

# *Moving* into the Village during COVID-19

## Welcome to your new home!

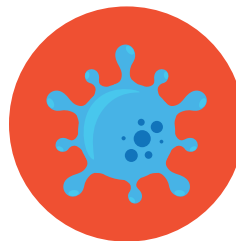
As you can understand, these are unique times. As much as we would like you to experience Village life from the first day you move in, there are protocols which have been implemented by the government to help stop the spread of COVID-19.

**Move-ins do not take place if the retirement home is declared in outbreak by Public Health.** If we go into outbreak and your move-in has been scheduled we will help you reschedule and support next steps.

## Requirements for new move-ins and returns from hospital

These requirements apply to new residents moving into the Village and existing residents returning from a hospital stay of two or more nights.

If you are moving from a location which is in outbreak, your move will be delayed until their outbreak is declared over.



### Testing and isolation guidelines

**Fully vaccinated residents moving in from the community or partially/unvaccinated residents moving in or returning to the Village:**

- Residents will need to receive a PCR test on day 1 and 7 and isolate until negative result of 2nd PCR test is received.

**Fully Vaccinated residents moving in or returning from another health care facility:**

- Residents will receive a PCR either prior to arrival (day of or previous day) or on arrival and will be required to isolate until negative result is received.

# How we will support you during your isolation period

The term isolation can be daunting.

However, we want you to know that you will not be alone! Here are some of the ways we will help you through the transition.



## Friendly faces

We know how important it is to be engaged. You might not be able to leave your suite as of yet, but you will have friendly faces come to your door. We will continue to provide support based on your assessed needs. Please note, while in isolation, anyone entering your suite will be in personal protective equipment (gown, face/eye protection, mask and gloves).



## Meals

Meals will be delivered to your suite if you are participating in the dining program. If you are not on a meal plan but would like to receive a meal periodically, please speak with your Neighbourhood Coordinator.

If you require support with groceries during isolation, please speak with your Neighbourhood Coordinator or the Village Office.



## Wellness check

A team member will come to your door twice daily to check in on you. During this wellness check, your temperature will be taken and you will be asked if you have any symptoms. All residents in the Village are actively screened for symptoms daily.



## Leisure activities

You can still participate in leisure activities, from the comfort of your room. A calendar will be shared to inform you about what is available. Recreation will come to your door to offer engagement opportunities.



## Visiting

Visiting and testing requirements are determined by the Chief Medical Officer of Health through Directive #3. Only essential visitors are permitted when a resident is on isolation.

- **Virtual visits with family and friends**

The Village can support virtual visits with your friends and family.

- **Essential caregivers**

Essential caregivers may visit while you are self-isolating. You may designate up to two essential caregivers, who must be fully vaccinated, in writing who can support you.

Please note: Only one essential caregiver may visit during isolation.

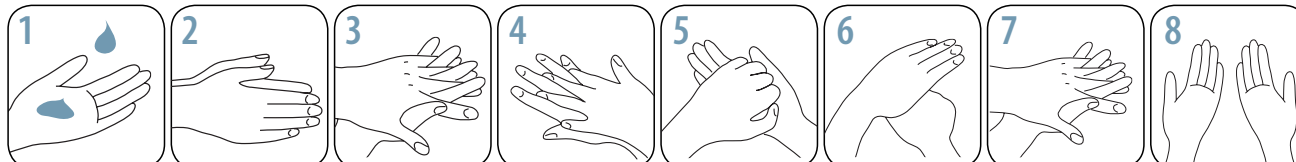
- **Visiting after self-isolation period**

General visitors are welcome to visit you unless the Village is in outbreak. All general visitors must be fully vaccinated to visit indoors. For more information please review visiting during COVID guidelines.

# 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.

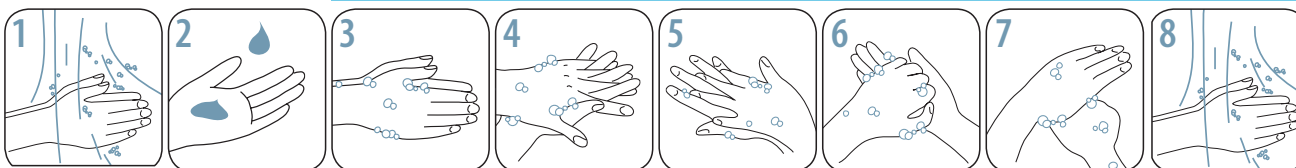
7 Rub hands until product is dry. Do not use paper towels.

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).

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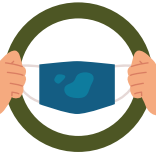
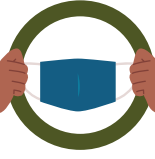

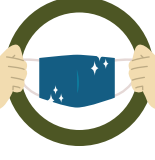
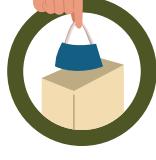





## Wearing a mask

All visitors, including team members are required to wear a medical mask in the Village. Residents who are able, are encouraged to wear a mask when outside of their room, or when a 2m distance from others cannot be maintained. If leaving the Village for a medical appointment or absence, a medical mask will be provided.

## COVID-19: How to safely use a non-medical mask or face covering

### Do's

	Do wear a non-medical mask or face covering to <b>protect yourself and others</b> .		Do ensure your nose, mouth, and chin are fully covered.
	Do ensure the mask is made of <b>at least 3 layers, including 2 layers of tightly woven fabric</b> , with a filter or filter fabric between layers.		Do replace and launder your mask after each use, or whenever it becomes damp or dirty.
	Do inspect the mask for tears or holes.		Do wash your mask with hot, soapy water and let it dry completely before wearing it again.
	Do ensure the mask or face covering is clean and dry.		Do store re-usable masks in a clean paper bag until you wear it again.
	Do <b>wash your hands</b> or use <b>alcohol-based hand sanitizer</b> before and after touching the mask or face covering.		Do discard masks that cannot be washed in a garbage bin after use.
	Do use the ear loops or ties to put on and remove the mask.		

## COVID-19: How to safely use a non-medical mask or face covering

### 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.



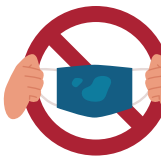
Don't touch the mask while wearing it.



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.



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