



March 30, 2022

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

Hello, unfortunately Carlow is in outbreak as there have been 2 staff cases. The residents are considered low risk contacts and are not on isolation. Testing will occur on day 5 following the contact with a positive case.

As Carlow is in a confirmed outbreak, only one visitor at a time may visit on Carlow and no general visitors are able to visit, unless the resident is receiving end of life care. Designated caregivers are required to wear eye protection on the home area.

Galway is on case management due to a staff member who has tested positive. Galway is not considered in outbreak so there are no restrictions on designated caregivers or general visitors. Residents will be tested on day 5 following contact with a positive case.

Masks must be worn at all times throughout the home. Consequently, designated caregivers and general visitors may not eat or drink with the residents, either in the building or on the grounds. Family and friends may bring in food and drinks for the resident's enjoyment, but they cannot partake, as they must remain masked for the duration of their visit.

We are seeing an increasing number of staff, designated caregivers and general visitors who are testing positive on rapid tests. If a resident has had a low risk exposure from a staff member, general visitor or designated caregiver, the resident is monitored for any symptoms and will have a PCR Covid19 test completed on day 5 from the exposure. The substitute decision maker will be notified of any low risk exposure.

If any resident has symptoms they isolated and tested whether there was an exposure or not.

Although St. Pat's continues with a number of precautions, the Covid19 restrictions in the community have decreased. Ottawa is seeing another significant increase in the number of Covid19 cases. The Ottawa Public Health website has some guidance on the best approaches we can all take to keep safe and to best protect the residents at St. Pat's:

<https://link.edgepilot.com/s/15a6a40c/g15y1YmMvkqDgyrYQq0ceQ?u=https://www.ottawapublichealth.ca/en/public-health-topics/covid-reducing-risks.aspx>

All of us who work or visit in a long term care home need to be cautious as our residents are certainly at higher risk of severe outcomes from Covid19. Here is the guidance from the Ottawa Public Health Website:

## Will you be visiting anyone who is at higher risk of severe outcomes from COVID-19 in the coming days?

### Yes, what now?

- You may pose a high risk to those you're visiting.
- It's essential that you & the person you're visiting are vaccinated with all the doses you're eligible for.
- Avoid crowded places for 5-7 days prior to your visit.
- Try to use every other layer available to you: wear a mask, respect physical distancing, meet outdoors if you can (open windows if indoors), wash your hands often.
- **Important: cancel the visit if you begin to feel sick!**

### No, and...?

- You may still end up being close to people who are at higher risk (even if you don't know it).
- Be sure to be vaccinated with all the doses you're eligible for, wear your mask when needed, and ensure you're using every one of your layers.
- Each action you take can help to protect them.

Stay safe and be well,

*Janet Morris*

President and CEO