



March 29, 2023

## UPDATE TO ALL FAMILY AND FRIENDS

Hello, we have no outbreaks at St. Pat's!

We are starting today's update with a message from Family and Friends Council:

### **A Message from St. Patrick's Family and Friends Council**

#### **Meeting Notice**

A meeting of Council is scheduled for this Saturday April 1st at 10 a.m. The meeting is held using a Zoom link.

Families and friends who are not currently on Council's email list are invited to attend as well. You can contact us at [stpatsffc@gmail.com](mailto:stpatsffc@gmail.com) to obtain the Zoom link.

All families and friends are invited to attend to exchange ideas, receive updates, bring forward concerns and receive information on topics affecting their loved one's care and wellbeing

Janet Chene, co-chair, and Jaime Impey, acting co-chair  
Family and Friends Council

#### **Infection Prevention and Control Protocols are changing.**

There are a number of changes coming for long term care homes in Ontario as of Friday, March 31, 2023 related to infection prevention and control requirements.

The following is the announcement from the Ministry of Long Term Care:

***Asymptomatic Screen Testing:** With the widespread availability of vaccines and antivirals, adherence to the new Infection Prevention and Control (IPAC) Standard, and the high levels of immunity in the general community, there is no evidence to support the need for ongoing asymptomatic screen-testing requirements. As such, the ministry will no longer require asymptomatic screen testing for staff, students, volunteers, support workers, caregivers and visitors. While LTC homes still have the option to implement their own asymptomatic screen-testing policies, it is not recommended at this time. Free rapid antigen tests will remain available until June 2023.*

**Outdoor Masking:** The ministry is removing the recommendation for residents, caregivers and visitors to mask outdoors. Masking will remain in place for staff outdoors when in close proximity to a resident for the time being and all indoor masking requirements will remain in place at this time.

**Resident Screening and Daily Temperature Checks:** LTC homes will continue to be required to monitor residents daily to detect the presence of infection, including COVID-19. However, daily temperature checks for COVID-19, will no longer be required.

**Visitor Screening:** While passive screening requirements for staff, visitors and caregivers continue, the active screening recommendation for visitors and caregivers will be removed. LTC homes should continue to promote self-monitoring for symptoms of COVID-19 and other respiratory or infectious diseases to prevent the spread of illness in LTC homes and ensure appropriate signage is in place.

**Visitors During Outbreaks:** The limit of one caregiver at a time during a COVID19 outbreak, or when a resident is symptomatic or isolating under Additional Precautions, will be removed.

**Activities / Physical Distancing:** As continuity of social and physical activities is essential to the mental health and wellbeing of residents, LTC homes will be able to hold activities without adjusting to optimize for physical distancing.

**COVID-19 Vaccination:** LTC homes that have retained their proof-of-vaccination requirements are strongly recommended to revisit their policies, with consideration to the current context of the pandemic and the Residents' Bill of Rights, including the residents' right to receive visitors of their choice. Specifically, while continuing to promote the uptake of boosters, homes are encouraged to consider permitting entry to visitors and qualified staff, regardless of their vaccination status.

### **What does this mean at St. Pat's?**

As of March 31, 2023:

1. **Rapid testing will no longer be required to visit.** If you would like to test at home prior to visiting, you are welcome to do so. Rapid testing kits can be obtained from Reception while we have a supply.
2. **You will no longer go through a screening process when you come into the home.** Please think about whether you have any respiratory symptoms prior to coming in for a visit. If you are sick please do not come to St. Pat's. Please see the attached questions to ask yourself prior to visiting.
3. **Masks will continue to be required indoors for designated caregivers, visitors, staff and anyone coming into the home.** If you are visiting with your loved one alone in their room, you can remove your mask. If you leave the room, please ensure that you have put your mask back on.

4. **Masks will no longer be required outdoors for designated caregivers and visitors** but recommended when in close proximity with a resident. Staff will still be required to wear their mask when with a resident outdoors.
5. During an outbreak or if a resident is isolating due to symptoms, there is no limit to the number of designated caregivers who may visit, however, general visitors should not visit when a resident is isolating or we are in outbreak.
6. Activities and bringing residents together from different home areas will be reviewed on an ongoing basis to look for opportunities to have people together in a safe way.
7. **The vaccination requirement of 3 doses of the Covid19 vaccine will be eliminated as of March 31, 2023.** There will be no requirement to have a vaccination for Covid19 to visit or work at St. Pat's. It is highly recommended that everyone stay up to date with their vaccines.
8. **Hand hygiene remains a priority.** Please see the attached for a review of the infection prevention and control practices that remain in place as best practices to keep everyone safe.

### **What do I Do Now when I Visit?**

Before you come to St. Pat's, review the self screening questions. If you are feeling any symptoms, do not visit.

If you are feeling well and can visit:

- You do not need to screen or complete a rapid test.
- When you come into the building do hand hygiene.
- Pick up a mask, which will continue to be provided and put the mask on. The mask must be worn indoors except when alone with your loved one in their room.
- Do hand hygiene
- Proceed to Reception to sign in on the visitor log. We are returning to the visitor log that was in place prior to the pandemic. Reception staff can direct you.
- Proceed to your loved one's room and enjoy your visit.

