



November 22, 2023

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

Hello, we have no outbreaks at this time. As always, we all need to continue to be vigilant and follow the best infection prevention and control practices. If you are not feeling well, do not come to visit at St. Pat's. Today we are attaching some information on infection prevention and control practices as a reminder to everyone.

### **TV Conversion**

The conversion to Bell TV Service is happening tomorrow starting at 9 am. A Bell technician accompanied by a staff member from St. Pat's will visit each resident's room, who has TV services, to ensure that the conversion works for them. There will be a period of time as this is happening that residents will be without TV service. There will be a technician on each home area to reduce the time to get everyone activated and functional with the new Bell services.

### **Family and Friends Council Meeting Notice**

Please see below a notice from the Family and Friends Council.

#### Meeting Notice

An IN-PERSON meeting of Council is scheduled for Saturday, November 25<sup>th</sup> at 10 AM. There will be a presentation regarding the future Seniors' Affordable Housing project proposed for the grounds of St. Patrick's Home.

This meeting will NOT be held via ZOOM.

Families and friends who are not currently on Council's email list are invited to attend the presentation and the meeting. You can contact us at [stpatsffc@gmail.com](mailto:stpatsffc@gmail.com) for details or ZOOM links for future meetings.

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.

Be well and stay safe with the slushy and snowy roads,

***Janet Morris***

President and CEO

## FACT SHEET

# Infection Prevention and Control Tips for Visiting All Health Care Settings

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As a visitor, it is important to keep everyone safe by following the instructions of the health care setting you are visiting. These infection prevention and control (IPAC) steps are important to follow whenever you enter a health care setting:

## Screen Before You Go In

**If you do not feel well, you should not visit.**

Screening helps keep visitors from bringing sickness in. Screening may include answering questions in advance online or you see on a poster and/or are asked by a person at the door including whether or not you have a cough, sore throat, nausea, diarrhea or other symptoms. Screening may also involve testing (such as a swab) if required by the setting.

## Keep Your Hands Clean

Cleaning hands is one of the best ways you and the health care team can stop infections from spreading. Use the alcohol based hand rub or soap and water at the care setting to clean your hands. Use moisturizers to keep the skin on your hands healthy.

Clean your hands:

- before coming in and when leaving the building
- before entering, and when leaving the patient/resident room or bed space
- before and after putting on a mask, gloves or eye protection
- before eating, after using the washroom, or blowing your nose
- whenever hands are visibly dirty
- before and after providing care

There are videos to show you [How to Hand Rub](#) and [How to Hand Wash](#).

## Do Not Share Food or Other Items

- Only bring items you need with you.
- Do not share food, drinks, or other items with other patients/residents, visitors, or staff.

## Know How to Use Personal Protective Equipment

Personal protective equipment (PPE) includes gloves, gown, medical mask and eye protection. It is worn by staff and visitors to protect hands, clothing, eyes, nose, and mouth from germs that may cause infection.

You may need to wear PPE if there may be splashes/sprays or contact with blood or body fluids such as when bathing, feeding, toileting, emptying a bedpan or personal care. If you are not sure, look for instructions on the door or bed space or ask a health care provider. Follow signs on how to properly put on and take off PPE.

**Prescription eyeglasses do not protect you from infections. Use goggles or a face shield if needed. Follow instructions provided by the care setting.**

There are videos to show you how to [Put On](#) and [Take Off](#) PPE.

## Practice Physical Distancing, Masking, and Cough Etiquette

- Keep two metres (six feet) away from others as much as possible.
- Only provide care to the person you are visiting.
- Follow the masking instructions of the care setting you are visiting.
- Cough or sneeze into your elbow or a tissue.
- Throw away used tissues and then clean your hands.

## Stay up to Date with Your Vaccinations

Stay up to date with vaccinations, such as the COVID-19 and yearly influenza vaccines.

Thank you for doing your part to keep everyone safe.

## For More Information

Contact [ipac@oahpp.ca](mailto:ipac@oahpp.ca) or visit [publichealthontario.ca](http://publichealthontario.ca).