



Weekly Tenant Update

June 5, 2020

News and updates re: COVID-19

On June 3rd, the Perley Rideau declared a COVID-19 outbreak in the Ottawa building. This unfortunate news followed a week when the Health Centre was outbreak free, following the declared end of the outbreak on May 26th, after 40 days.

The resident affected was immediately transferred to the isolation unit and is receiving care. The Outbreak at this time is restricted to the Ottawa building of the Long-Term Care Facility.

We continue to have no cases of COVID-19 in either apartment building of the Perley Rideau Seniors Village, however, this latest news yesterday has reminded us that we are not out of the woods and continuing to follow guidelines and precautions set in place by the government is critical in order to help protect all of you until the Pandemic* is declared over.

*As it pertains to COVID-19, an **outbreak** is declared in Long-Term Care Facilities where 1 or more positive cases are confirmed

*A **pandemic** is a disease outbreak that spreads across countries or continents. The World Health Organization (WHO) declared COVID-19 to be a pandemic when it became clear that the illness was severe and that it was spreading quickly over a wide area.



The Province of Ontario continues to be under a state of emergency and has put a gradual, staged approach to reopening businesses:

Stage 1

Opening businesses that can immediately meet or modify operations to meet public health guidance and occupational health and safety requirements.

Stage 2

Opening more workplaces, based on risk assessments, which may include some service industries, and additional office and retail workplaces.

Stage 3

Opening all workplaces responsibly.

We are currently in Stage 1 of the plan. It is unclear how long stage 1 will last as it directly depends on the number of cases reported by Public Health day to day. It is also important to note that if there is a sudden rise in the number of cases, the government can decide to go back to a previous stage.

At this time, The Perley Centre and Long-Term Care Facility remains closed to visitors, including tenants of the senior's apartments. Services such as the hair dresser, barber and Gift Shop remain closed until further notice. We will continue providing cafeteria orders and pharmacy delivery until these services become accessible to tenants again.

We have started to brainstorm on ways that tenants can continue to socialize while respecting social distancing guidelines. Just like the government plan, this will be a very gradual, staged approach. Effective June 8th, we will make the Great Hall in Commissionaire's Ottawa Place available for tenant gatherings following strict guidelines. **Please note that if at any time these conditions are not respected, the space will be closed immediately.**



1. The Great Hall will be available for gatherings of 5 tenants or less.
2. One tenant will be responsible for contacting the office and reserving the space for a planned time frame and provide the names of all tenants who will be in attendance.
3. All tenants in attendance will be required to wear a mask for the entire length of the gathering as well as respect social distancing protocols. The tables will be marked with tape to indicate proper social distancing.
4. The tenant who will make the reservation will also be responsible for cleaning and disinfecting the tables and chairs after the gathering using the provided disinfecting spray.
5. No food or drinks are to be shared amongst tenants during the gathering. If you would like to consume either food or drinks, each tenant must bring their own. No sharing allowed!
6. This is restricted to tenant use only. No visitors to attend these gatherings.

The gardening courtyard located on the 1st floor of Commissionaires' Ottawa Place will be accessible but restricted to 1 tenant at a time. No furniture will be placed in the courtyard at this time. If someone is already in the courtyard, please refrain from entering until it is unoccupied.

Unfortunately, the tenant spaces located in Building B are too small to permit tenant gatherings at this time. We invite Building B tenants to continue gathering in the outdoor spaces located around the building while adhering to social distancing guidelines and wearing your masks at all times.

We continue to ask tenants and visitors to wear a non-surgical mask at all times when outside of their apartment and to social distance whenever possible. This includes for gatherings and activities outdoors. You can find more information from the Government of Canada about non-medical masks below. If the mask that we provided does not fit properly and you need another one, please visit the office.