This will be an adjustment for everyone and we will continue to review the guidelines. We are all learning these new processes together.

Take care and stay healthy,

**Janet Morris**  
President and CEO

# Are you sick today?

If you think you may have been in contact with someone with COVID-19 or have any of these symptoms, please delay your visit!



New or worsening Cough  
or Shortness of Breath (temperature of 37.8°C)



Chills or Fever



Sore Throat or  
Difficulty Swallowing



Runny Nose or  
Congestion



Loss of  
Taste or Smell



Unusual Headache or  
Extreme Tiredness



Muscle & Joint Pain



Nausea/Vomiting,  
Diarrhea or Stomach Pain

If you are experiencing any of these symptoms:

Please do not enter

# COVID-19



**Masks are required all the time**

Please also wash or sanitize your hands frequently  
Hand hygiene remains a priority

**We're in this together.  
We'll get through it together.**

## Coronavirus Disease 2019 (COVID-19)

# How to wash your hands



Wash hands for  
at least 15 seconds

1



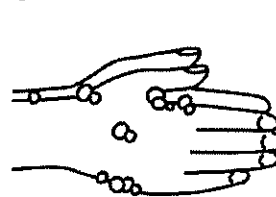
Wet hands with  
warm water.

2



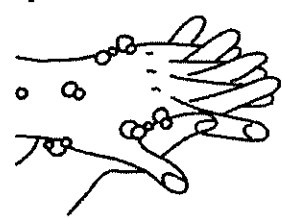
Apply soap.

3



Lather soap and rub  
hands palm to palm.

4



Rub in between and  
around fingers.

5



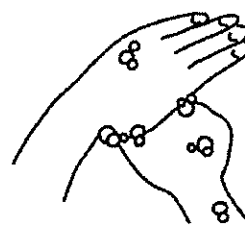
Rub back of each hand  
with palm of other hand.

6



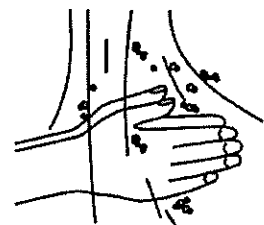
Rub fingertips of each  
hand in opposite palm.

7



Rub each thumb clasped  
in opposite hand.

8



Rinse thoroughly under  
running water.

9



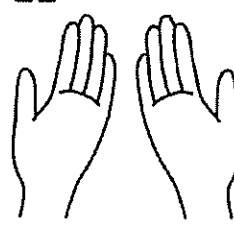
Pat hands dry with  
paper towel.

10



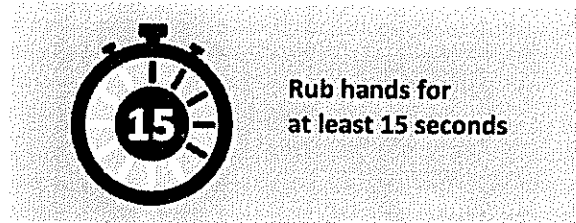
Turn off water  
using paper towel.

11



Your hands are now  
clean.

# How to use hand sanitizer

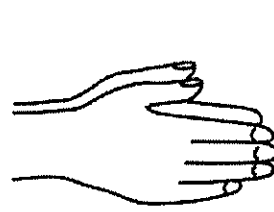


1



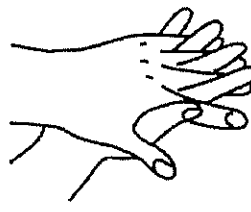
Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



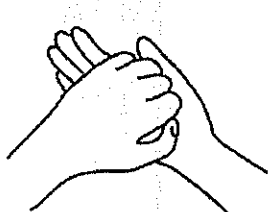
Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



Rub fingertips of each hand in opposite palm.

6



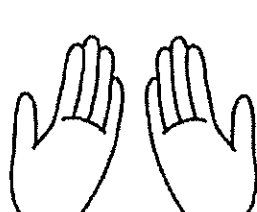
Rub each thumb clasped in opposite hand.

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.

## REMOVING PERSONAL PROTECTIVE EQUIPMENT

1

REMOVE GLOVES



2

REMOVE GOWN



3

PERFORM HAND  
HYGIENE



4

REMOVE EYE  
PROTECTION



5

REMOVE MASK OR  
N95 RESPIRATOR



6

PERFORM HAND  
HYGIENE



## PUTTING ON PERSONAL PROTECTIVE EQUIPMENT

1

PERFORM HAND  
HYGIENE



2

PUT ON GOWN



3

PUT ON MASK OR  
N95 RESPIRATOR



4

PUT ON EYE  
PROTECTION



5

PUT ON GLOVES



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Agence de protection et  
de promotion de la santé

[www.publichealthontario.ca](http://www.publichealthontario.ca)

The following videos are recommended by Public Health:

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>

<https://www.publichealthontario.ca/en/videos/ipac-handwash>

<https://www.publichealthontario.ca/en/videos/ipac-handrub>