

December 29, 2021

A Message to the Perley Health Community,

Merry Christmas and happy holidays to everyone. Thank you to all those who worked, volunteered and cared for loved ones during the holiday.

This message is intended to provide a status report on COVID-19 in our community and to share news of additional measures announced by the Ministry of Long-Term Care. At a time when many jurisdictions are experiencing unprecedented numbers of COVID-19 cases, Perley Health has remained outbreak free. That doesn't mean our community has avoided this virus, there are now more than 16 active cases of COVID-19 among Essential Caregivers, staff, students and volunteers. At this time, there are no cases of COVID-19 among residents and an outbreak has not been declared.

To address these rapidly growing infection numbers and to align with Ottawa Public Health's recent guidance for testing and reporting, we are reviewing the data we provide on active cases. Please know that we commit to continue to open and transparent communications including relevant information to keep our community safe.

This message also includes a summary of the latest changes announced by the Ministry of Long-Term Care along with additional details to help you comply with these changes.

- After midnight tonight, general visitors, including apartment tenants, will not be permitted to enter the main building or long-term care residence buildings.
  - Tenants who are registered as an Essential Caregiver are permitted entry and must undergo testing (twice per week) prior to visiting their loved one.
- Residence absences are not permitted.
- The Ontario government describes these changes as “temporary measures” expected to last 6 to 8 weeks.

Near the end of this document, please also find a reference grid.

As always, we welcome your comments, questions and improvements to these documents so that we can share widely and inform our community as we work together to improve the well-being of the people we serve.

Here is a link to a reference document from the Ontario government:

1. <https://news.ontario.ca/en/release/1001384/ontario-taking-further-action-to-keep-long-term-care-residents-safe>
2. [https://www.ontario.ca/page/covid-19-communication-resources?utm\\_source=newsroom&utm\\_medium=email&utm\\_campaign=%2Fen%2Frelease%2F1001342%2Fontario-taking-further-action-to-protect-long-term-care-and-retirement-homes&utm\\_term=public](https://www.ontario.ca/page/covid-19-communication-resources?utm_source=newsroom&utm_medium=email&utm_campaign=%2Fen%2Frelease%2F1001342%2Fontario-taking-further-action-to-protect-long-term-care-and-retirement-homes&utm_term=public)

**Below is a summary of the current safety protocols along with new measures that come into effect at 12:01 a.m., Thursday, December 30, 2021:**

### **Swabbing Requirements**

- All fully vaccinated staff, Essential Caregivers (ECGs), students, volunteers and contractors must be tested via a rapid antigen test at least 2 times per week.
- For tracking purposes, the week is from Monday (always Day #1) to Sunday (always Day 7).
- Staff, Essential Caregivers (ECGs), students, volunteers and contractors attending Perley Health once a week will require one test.
- Staff, Essential Caregivers (ECGs), students, volunteers and contractors attending Perley Health twice a week will require two tests.
- All partially vaccinated ECGs must be tested three times a week if visiting three or more days in a seven-day period.
  - **ECGs must be fully vaccinated or have received at least one dose of the COVID-19 vaccine by Dec. 20, 2021 (or a valid medical exemption) to be permitted entry into our home.**
  - **ECGs will have until Feb 21, 2022 to be fully vaccinated to continue with entry into our home.**
- The Ministry indicates that tests should not take place on consecutive days — such as Monday and Tuesday or Wednesday and Thursday. It is the Perley Rideau's position that everyone should follow this guidance but when testing on consecutive days is unavoidable then the test must be administered.
- All individuals who have travelled outside of Canada and countries covered by the federal government quarantine within the last 14 days must undergo rapid antigen testing prior to entering our home.

### **Swabbing Clinic**

- The clinic is open seven days a week from 6:30am to 5pm
- We have introduced self-swabbing to meet demand at this time.
- All individuals will be provided guidance to complete their own swab.
- The swab will be processed by staff.
- We will make every effort to accommodate individuals who need support to self-swab or are unable to self-swab. There may be delays.
- The clinic will provide instructions and helpful guides.
- Here's a video that does a good job of explaining the self-swab process:  
<https://www.youtube.com/watch?v=LEDib8tjhrI>
- Visit our dedicated webpage with helpful information:  
<https://www.perleyhealth.ca/self-swabbing-information>

### **Essential Caregiver Visits**

Essential Caregivers Only:

- ECGs who are partially vaccinated must limit their visit to the resident's room.
- Each resident can only have two ECGs visiting at one time.

