



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