

# Visiting in LTC during COVID

Visitors play a crucial role in reducing the risk of infection for the safety of residents and team members. The Ontario Government has implemented temporary enhanced measures in light of increased COVID-19 cases and the highly transmissible Omicron variant.

Visiting requirements are based on Directive #3, and guided by policies from the Ministry of Long Term Care (MLTC).

Visitors are responsible for adhering to requirements related to screening, infection prevention and control, personal protective equipment and other precautions as described within this package and our visitor policy.

## Types of visitors

### Essential Caregiver

A resident and/or SDM may designate in writing essential caregivers who support the resident with direct care. This may include assistance with activities of daily living, meaningful connection, decision-making etc. Caregivers must be at least 18 years old.

**Example: Family, friend, private caregiver or paid companion.**

All unvaccinated essential caregivers must show proof of their first dose as of December 20, 2021 and by February 20, 2022, must show proof of all required doses. Any essential caregivers designated after December 14 are required to be fully vaccinated to gain entry.

### Essential Support Worker

A person brought into the home to perform an essential service for the home or for a resident. **Example: Physician, NP, RD, PT, OT, external care providers hired by the resident, maintenance, etc.**

### General Visitor

A person who has not be identified as an essential visitor and is visiting for social reasons or performing a non-essential service. General visitors under the age of 14 should be accompanied by an adult and must follow infection prevention and control protocols. May also include persons attending for the purposes of providing personal care services and resident activities which may include hairdressers, entertainers, recreational service providers and animal handlers. **Example: Family, friends or individuals who are touring the Village to inform decisions regarding their application to move in.**

All general visitors must be fully vaccinated to enter the home. Outdoor visits are permitted (where feasible) for unvaccinated individuals. Unvaccinated children under the age of 12 are unable to visit indoors. Please call ahead or book through our booking site.

## Protecting you and our Village



### COVID-19 testing and screening

- Visitors should self-monitor for symptoms prior to visiting the Village. **If feeling unwell, do not visit.**
- Visitors must complete and pass active screening on arrival in order to visit.
- Surveillance testing is an important part of screening for COVID-19 and is required for all indoor and outdoor visits for any visitor over the age of one.
- Even after a negative test, please continue to self-monitor for symptoms.
- **If you develop symptoms or receive a positive test result after visiting, please call the Village.**



### Washing hands

- Hand washing is the best defence against the spread of infection.
- Wash your hands often. Use an alcohol-based hand rub or soap and running water.
- See page 3 for step-by-step instructions



## Village access

- Essential caregivers are the only visitors permitted when a resident is in isolation or living in an area of the home in outbreak. In this case, one may visit at a time.
- Only visit who you are designated to visit, do not visit with others. Access to Village common areas by caregivers may be limited for safety.
- Designated caregivers who are not fully vaccinated are required to visit their loved one in their room only.
- Otherwise, visitors may visit either indoors or outdoors. Surveillance testing is required for both indoor and outdoor visits.

## Vaccine



- **To protect you and your loved ones, a 3rd dose/booster of COVID-19 vaccine is strongly recommended.**
- “Fully immunized” means a person has received all doses of the approved vaccine series and it has been at least 14 days since the final dose.
- If an essential caregiver and resident are both fully immunized, they may;
  - have physical contact with each other (i.e. hug, hold hands)
  - support resident in the dining room
  - join resident in an activity program
- If a general visitor and resident are both fully immunized, they may also have close contact with each other (i.e., be within 2m and hold hands).
- Visitors will be asked for proof of vaccination. Starting January 4, 2022 you will need to present your QR code as proof of vaccination. The QR code can be used digitally or by printing a paper copy. Those with valid medical exemptions will also be required to have a QR code.



## Physical distancing

- Physical distance of two metres must be maintained between visitors and other residents.
- General visitors who are not fully vaccinated are required to participate in COVID-19 testing, visit outdoors, and should maintain physical distance from the resident.
- Brief hugs are permitted regardless of immunization status.



## Personal Protective Equipment (PPE)

- Medical masks must be worn at all times when visiting the Village and for the duration of the visit.
- See page 4 for how to wear a mask.
- Additional PPE is required when residents are on droplet and contact precautions.
- See page 7 for how to don and doff PPE.



## Concerned you have COVID-19?

- Separate yourself from others as soon as possible.
- Stay home and follow the advice of your local Public Health.
- Monitor symptoms.
- Get rest and stay hydrated.
- Cover your cough and sneezes.
- Wash your hands often.
- Call ahead to your health care provider if you are ill and seeking medical attention
- Avoid sharing personal items.
- If you have had contact with a loved-one in the Village, please call to let us know.