- If a resident is receiving end of life care, non-vaccinated/partially vaccinated ECGs and general visitors can be allowed entry into the home.

### **Resident Absences**

- Day absences for all residents for social purposes are paused. All essential medical or compassionate absences will continue to be permitted.
- Note: Essential, medical, compassionate and palliative absences are still permitted, regardless of vaccination status.

### **Admissions and Transfers**

For all return/admissions/transfers from another healthcare facility that is not in an outbreak:

- If asymptomatic and fully vaccinated and no known exposure to a case, a PCR test must be completed prior to admission or on arrival and the resident placed on isolation until a negative test result is received. Symptom screening must be completed twice daily for 10 days following the return/admission/transfer.

For all other return/admissions/transfers to the home:

- A PCR test is required prior to admission or on day 1 and again on day 7. The resident must be placed on isolation until a negative result is confirmed from day 7. Symptom screening must be completed twice daily for 10 days following the return/admission/transfer.

## Overview (December 29, 2021)

### Enhanced Measures

#### Surveillance Testing

- Test all fully vaccinated staff, students, volunteers, Essential caregivers, twice per week.
- All partially vaccinated ECGs must be tested three times a week, if visiting three or more days in a seven-day period.

#### Vaccinations

- Essential Caregivers (ECGs) must be full vaccinated or have had first vaccine dose by December 20<sup>th</sup> and second dose by February 21<sup>st</sup>.
- Partially/unvaccinated caregivers restricted to resident rooms.
  - There is an exception for palliative care with a resident determined to be at end of life.
  - There is an exception for individuals medically exempted from vaccination.
- As of December 30, 2021, general visitors are not permitted.

#### Access to Perley Health

- Each person who enters must show proof of vaccination each time they enter.
  - Note: Fully immunized means that the individual has received all doses in their vaccine series and more than 14 days has passed since the receipt of the last dose. We recommend that all who are eligible receive the third dose vaccine.
- General visitors and apartment tenants are not permitted as of December 30, 2021.
  - Tenants who are registered Essential caregivers are permitted entry.
- For all those entering at the Main Entrance, please wear a mask and maintain physical distancing (2 m/6 ft) at all times.
- Staff: Expect delays for all who are entering through the Main Entrance. Staff are encouraged to use the Staff Entrance. Please be kind and respectful to the staff responsible for screening and keeping our community safe.

#### Visits

- Indoor visits: up to 2 Essential Caregivers per resident at a time.

- Residents can designate max. of 2 Essential Caregivers.
- Essential Caregivers must be vaccinated.
- Essential Caregivers are not permitted to attend Bingo, Mass or access the Cafeteria, the Pub and resident activities. Visitors are not permitted to sit in the Cafeteria or Pub for any reason.
- Visitors to resident rooms are expected to **wear a mask at all times** and maintain physical distancing (2 m/6 ft).

**Activities (communal dining, social activities, exercise classes)**

- Cohort residents for high-risk activities (singing, dancing etc.) and dining.
- Only residents are permitted in the designated smoking area.

**Absences (social purposes)**

- Day absences are not permitted as of December 30, 2021.
- Overnight absences for social purposes are not permitted.

**Admissions and Transfers**

- Enhanced symptom screening for all admissions/transfers and twice daily symptom screening for 10 days following the admission/transfer
- For admissions/transfers from another healthcare facility that is not in outbreak:
  - Asymptomatic, fully vaccinated and no known exposure to a case - PCR test prior to admission or on arrival, isolate until a negative test result is received
- For admissions from the community, regardless of vaccination status:
  - PCR test prior to admission or on arrival and at day 7 and isolate on droplet/contact precautions until negative test result from day 7 confirmed

**Infection Prevention and Control**

- At this time, there are no scheduled vaccination clinics for Essential Caregivers. We will communicate when these clinics for members of the Perley Health community are available.
- The best way to prevent transmission of COVID-19 is to get vaccinated, wear a mask, practice proper hand hygiene, follow respiratory etiquette, physical distance (2 m/6 ft) and limit close contacts by avoiding crowds and poorly ventilated spaces.