

Introduction

Effective **October 13, 2020**, *La Chaumiere Retirement* resident absences are permitted per the following:

A: Absences That Do Not Include an Overnight Stay *(with exception of single-night emergency room visits)*

Residents are permitted to leave the home for an absence that does not include an overnight stay (e.g., absences with friends or family, shopping, medical appointments, etc.) with the exception of single-night emergency room visits, if they meet the following requirements:

1. The residence must **not** be currently in an outbreak.
 - In the event the residence allows absences but enters into an outbreak, there should be a hold on starting new absences until the home is no longer in outbreak. Short absences for essentials (e.g. groceries, medical appointments, filling prescriptions) may be continued. The residence must establish compliance with all CMOH Directives for homes in outbreak and follow directions from the local PHU.
 - Management will notify all residents as information is obtained on what protocols will be imposed.
 - Family and SDMs will be notified via email.
 - Outbreak signage will be placed at the entrance as well to notify of the current status.
2. Upon return to the residence, residents must be actively screened and monitored for symptoms but are not required to be tested or self-isolate. Residents are to report to the duty nurse.
3. Residents must wear a face covering/mask at all times when outside of the home and are responsible for supplying their own face covering/mask while they are on absences. If the absence is related to a medical procedure, the home may provide a mask at our own discretion. The resident must also be reminded about the importance of public health measures including physical distancing.
4. Education on all required protocols for absences, such as IPAC and PPE, will be provided by the home.
 - Residents must follow proper handwashing techniques, cough etiquette and social distancing requirements while out.

- Residents must notify the duty nurse that they are leaving, where they are planning to go, who they will be with or who they will be visiting, and approximately how long they will be away. They must also report to the duty nurse upon their return.
- Further restrictions related to resident absences will be imposed on homes in communities identified under **Alert or High Alert status**. Retirement home residents may be permitted to leave the home for **essentials** (e.g., groceries, medical appointments, filling prescriptions), with the exception of also being permitted to leave for **single-night emergency room visits**. They must also meet the screening, face covering/masking, physical distancing and education requirements outlined above.

B: Absences That Include an Overnight Stay

A resident may leave for an absence that includes **at least one overnight stay** if the residence meets the following requirements:

1. The residence must **not** be currently in an **outbreak**.
 - In the event the residence allows absences but enters into an outbreak, there should be a hold on starting new absences until the home is no longer in outbreak. Homes must establish compliance with all CMOH Directives for homes in outbreak and follow directions from the local PHU.
 - Management will notify all residents as information is obtained on what protocols will be imposed.
 - Family and SDMs will be notified via email.
 - Outbreak signage will be placed at the entrance as well to notify of the current status.
2. The residence is in a community that has **NOT** been identified under **Alert or High Alert** status.
3. Residents must wear a face covering/mask at all times when outside of the home and are responsible for supplying their own face covering/mask while they are on absences. The resident must also be reminded about the importance of public health measures including physical distancing.

4. Education on all required protocols for short absences, such as IPAC and PPE, will be provided by the home to the resident prior to their absence.
 - Residents must follow proper handwashing techniques, cough etiquette and social distancing requirements while out.
 - Residents must notify the duty nurse that they are leaving, where they are planning to go, who they will be with or who they will be visiting, and approximately how long they will be away. They must also report to the duty nurse upon their return.
5. Upon return to the home, residents **must self-isolate for 14 days under Droplet and Contact Precautions**, but are not required to be tested upon re-entry to the home.
6. Residents who are self-isolating for 14-days following an overnight stay **may not receive general visitors, leave the home for short absences or for overnight stays.**

For residents that leave the home for an **out-patient visit**, the residence will provide a mask. The resident must wear a mask while out, if tolerated and be screened upon their return, but does not need to be self-isolated.

If the Residence Enters into an Outbreak – Absence in Hospital

Per Directive #3, in the **event of an outbreak** where residents cannot be placed in other areas of the residence that are not part of the declared outbreak area, or there are other exceptional circumstances (e.g., resident safety, advice from local public health unit), temporary short-stay in hospital may be considered for residents to support outbreak management and IPAC measures under certain parameters.

Symptoms List

Source: Ministry of Health COVID-19 Reference Document for Symptoms (September 21, 2020)

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ministry of Health

COVID-19 Reference Document for Symptoms

Version 7.0 – September 21, 2020

When assessing for the symptoms below the focus should be on evaluating if they are **new, worsening, or different from an individual's baseline health status (usual state)**. Symptoms should not be chronic or related to other known causes or conditions (see examples below).

Common symptoms of COVID-19 include:

- **Fever** (temperature of 37.8°C/100.0°F or greater)
- **Cough** (that is new or worsening (e.g. continuous, more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing)
 - *Not related to other known causes or conditions (e.g., chronic obstructive pulmonary disease)*
- **Shortness of breath** (dyspnea, out of breath, unable to breathe deeply, wheeze, that is worse than usual if chronically short of breath)
 - *Not related to other known causes or conditions (e.g., chronic heart failure, asthma, chronic obstructive pulmonary disease)*

Other symptoms of COVID-19 can include:

- **Sore throat** (painful swallowing or difficulty swallowing)
 - *Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)*
- **Rhinorrhea** (runny nose)
 - *Not related to other known causes or conditions (e.g., returning inside from the cold, chronic sinusitis unchanged from baseline)*
- **Nasal congestion** (stuffy nose)
 - *Not related to other known causes or conditions (e.g., seasonal allergies)*

Refer to link above for full list of typical and atypical signs and symptoms.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 2 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 2 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.