

Visits by informal caregivers in a cold zone

BEFORE YOUR VISIT

- Self-monitor for signs and symptoms (see APPENDIX 1).
- If you are experiencing any symptoms, cancel your visit:
 - Contact person: _____

WHEN YOU ARRIVE AT THE FACILITY

- Leave your personal items in the car (bag, food, etc.).
- Go to reception staff, sign the register, and follow their instructions.
- Wash or sanitize hands.
- Put on a mask and keep it on:
 - The mask must cover your nose and mouth.
- In the event of an outbreak at the facility, wash or sanitize hands again and put on safety glasses. (Ask reception staff, as needed.)
- If you have a coat, take it off and hang it in the designated location.
- Wash or sanitize hands.
- If you bring your cellphone to the room, disinfect it with the product available at reception (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 given to you by reception staff.
- Only walk in authorized areas.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

BEFORE ENTERING YOUR LOVED ONE'S ROOM

- Wash or sanitize hands.

DURING YOUR VISIT

- Ask the staff if you need equipment during the visit.
- Use only the washrooms designated by staff.
- If you are protected¹, wearing a mask and being physically distant in your loved one's room or rental unit, as well as on the grounds outside the living environment, can be decided between you and your loved one. However, this must be maintained in the indoor common areas.

WHEN LEAVING YOUR LOVED ONE'S ROOM

- Wash or sanitize hands.
- Put your mask back on if removed in the room or rental unit.
- Proceed directly to the exit, following the route you are given.
- Only walk in authorized areas.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

BEFORE EXITING THE FACILITY

- Wash or sanitize hands.
- Disinfect your cellphone.
- Wash or sanitize hands.
- If you have a coat, put it on.
- Wash or sanitize hands.
- If wearing safety glasses:
 - Remove the safety glasses and disinfect them according to the procedure;
 - Put the safety glasses in the designated location.
- Remove your mask and throw it in the garbage.
- Wash or sanitize hands.
- In public CHSLDs, advise a staff member that you are leaving.

WHEN GOING HOME

- Self-monitor daily for signs and symptoms of COVID-19 (see APPENDIX 1).

¹ See page 3 for definitions of the different levels of protection

Levels of Protection

A person is considered protected if they:

- have received a second dose of any vaccine for 7 days or more at the time of exposure;
- have received a dose of the Johnson & Johnson vaccine within the last 14 days;
- had a NAAT-confirmed case of COVID-19 within the last 6 months (vaccinated or not);
- had a NAAT-confirmed episode of COVID-19 more than 6 months ago followed by at least one dose of any vaccine more than 7 days ago at the time of exposure.

A person is considered unprotected if they:

- have not had a confirmed case of COVID-19 AND are unvaccinated (or have been vaccinated for less than 14 days);
- had a confirmed case of COVID-19 more than 12 months ago AND are unvaccinated (or have been vaccinated with one dose for less than 7 days);
- are immunosuppressed (vaccinated or not, previous case of COVID-19 or not).

A person is partially protected if they:

- have received one dose of any vaccine for more than 14 days (excluding Johnson & Johnson's single-dose vaccine);
- have received a second dose of any vaccine less than 7 days ago;
- had a NAAT-confirmed case of COVID-19 more than 6 months ago and less than 12 months ago AND are unvaccinated;
- had a NAAT-confirmed episode of COVID-19 more than 6 months ago and less than 12 months ago and have been vaccinated with one dose for less than 7 days at the time of exposure.

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): _____ _____			

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.**

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