

Older Adult Residents of Long-term Care Homes

AS OF: May 15, 2020

Physical Distancing

- Keep at least two (2) metres or six (6) feet away from people interacting with you.
- Avoid gathering with others in common areas.
- Connect with family by phone or computer.
- Avoid making trips in the community unless it is for medical reasons.

Taking Precautions

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- Wash your hands after blowing your nose or collecting phlegm, and throwing out the used tissue.
- Avoid touching your face.
- Clean your hands before touching your eyes, nose or mouth.
- If you have respiratory symptoms (coughing, sneezing) wear a mask when you are near others.
- Masks should not be shared.
- Avoid touching and readjusting the mask as they can get contaminated.
- A mask is **NOT** a substitution for hand washing, self-isolation and physical distancing.

Assessment for COVID-19

- Co-operate with staff to check for symptoms twice a day including taking your temperature.

Watch for Symptoms Yourself

- If you experience any of these symptoms, please tell one of the staff immediately:
 - Fever
 - Cough
 - Difficulty Breathing
 - Muscle Aches
 - Fatigue
 - Headache
 - Sore Throat
 - Runny Nose
 - Hoarse Voice
 - Difficulty Swallowing
 - Loss of Sense of Smell or Taste
 - Diarrhea or Nausea/Vomiting
 - Chills
 - Delirium
 - Falls
 - Increased Heart Rate

Self-isolation

- Self-isolation is when **you have been told to separate yourself from others**, to prevent the spread of the virus.
- Rebook any elective procedures, appointments or blood donations until after the 14-day period has ended.

Visitor Limitation

- Unless you are extremely ill or need end-of life care, you cannot have visitors.
- Essential visitors must be screened before entering the home. Those who fail screening will not be permitted to enter.

Considering Leaving the Facility During COVID-19

- If your facility is in outbreak, there are specific guidelines that have to be followed.
 - New admissions are not allowed until the outbreak is over.
 - No re-admission of residents until the outbreak is over. If residents are taken by family out of the home, they may not be readmitted until the outbreak is over.
- If your facility is **NOT** in outbreak, the facility must screen all new admissions and re-admissions for COVID-19 symptoms, and all new residents should be placed into self-isolation for 14 days once they arrive at the home.
- If leaving the facility is something that you or your family are considering, contact the administrators/operators of your home for information on how to proceed and to weigh your options.

Stress and Coping

- For information on Novel Coronavirus (COVID-19) and Mental Health & Substance visit Peterborough Public Health's website: www.peterboroughpublichealth.ca/for-professionals/health-professionals/novel-coronavirus-2019-ncov-health-professionals/novel-coronavirus-covid-19-mental-health-substance-use/
- If any individual requires specific services, contact Ontario 211 for more information by phone at 2-1-1 or online at 211ontario.ca.