

Absences from the LTC Village

during COVID-19 pandemic

The Ministry has implemented safety measures to help reduce the risk of COVID-19. Residents wishing to leave the Village for day or overnight absences may do so when criteria are met.

Types of absences

Medical*

Absences to seek medical and/or health care and may be of any duration or length of time. If absence greater than 1 day, resident will follow testing and isolation guidelines related to Transfers back to the Village.

Compassionate or palliative*

Absences that include, but are not limited to, absences for the purposes of visiting a dying loved one.

* Medical, compassionate or palliative absences are permitted at all times, including when a resident is in isolation or when a home is in outbreak.

Short term – day

Absences are less than or equal to 24 hours in duration. There are two types of short term absences:

- **Essential absences** for reasons of groceries, pharmacies, and outdoor physical activity.
- **Social absences** that do not include an overnight stay.

Temporary – overnight*

Absences that involve two or more days and one or more nights away from the home for non-medical purposes.

*Absences for essential medical or compassionate/palliative reasons are the only absences permitted when the resident wishing to take the absence is in isolation on droplet and contact precautions and regardless of vaccination status.

Conditions for short term and temporary absences

COVID-19 status or outbreak

Residents self-isolating and on droplet contact precautions, or who reside in an area of the home in outbreak, cannot start a social absence (day or overnight).

Follow Public Health measures

When outside the Village, residents should wear a medical mask (as tolerated), wash hands frequently and limit their contact with others.

Testing and isolation guidelines

Residents who are asymptomatic and who are within 90 days from a COVID-19 infection are exempt from testing guidelines.

When returning to the Village from a day or overnight absence:

- actively screen on return
 - complete PCR test on day 5 following the absence
- *isolation is not required unless symptoms are developed or there is exposure.

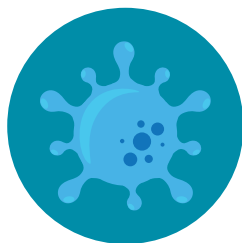
When there is exposure

- Residents with up-to-date COVID-19 vaccines will screen on arrival and isolate until a negative result is received from day 5 PCR test.
- Resident who do not have up-to-date vaccines screen on arrival and isolate for 10 days with PCR test on day 5.

In order to keep our residents safe, we urge those who wish to leave the Village for absences to continue to be diligent with the following infection control practices.

When leaving the Village, we ask that you;

- **Communicate plans**
Inform a member of the leadership team of your plans, to ensure we are aware and can be prepared.
- **Sign out**
Use the sign out sheet to communicate time you have left and anticipated time of return. Please leave a contact number.
- **Wear medical a mask**
We will provide you with one. Please remember, the mask should cover your nose and mouth and fit snug to your face.
- **Wash your hands often**
Proper hand hygiene is the best defence!
- **Maintain physical distancing**
Continue to stay 2 metres from others.
- **Be safe and enjoy yourself**
It is your responsibility to ensure you not only protect yourself, but others in the Village.
- **Screen in**
When you return to the Village, you are required to complete active screening at the entrance.



Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

To protect you and your loved ones, the COVID booster vaccine is strongly recommended.

Protect you and your loved ones



Practice social distancing

- Limit the number of passengers in the vehicle to only those necessary.
- Avoid pooled rides or rides where multiple passengers are picked up who are not in the same household.
- Sit in the back seat in larger vehicles such as vans and buses so you can remain at least six feet away from the driver.



Practice hand hygiene

- After leaving the vehicle, use hand sanitizer containing at least 70-90% alcohol.
- When you arrive at your destination, wash your hands with soap and water for at least 20 seconds.
- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.



Stay home

- Stay home as much as possible and avoid close contact with others.



Shop safely

- Minimize the number of trips you take.
- Wear your medical mask and don't touch your face.
- You don't need to wear gloves – they provide a false sense of security. Wash your hands or sanitize before you go into the store, after touching items, when you leave and again when you get home!
- Limit surfaces you touch – only touch what you need.
- Shop quickly and be efficient – make a list so that you remember exactly what you need to purchase during your shopping trip
- Disinfect the shopping cart, use disinfecting wipes if available.



Safe travel

Transit

- If you require public transportation – When possible, consider traveling during non-peak hours when there are likely to be fewer people.



