



November 30, 2022

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

Hello, it is with great pleasure and relief that I can let you know that we are officially out of outbreak at St. Pat's. Thank you to everyone for their support during the outbreak. It takes a team effort to get through an outbreak and that team is everyone who works, visits and lives at St. Pat's.

We know that there are a number of respiratory diseases circulating in the community including Covid19, Influenza and RSV. We must continue to be vigilant in monitoring for symptoms we may have as well as when a resident shows symptoms.

If you are not feeling well stay home and do not come to St. Pat's. If a resident is not feeling well and it is suspected that they have a virus, they will be in isolation while testing is completed.

Today, we are attaching some good reminders of how to keep ourselves and the residents safe during this respiratory disease season as well as some guidance on when to get your next Covid19 vaccine booster.

Be well and stay safe,

***Janet Morris***  
President and CEO

# COVID-19 & Respiratory Viruses: Reduce Virus Spread Guide

Everyone has a role to play to reduce the spread of COVID-19 and respiratory viruses (such as the flu). The actions you take will protect you, loved ones and those most vulnerable in our community.

## Tips to Prevent the Spread

We can layer our protection against COVID-19 and respiratory viruses with some simple steps:

- Stay up-to-date with your vaccinations including a fall COVID-19 booster and flu vaccine when eligible for the best protection against getting very sick from COVID-19 and influenza.
- Even if you have had a recent COVID-19 infection, staying up-to-date with your vaccinations gives you stronger hybrid immunity
- It is strongly recommended everyone wear a high quality, well fitting mask
- Socialize outdoors when possible – outdoors is lower risk than being indoors.
- Stay home if you are sick or have symptoms, even if they are mild.
- If you have symptoms, get tested for COVID-19 and treatment if you are eligible.
- Wash or sanitize your hands often.
- Cover your cough or sneeze with your elbow or a tissue.
- Clean and disinfect frequently touched surfaces.
- Choose well ventilated spaces when possible.
- Reduce or limit the number of people you have close contact with, especially indoors and if you are around people who are at higher risk or have a health condition.
- Keep a social distancing when possible, especially indoors

## Appendix C: Flow Diagram for COVID-19 Fall Booster Vaccination

### When to get a fall COVID-19 booster

Use the chart below if you have completed your primary series and are aged 5 and older.

Start

#### Has it been at least 6 months since:

- your last COVID-19 vaccine dose, or
- you tested positive for COVID-19?

Yes

#### Get your booster now

Protect yourself during respiratory illness season and before cool weather leads to more time indoors.

No

#### Do any of the following apply to you?

- Aged 65 or older
- Resident of long term care, retirement home, or other congregate care setting
- Aged 12 or older and moderately to severely immunocompromised<sup>1</sup> or with an underlying medical condition<sup>2</sup>
- Health care worker
- Pregnant
- Adult First Nations, Inuit, or Métis individual or household member
- Adult in racialized and/or marginalized community disproportionately affected by COVID-19

Yes

#### Get your booster 3 months after your last dose or last COVID-19 infection

You are at high risk of severe outcomes and are **strongly recommended to get your booster dose at a shorter interval** to protect yourself during respiratory illness season and before cool weather leads to more time indoors.

No

#### Get your booster 6 months after your last dose or last COVID-19 infection

You are not at high risk of severe outcomes. Longer intervals between vaccines may result in a better immune response and higher vaccine effectiveness.

#### Notes

1. If you are immunocompromised, talk to your health care provider about the timing of your booster.

2. May include: heart, kidney, or lung conditions, diabetes and other metabolic conditions, cancer, anemia or hemoglobinopathy, neurologic or neurodevelopmental conditions, a Body Mass Index (BMI) of 40 and over.

All vaccines available in Ontario are approved by Health Canada and are safe, effective, and are the best way to stay protected from COVID-19 and its variants.