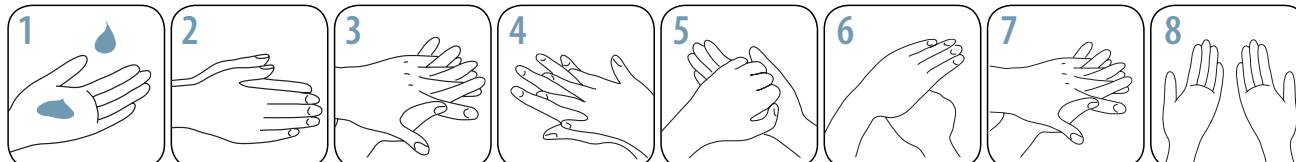
## Summary of requirements

	General Visitor	Essential Caregiver	Essential Support Worker	Personal Care Services Provider
<b>Number of visitors</b>				
Visiting as of December 16, 2021	Indoors maximum of 2 Outdoors maximum of 4		Permitted Number based on Village discretion	Permitted
Resident in isolation	Not permitted	Permitted	Permitted Number based on Village discretion	Not permitted
<b>Attest at screening to:</b>				
Not being in another home in outbreak or visiting a resident in isolation in last 14 days	N/A	Yes	No	No

# How to handrub (preferred method)



Rub hands for 15 seconds



1 Apply 1 to 2 pumps of product to palms of dry hands.

2 Rub hands together, palm to palm.

3 Rub in between and around fingers.

4 Rub back of each hand with palm of other hand.

5 Rub fingertips of each hand in opposite palm.

6 Rub each thumb clasped in opposite hand.

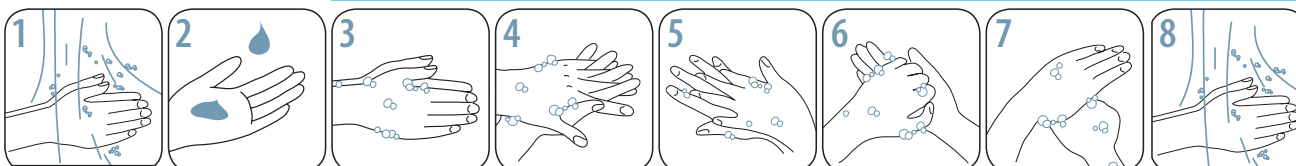
7 Rub hands until product is dry. Do not use paper towels.

8 Once dry, your hands are safe.

# How to handwash (when hands are visibly soiled)



Lather hands for 15 seconds



1 Wet hands with warm water.

2 Apply soap.

3 Lather soap and rub hands palm to palm.

4 Rub in between and around fingers.

5 Rub back of each hand with palm of other hand.

6 Rub fingertips of each hand in opposite palm.

7 Rub each thumb clasped in opposite hand.

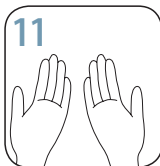
8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are safe.

For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca) or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH).

Catalogue No. 010975 Revised 20M March 2010 © 2010 Queen's Printer for Ontario



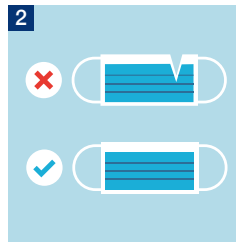
# Wearing a mask – do it right

**Disposable medical or procedure masks** provide protection from transmission of infection through droplets. They are required to be worn for the duration of your visit outdoors. These masks should be thrown away each day or after each visit.

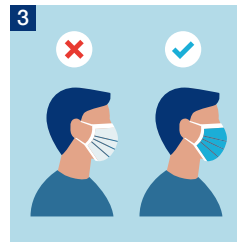
**Cloth masks or face coverings** are reusable and best used when going out in public to protect yourself and others. When visiting outdoors, a medical/procedure mask or cloth mask/face covering must be worn.



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



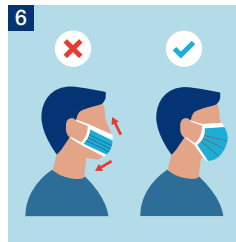
3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



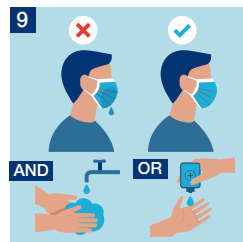
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

### Removing the Mask

1 Perform hand hygiene.

2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

3 Discard the mask in a waste container.

4 Perform hand hygiene.

## Wearing a mask – do it right

### Don'ts



Don't wear masks with exhalation valves or vents.



Don't hang mask from your neck or ears.



Don't wear a loose mask.



Don't share your mask.



Don't touch the mask while wearing it.



Don't leave your used mask within the reach of others.



Don't remove the mask to talk to someone.



