



COVID-19 Policies: What Residents Can Expect in a Long-Term Care Home



(As of December 30th, 2021 unless otherwise specified)

All residents are able to* ...

- Have 2 caregivers visit at a time, general visitors 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
- Participate in holiday activities
- Leave the home for essential purposes, such as medical appointments or exercise

*Unless otherwise directed by the local public health unit or when isolating

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 vaccine to enter the home and be fully vaccinated as of February 21, 2022*
- Everyone must be screened, tested and wear masks, whether inside or outside
- Continued infection prevention and control measures such as 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

What if the home is in outbreak?

Residents can expect the following if the area of the home they live in is in outbreak*:

- Residents will be cohorted in small groups for all essential activities
- 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

(Effective December 30th, 2021 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 an essential day absence they will:

- Be actively screened
- Undergo rapid antigen testing for seven continuous day or PCR test on days 1 and 7. Or those who go on frequent absences may have a PCR test and rapid antigen test, on the same day, two times per week (for example, PCR and rapid test on Tuesday; and PCR and rapid antigen test 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
- If returning from a hospital*:
 - Tested prior to or when returning home and be quarantined until a negative test result can be obtained
- If returning from the community:
 - Tested when returning home and again on day 7, and be quarantined until a negative result is obtained from the day 7 test

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:

- Tested when returning home (or as soon as aware of exposure to COVID-19) and on day 7
- Quarantined until a negative result is obtained from the day 7 test
- Still see their caregivers, however not general visitors while quarantined

*Assuming hospital is not in outbreak, resident is not symptomatic and/or had been exposed to COVID-19