Out and about

- Practice social distancing by staying six feet away from others.
- Elevators/cars – practice distancing protocols when using elevators (only 2–4 riders at one time dependent on the size of the elevator).
- Avoid crowded places and non-essential gatherings.
- Wash your hands with soap and water for at least 20 seconds or disinfect with alcohol based hand sanitizer frequently.



Avoid touching surfaces

- Avoid contact with surfaces frequently touched by passengers or drivers, such as the door frame and handles, windows, and other vehicle parts. In circumstances where such contact is unavoidable, use a hand sanitizer containing at least 70-90% alcohol as soon as possible afterwards.
- Avoid accepting offers of free water bottles and avoid touching magazines or other items that may be provided for free to passengers.
- Use touchless payment when available.



Improve ventilation

- Ask the driver to improve the ventilation in the vehicle if possible – for example, by opening the windows or setting the air ventilation/air conditioning on non-recirculation mode.



What should I do if I develop symptoms?

- It is important to monitor for COVID symptoms – these could include fever, cough, sore throat, difficulty breathing.
- The Village will continue to monitor for symptoms daily – should you experience any of the above symptoms please let the Village team member know.
- The Village team will determine if it is necessary to receive a test to rule out COVID-19.

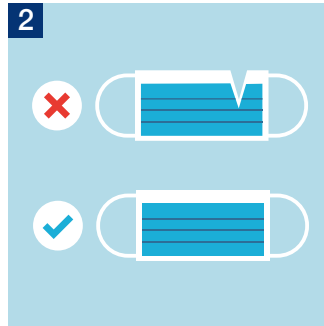
Wearing a mask – don'ts



Wearing a mask – do's



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.



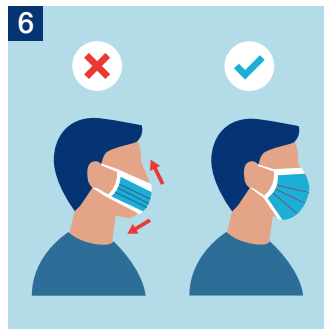
3 Ensure colour side of the mask faces outwards.



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.



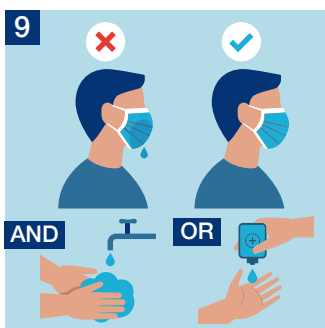
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



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.

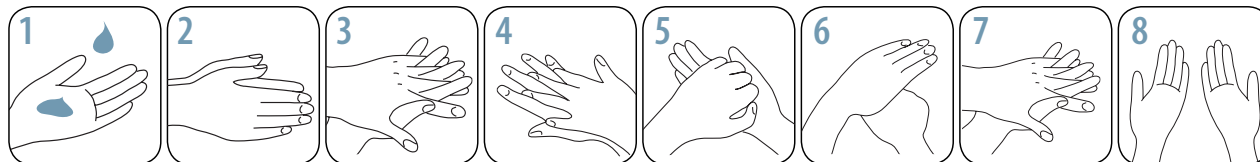
3 Discard the mask in a waste container.

4 Perform hand hygiene.

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.

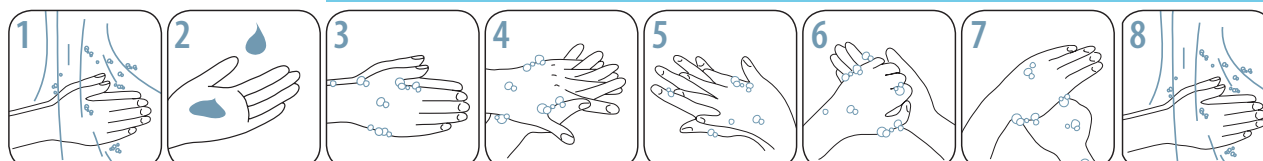
7 Rub hands until product is dry. Do not use paper towels.

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.

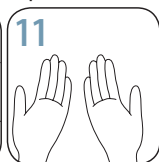
8 Rinse thoroughly under running water.



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 or visit publichealthontario.ca/JCYH.

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