Guidelines which continue to be in place in the apartment buildings:

1. Tenants should refrain from leaving the apartment building unless necessary.
2. Visitors should limit their visits with loved ones to essential visits only. Family members can continue to deliver supplies and/or groceries to their loved ones if needed but should continue to wear a mask and self-screen using the following questions:
 - a. Do you have any of the following symptoms: fever/feverish (a temperature of 37.8 degree Celsius or higher), conjunctivitis (pink eye), shortness of breath/difficulty breathing, new or worsening cough, nausea/vomiting, diarrhea, abdominal pain, new diagnosis of pneumonia, sore throat, runny nose or nasal congestion, difficulty swallowing, new smell or taste disorder, chills, different or worsening headaches, unexplained fatigue/malaise/sore muscles.
 - b. Have you had close contact with a confirmed or probable COVID-19 case?
 - c. Have you had close contact with a person with acute respiratory illness?
 - d. Have you travelled or been in close contact with someone who has travelled in the past 14 days?

If you answer yes to any of these questions, please do not enter the building and contact the office if you need assistance for your loved one.

3. Wash your hands or use hand sanitizer before and after exchanging groceries. Minimize physical contact with anyone as much as possible.
4. Dining room seating continues to be restricted to 1 person per table. We will continue to deliver meals to tenants on the meal plan in order to meet social distancing protocols.
5. All tenants are asked to contact the office immediately and self-isolate if you show any flu-like symptoms such as a new cough, fever or body aches.

We have taken some valuable information from the Government of Canada website and included it below. This includes current regulations put in place for all of Ontario and reflect what we are following here at the Perley Rideau.

Please remember that it is everyone's responsibility to do their part to keep all of our tenants and community safe!



How coronavirus spreads

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

Difference between quarantine (self-isolate) and isolate

Quarantine (self-isolate)

Quarantine for 14 days if you have **no symptoms** and **any** of the following apply:

- you are returning from travel **outside of Canada** (mandatory quarantine)
- you had close contact with someone who has or is suspected to have COVID-19
- you have been told by the public health authority that you may have been exposed and need to quarantine

Isolate

You must isolate if **any** of the following apply:

- you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- you have symptoms of COVID-19, even if mild
- you have been in contact with a suspected, probable or confirmed case of COVID-19
- you have been told by public health that you may have been exposed to COVID-19
- you have returned from travel outside Canada with symptoms of COVID-19 (mandatory)

Preventing coronavirus

Canadians should continue to think ahead about the actions that they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes staying at home as much as possible and **being prepared** in case you or a family member becomes ill. Everyone should be practising physical (social) distancing. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- stay at home unless you have to go to work
- avoid all non-essential trips in your community
- do not gather in groups
- limit contact with people at higher risk, such as older adults and those in poor health
- go outside to exercise but stay close to home
- if you leave your home, always keep a distance of at least 2 arms lengths (approximately 2 metres) from others
 - household contacts (people you live with) do not need to distance from each other unless they are sick or have travelled in the last 14 days

You can go for a walk if you:



- have not been diagnosed with COVID-19
- do not have symptoms of COVID-19
- have not travelled outside of Canada in the past 14 days
- are not in quarantine (self-isolating)
- are not isolating

If you go out for a walk, do not congregate and always practice physical (social) distancing by keeping at least 2 metres apart from others at all times.

Physical (social) distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical (social) distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 metres) from others

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
 - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands

Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. Special precautions must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- toilets
- phones
- electronics
- door handles

- bedside tables
- television remotes



Wearing masks or face coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is **recommended** for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings, such as:

- stores
- shopping areas
- public transportation

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from location to location.

If you do choose to wear one, refer to the:

- guidelines on wearing non-medical masks and how to make your own
- COVID-19 Special Advisory Committee's recommendations on the use of non-medical cloth masks or face coverings in community settings

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Risks of getting coronavirus

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered **high**.

This does not mean that all Canadians will get the disease. It means that there is already a significant impact on our health care system. If we do not flatten the epidemic curve now, the increase of COVID-19 cases could impact health care resources available to Canadians.

