



Instructions to residents and their loved ones for safe visits lasting more than 24 hours outside the CHSLD

Protect yourself and your loved one

For residents and their loved ones during visits

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.

PLEASE NOTE – Plans for visits lasting more than 24 hours must be discussed with the head of the unit **48 hours in advance** and be approved by the infection prevention and control consultant.

- BEFORE THE OUTING

- You must not have any symptoms of COVID-19: fever, cough, difficulty breathing, loss of smell or taste. If you're unsure, discuss it with the unit head
- 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 it must be **14 days** since symptoms first appeared.
- Wash your hands and wear a mask, even if you haven't had COVID-19.
- If specific care must be provided, make sure you have gotten all the instructions, equipment and medications needed to deliver the care.
- Sign the sign-out registry ("Leaving" section) and notify the unit head before you leave.

- DURING THE OUTING

To protect yourself and your loved ones:

- Before your loved one arrives for the visit, use a disinfectant to clean counters, sinks, bathrooms, doorknobs and all other frequently touched surfaces. Cleaning and disinfecting is a very effective way to eliminate the virus.
- Clean the most often touched surfaces frequently during the person's stay.
- If you use your car, use a disinfectant to clean the most often touched surfaces where your loved one will be seating.
- Stay 2 metres away from each other at all times, even during meals. If the 2-metre distance cannot be respected, wear a mask or face covering (homemade mask).
- Avoid hugs, handshakes and kisses.
- If you must touch the person to give him or her care, wash your hands **before and after providing care**.

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.

Circumstances that foster contacts:

- Living in the same household as a person who is infected.
- Providing care to someone who is infected, or receiving care from an infected person.
- Going to public areas or places where people gather, or meeting with many people.

- DURING THE OUTING

- Don't share personal objects such as cell phones, clothes, pens, etc. If your loved one must use these objects, clean them with a disinfectant **before and after use**.
- Avoid activities where many people must handle objects (card games, puzzles, board games).
- Charades, riddles, jokes, reading stories, films and discussions are more appropriate activities.
- **Before preparing food**, setting the table and serving plates or bowls, wash your hands well with soap and water.
- Don't eat from the same bowl or plate, and don't share snacks (chips, nuts, candies, etc.) or utensils.
- Clean used utensils and dishes with your regular soap or detergent and water.
- Always limit to 10 the number of people gathering together and respect physical distancing.
- Make sure your loved one has a bed of their own, and put their personal effects in a place reserved for this use only.
- Bedding, facecloths and towels should be washed in warm water in a washing machine.
- **If you or your loved one starts to show symptoms of COVID-19, limit your contacts and call the head of the unit.**

- AFTER THE OUTING

- Before leaving your home, call the residential centre to notify the unit head or nurse that you are returning.
- **Don't bring food** from home or unwrapped food, liquids or objects that are not easy to wash.
- When you get to the centre, wash your hands and notify the reception.
- Sign the visitors' registry (returning)
- For 14 days following the visit, inform the unit head if anyone who was in contact with your loved one develops symptoms of COVID-19.

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.**