

STAYING INFORMED COVID-19 PANDEMIC



Bulletin FOR FAMILIES

January 27, 2021

Groupe Santé Arbec would like to reiterate the importance and the obligation of continuing to respect the basic rules of infection prevention.

Respecting the following directives is a collective responsibility and every one of us should not hesitate to advise anyone who is not wearing protective equipment or is wearing it incorrectly, or is not following the current rules.

Please note that caregivers who do not respect the current rules for infection prevention could lose their visiting privileges.

CARPOOLING

Carpooling is considered public transit. Therefore, public health rules apply. Note that anyone who uses carpooling must follow these rules:

- ↪ **Maximum of two people at a time in the vehicle;**
- ↪ **The passenger must sit in the back seat. The driver and the passenger must keep their masks on at all times and the mask must completely cover the nose and mouth.**

SCREENING FORM

As soon as you come into the centre, you must fill out a questionnaire regarding COVID-19 symptoms, submit Sheet 4 duly completed, have your temperature taken and sign the register at Reception before being authorized to circulate inside the centre.

HAND HYGIENE, MASKS AND PERSONAL PROTECTIVE EQUIPMENT

Hand hygiene is the most important step in infection prevention.

You must wash your hands for 20 seconds:

- Before entering or leaving the centre, a microenvironment, a room or a department
- Every time you put on or remove PPE
- Before and after providing care
- Before and after handling food
- After handling an object, a cigarette
- After using the washroom
- After coming into contact or possibly having come into contact with anyone's bodily fluids

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Wearing a mask in the centre is mandatory at all times, both indoors and outdoors.

When you arrive at the centre, you must wear a face covering. Once inside, we ask that you change your face covering for a procedural mask, while respecting hand hygiene. The mask must completely cover your nose and mouth and you must only touch the elastics.

When you leave the centre, please throw away the procedural mask and put on your face covering, while respecting hand hygiene.

Caregivers are not permitted to eat in their loved one's room.

You must respect **physical distancing of 2 metres** with any other person, both indoors and outdoors.

The use of PPE (including **masks and protective glasses**) is mandatory at all times, **even in your loved one's room**.

Respiratory hygiene must be practised when coughing or sneezing.

Personal effects such as coats, handbags, etc. must be placed in the designated area and must be kept according to the centre's guidelines.

We strongly recommend that you plan your visit by making an appointment with Reception, open from Monday to Friday, 8:30 a.m. to noon and 1 p.m. to 4 p.m. This reservation system ensures physical distancing when you arrive by preventing too many people from gathering.

CLOTHING

You must change your clothes **as soon as you return home**.

ADDITIONAL MEASURES IN EFFECT UNTIL FEBRUARY 8, 2021

- The names of caregivers must already be on the list approved by the centre. No new registrations will be possible, except for new resident admissions.
- A maximum of two caregivers will be authorized in their loved one's file.
- A maximum of one caregiver will be permitted per 24-hour period.
- A caregiver identified and known by the centre can visit their loved one more than once on the same day, while respecting appointments with the centre.
- It is strongly recommended that caregivers make an appointment in order to prevent too many people from gathering at Reception and to ensure that we can receive you in the best possible conditions. You can contact Reception during opening hours, from 8:30 a.m. to noon and from 1 p.m. to 4 p.m., Monday to Friday.
- Authorities are only permitting caregivers to travel between neighbouring territories.

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Curfew

The curfew in effect between 8 p.m. and 5 a.m. must be respected at all times.

However, on an exceptional basis, the centre could issue a letter to a caregiver authorizing travel during the curfew.

Each case must be authorized by the manager of the centre, based on the context and the clinical condition of the resident in question.

We're counting on you!