The risk for COVID-19 may be increased for certain settings such as:

- cruise ships
- crowded areas (such as public transit and shopping centres)
- gatherings (spiritual and cultural settings, theatres, sports arenas, festivals and conferences)

Vulnerable populations

There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

People who fall into these categories as **vulnerable populations** should reconsider attending gatherings. This includes large gatherings and even smaller events in crowded or enclosed settings.

If you have symptoms (cough, fever or difficulty breathing), do not attend a mass gathering, event or places where people gather. You could put someone whose health is vulnerable at risk.



How to protect others

The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds. If none is available, use hand sanitizer containing at least 60% alcohol.

To protect others, you should also:

- stay at home if you are ill
- maintain a 2-metre physical distance from others
 - when physical distancing cannot be maintained, consider wearing a non-medical mask or homemade face covering
- avoid touching your face, mouth, nose or eyes

Wearing a homemade non-medical mask/facial covering in the community is **recommended** for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings, such as:

stores

shopping areas

public transportation

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from location to location.

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Non-medical face masks or face coverings **should**:

- allow for easy breathing
- fit securely to the head with ties or ear loops
- maintain their shape after washing and drying
- be changed as soon as possible if damp or dirty
- be comfortable and not require frequent adjustment
- be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- be large enough to completely and comfortably cover the nose and mouth without gaping

Some masks also include a pocket to accommodate a paper towel or disposable coffee filter, for increased benefit.

Non-medical masks or face coverings **should**:



- not be shared with others
- not impair vision or interfere with tasks
- not be placed on children under the age of 2 years
- not be made of plastic or other non-breathable materials
- not be secured with tape or other inappropriate materials
- not be made exclusively of materials that easily fall apart, such as tissues
- not be placed on anyone unable to remove them without assistance or anyone who has trouble breathing

Limitations

Homemade masks are not medical devices and are not regulated like medical masks and respirators:

- they have not been tested to recognized standards
- the fabrics are not the same as used in surgical masks or respirators
- the edges are not designed to form a seal around the nose and mouth

These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used.

Some commercially available masks have exhalation valves that make the mask more breathable for the person wearing it, but these valves also allow infectious respiratory droplets to spread outside the mask.

Masks with exhalation valves are not recommended, because they don't protect others from COVID-19 and don't limit the spread of the virus.

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

When to visit an assessment centre

If you're worried you have COVID-19 or have been exposed to it, you should get tested – even if you don't have any symptoms.

You should visit an assessment centre if you:

- have COVID-19 symptoms
- do not have symptoms but are concerned you might have been exposed
- do not have symptoms but think you are at risk (for example, if you are an essential or health care worker)

Bring your OHIP card with you. It is a **free** service.

Anyone can get a test if they want one.

Some assessment centres may require you to book an appointment first or have certain restrictions (for example, some are unable to test young children).



When to go to the emergency department instead

You should call 911 or go to your nearest emergency department if you are currently experiencing:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
- severe chest pain (constant tightness or crushing sensation)
- feeling confused or unsure of where you are
- losing consciousness

Before you go

You should check if:

- the centre is open
- they have drive-through or walk-in testing
- they will test small children or babies
- you need to make an appointment
- you need to speak to a staff member about your condition (prescreening)

All assessment centres will test you if you would like to be tested.

Call the assessment centre or your local public health unit if you have questions.

Bring your OHIP card with you. It is a free service.

Brewer Park Arena

151 Brewer Way

Ottawa, ON

K1S 5T1

Hours Monday - Friday: 9 a.m. to 3:30 p.m.

Saturday: 9 a.m. to 3:30 p.m.

Details

No appointment needed

Can test anyone over 6 months old

St. Patrick's Intermediate School

1485 Heron Road



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Ottawa, ON

K1V 6A6

Phone number

613-746-4621

Hours Monday - Friday: 9 a.m. to 3:30 p.m.

Details

No appointment needed

Can test anyone over 6 months old

D. Aubrey Moodie School

595 Moodie Drive

Ottawa, ON

K2H 8A8

Hours Monday - Friday: 9 a.m. to 3:30 p.m.

Details

No appointment needed

Can test anyone over 2 years old