

## Visits by informal caregivers in cold zone

### BEFORE YOUR VISIT

- Self-monitor for signs and symptoms (see APPENDIX 1).
- If you are showing any symptoms, cancel your visit:
  - Contact person: \_\_\_\_\_
- Always make an appointment before visiting the facility:
  - Entry is prohibited to anyone who is not on the appointment log.
- Limit your trips between home and the facility as much as possible:
  - Do not stop anywhere between the facility and home (e.g., grocery store or other public places or businesses).
- Between visits, limit your trips outside the home (e.g., grocery store or other public places or businesses) as much as possible:
  - In order to limit contamination, the facility should be the only place you visit.

### WHEN YOU ARRIVE AT THE FACILITY

- Leave your personal items in the car (bag, food, etc.).
- Report to the prevention agent at the front door and follow their instructions.
- Wash or sanitize hands.
- Put on a mask and keep it on the entire time:
  - The mask must cover your nose and mouth at all times.
- **Optional:** Put on safety glasses and keep them on the entire time.
- In the event of an outbreak at the facility, wash or sanitize hands again and put on safety glasses. (Ask the prevention agent, as needed.)
- Hang your coat in the designated location.
- Wash or sanitize hands.
- If you plan to bring your cellphone to the room, disinfect it with the product available at the front desk (disinfecting wipe or other product).

### ON THE WAY TO YOUR LOVED ONE'S ROOM

- Proceed directly to your loved one's room, following the route you are given by the prevention agent.
- Visit only the places authorized.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

## **VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS Cold zone with droplet and contact precautions**

### **BEFORE ENTERING YOUR LOVED ONE'S ROOM**

- Wash or sanitize hands.
- Put on a gown.
- Put on safety glasses (if not already on).
- Put on gloves over the gown.

### **DURING YOUR VISIT**

- Keep the door open during your visit (except when providing care).
- Stay in your loved one's room.
- You are not permitted to enter and exit the room during your visit.
  - If your loved one is not in their room, ask the staff to bring them back to their room for the visit.
- Ask the staff if you need personal protective equipment (PPE) during the visit.
- Keep at least 2 metres away from your loved one, except when providing care, in which case you must wear PPE according to the method you were shown:
  - Avoid hugging.
- Use only the washrooms designated by the staff.
- Change your mask if it becomes soiled or wet (ask the staff for help).
- Clean and disinfect your safety glasses if they become soiled (ask the staff for help).

### **BEFORE LEAVING THE ROOM**

- Ask a staff member for help by pressing the call button (if there is one).
- Remove your gloves and throw them in the garbage.
- Wash or sanitize hands.
- Remove the gown and place it in the designated bag.
- Wash or sanitize hands again.

#### **Clarifications for CHSLDs:**

- If there is no outbreak at the CHSLD: Remove the safety glasses and give them to the staff. Wash or sanitize hands.
- If there is an outbreak at the CHSLD: Keep the safety glasses on.

### **WHEN LEAVING YOUR LOVED ONE'S ROOM**

- Wash or sanitize hands.
- Proceed directly to the exit, following the route you are given.
- Visit only the places authorized.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

## **VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS Cold zone with droplet and contact precautions**

### **BEFORE EXITING THE FACILITY**

- Wash or sanitize hands.
- Disinfect your cellphone.
- Wash or sanitize hands.
- Put on your coat.
- Wash or sanitize hands.
- If wearing safety glasses:
  - Remove the safety glasses and disinfect them;
  - Put the safety glasses in the designated location.
- Remove your mask and throw it in the garbage.
- Wash or sanitize hands.

### **WHEN GOING HOME**

- On your way home from the facility, do not stop anywhere (e.g., grocery store or other public places or businesses).
- Change and wash your clothes (regular wash cycle).
- On your next visit, do not stop anywhere between the facility and home.
- Self-monitor daily for signs and symptoms of COVID-19 (see APPENDIX 1).

# VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS

## Cold zone with droplet and contact precautions

### APPENDIX 1

#### SELF-MONITORING CHART: COVID-19 SYMPTOMS

Asymptomatic

Date symptoms started: \_\_\_\_\_  
YYYY-MM-DD

Symptoms associated with COVID-19			
New or worsening cough	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Fever of 38°C (100.4°F) or higher Seniors: 37.8°C (100.0°F) or higher	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Fever/chills (temperature not taken)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Sore throat	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Runny nose	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Difficulty breathing (e.g., shortness of breath or difficulty speaking)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Nausea, vomiting	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Headache	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Generalized weakness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Pain (muscle, chest, abdominal, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Irritability, confusion	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Sudden loss of smell (anosmia) without nasal congestion, with or without loss of taste (ageusia)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Other (specify): _____ _____			

# VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS

## Cold zone with droplet and contact precautions

### APPENDIX 2

#### HAND HYGIENE FOR VISITORS TO THE FACILITY FROM ARRIVAL TO DEPARTURE

**Hand hygiene is mandatory each time:**







**BEFORE**

- Putting on your mask
- Administering care
- Preparing food or eating
- Putting on gloves

**AFTER**

- Touching or removing your mask
- Blowing your nose
- Removing gloves
- Contact with body fluid
- Using the bathroom

**AND EACH TIME YOUR HANDS COME INTO CONTACT WITH  
CONTAMINATED OBJECTS OR SURFACES.**

	<b>ON ARRIVAL</b>	According to the “Visits by informal caregivers - COVID-19” document
	<b>WHEN EXITING THE STAIRWELL OR ELEVATOR</b>	
	<b>BEFORE ENTERING THE ROOM</b>	
	<b>WHEN LEAVING THE ROOM</b>	
	<b>WHEN EXITING THE STAIRWELL OR ELEVATOR</b>	
	<b>WHEN LEAVING</b>	According to the “Visits by informal caregivers - COVID-19” document