# COVID-19 Policies: What Residents Can Expect in a Long-Term Care Home

(As of February 21, 2022 unless otherwise specified)

Ontario

## All residents may*…

- Have three visitors (including caregivers) at a time.
- Enjoy the company of general visitors who are 5 years and older who have had at least two COVID-19 vaccine doses.
- Participate in group social activities, including games, clubs and exercises
- Have meals in the dining room, including buffet and family-style meals
- Leave the home for social day absences, essential purposes, such as medical appointments or exercise
- Leave the home for social overnight absences**

*Unless otherwise directed by the local public health unit or when isolating
** Residents with at least 3 doses

## What temporary measures are in place to safeguard long-term care homes?

- All staff, students, volunteers caregivers, support workers and general visitors must be fully vaccinated against COVID-19 to enter a home.*
- Everyone must be screened, tested and wear masks, whether inside or outside.
- Continued infection prevention and control measures will be followed, including distancing, masking, hand washing and enhanced cleaning.

*Unless proof of a valid medical exemption has been provided or visiting residents receiving end of life care

## What if the home is in outbreak?

**Residents can expect the following if the area of the home they live in is in outbreak*:**

- Group activities, dining and social gatherings may continue in non-outbreak areas if residents can follow public health measures.
- For outbreak areas of a home, residents will be cohorted in small groups for all essential activities. Group activities for cohorts may continue/resume if operationally feasible.
- Communal dining, non-essential activities and personal care services will be suspended or modified.
- Caregivers can still visit.

*Unless otherwise directed by the local public health unit

# COVID-19 Safety Measures for Absences

(As of February 21, 2022 unless otherwise specified)

Ontario

## Whenever outside of the home, residents should do their best to:

- Wear a mask (as tolerated)
- Wash hands frequently
- Limit their contact with others. Avoid crowds, large social gatherings and gatherings with unvaccinated people
- Physically distance and only be in close contact with fully vaccinated people, especially when eating or singing

## What happens when I return home?

**When residents return from a day absence they will:**

- Be actively screened
- Undergo rapid antigen testing and a PCR test on day five following the absence.
- Residents who are away frequently can choose to take a PCR test and rapid antigen test, on the same day, twice per week (for example, a PCR and rapid test on Tuesday, with both repeated on Friday) No quarantine is required unless a positive result is received

**When residents return from an overnight absence they will:**

- Be actively screened and then monitored for symptoms twice daily for 10 days
- Residents with 3 or 4 doses of a COVID-19 vaccine:
  - If returning from a hospital*: PCR or rapid antigen tested prior to or when returning home and quarantined until a negative test result can be obtained
  - If returning from the community: be screened and quarantine on arrival until negative PCR test result or rapid molecular test result from day five test
- Those residents who do not have 3 or 4 doses of a COVID-19 vaccine are required to quarantine for 10 days with a PCR test on day five.

Residents who have been COVID-19 positive on or after December 20, 2021 may not be required to undergo testing and quarantine requirements when returning from an absence unless they have symptoms of COVID-19.

*Assuming hospital is not in outbreak, resident is not symptomatic and/or had been exposed to COVID-19. If the hospital is in outbreak the PHU will advise on testing and quarantine requirements.

## What if I come into contact with someone with COVID-19?

**If it is known that a resident has been in contact with someone who is COVID-19 positive they will be:**

Residents with 3 or 4 doses of a COVID-19 vaccine:

- Screened on arrival and quarantined until a negative result is obtained from the day five test

Residents who are not vaccinated or do not have their 3rd dose:

- Screened on arrival and quarantined for 10 days with a PCR test on day five.

- All residents are still permitted to see their caregivers while in quarantine