

Instructions to families for safe visits in CHSLD during COVID-19



Protect yourself and your loved one

For families visiting residents of long-term care homes

In the context of COVID-19, many precautions and regulations have been put in place to ensure your safety and the safety of your loved one.

IMPORTANT - A maximum of 2 people living at the same address can visit a resident at the same time.

BEFORE YOUR VISIT

- You must have **no symptoms** of COVID-19: no fever, cough, difficulty breathing, or loss of smell or taste.
- If you have been in **close contact** with someone who has COVID-19, you must have completed a **14-day isolation period**. (A close contact means having spent at least 15 minutes with another person, at a distance of less than 2 metres or 2 arm-lengths.)
- If you have had COVID-19, you must have completely recovered more than **48 hours ago**, and at least **10 days** must have passed since symptoms first appeared, or, if you are asymptomatic, 10 days after you test positive for COVID-19. However, if you are **over 70 years old**, the period must be **14 days**.

DURING YOUR VISIT

Here are **instructions** to help you protect yourself and your loved one:

- Sign the visitors' register.
- To get to your loved one's room, you must be accompanied by a staff member in charge of ensuring preventive measures are followed.
- When inside the centre, go directly to the room of the person you are visiting. Reserved bathrooms are available.
- Stay 2 metres away from others at all times.
- Avoid hugs, handshakes and kisses.
- Wear a **mask and a face shield** if you need to get **closer than 2 metres** to the resident.
- Wear **only a mask** if you can keep at least **2 metres** away from the resident.
- If you must be in contact with the person to give him or her care, wash your hands before and after each contact.
- Leave all personal items in your car as much as possible, or leave them in the area designated upon arrival.
- Don't share personal objects such as cell phones, clothes, pens, etc.
- Don't eat from the same bowl or plate, and don't share snacks (chips, nuts, candies, etc.) or utensils.
- If you bring food for your loved one, prepare an individual portion in a separate container that hasn't been opened, if possible.

MODE OF TRANSMISSION

COVID-19 is an infection caused by a coronavirus. The virus is very contagious and spreads from person to person through contact with droplets expelled into the air when an infected person talks, coughs or sneezes.

It can also spread when you touch your mouth, nose or eyes with hands that were infected after coming into contact with a surface contaminated with the virus.

HANDWASHING

Washing your hands is the most efficient way to prevent spreading the virus. Here are some situations in which you must wash your hands:

- After touching your face (eyes, nose, mouth)
- After coughing, sneezing or blowing your nose
- Before and after providing care to your loved one
- Before and after preparing meals
- Before and after eating
- After going to the washroom
- Before and after going into a public area
- Before and after putting on or taking off a mask or face covering (homemade mask)



Your health and safety are our priorities.

Thank you for your cooperation. Have a very pleasant visit!

**If you have any questions,
please contact us:**

