit.

\*Unless otherwise directed by the local public health unit



# COVID-19 Safety Measures for Absences

(As of February 7, 2022 unless otherwise specified)

## Whenever outside of the home, residents should do their best to:

- Wear a mask (as tolerated)
- Wash hands frequently
- Limit their contact with others. Avoid crowds, large social gatherings and gatherings with unvaccinated people
- Physically distance and only be in close contact with fully vaccinated people, especially when eating or singing

### What happens when I return home?

#### When residents return from a day absence they will:

- Be actively screened
- Rapid antigen test and PCR test on day 5 following absence.
- People who are away frequently may take a PCR test and rapid antigen test, on the same day, twice per week (for example, a PCR and rapid test on Tuesday, with both repeated on Friday)
- No quarantine is required unless a positive result is received

#### When residents return from an overnight absence (for medical or palliative purposes only at this time) they will:

- Be actively screened and then monitored for symptoms twice daily for 10 days
- Residents with 3 or 4 doses of a COVID vaccine:
  - If returning from a hospital\*: PCR tested prior to or when returning home and quarantined until a negative test result can be obtained
  - If returning from the community: be screened and quarantine on arrival until negative PCR test result from day 5 test
- Those residents who do not have 3 or 4 doses of a COVID-19 vaccine are required to quarantine for 10 days with a PCR test on day 5.

\*Assuming hospital is not in outbreak, resident is not symptomatic and/or had been exposed to COVID-19. If the hospital is in outbreak the PHU will advise on testing and quarantine requirements.

### What if I come into contact with someone with COVID-19?

If it is known that a resident has been in contact with someone who is COVID-19 positive they will be:

- Screened and quarantined on arrival until a negative result is obtained from the day 5 test
- Still able to see their caregivers