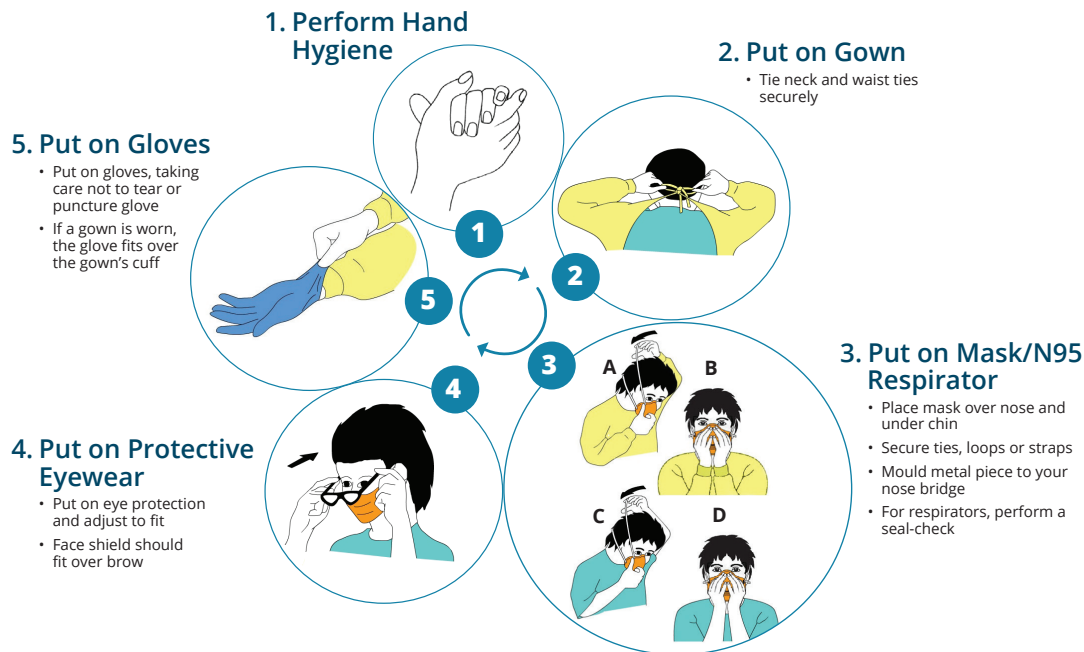
Don't reuse masks that are damp, dirty or damaged.



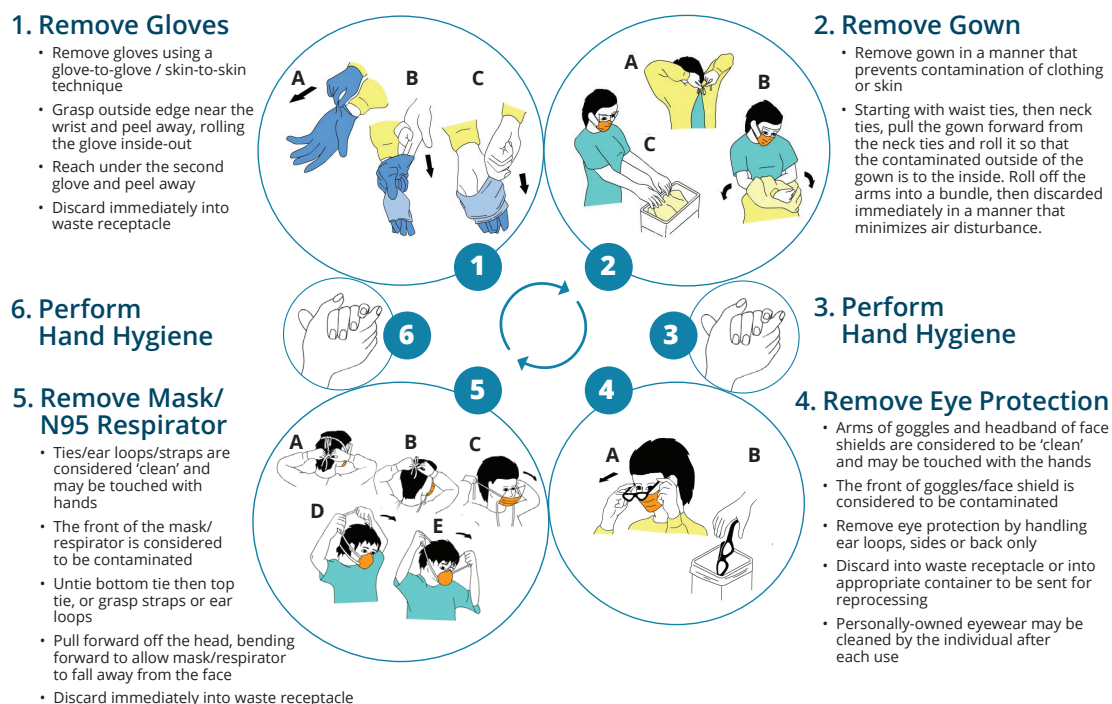
Government of Canada  
Gouvernement du Canada

Canada

# Putting on PPE



# Taking off PPE



For more information, please contact Public Health Ontario's Infection Prevention and Control Department at [ipac@oahpp.ca](mailto:ipac@oahpp.ca) or visit [www.publichealthontario.ca](http://www.publichealthontario.ca).