

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



(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 guarantine 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