



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

(As of March 14, 2022 unless otherwise specified)



All residents may* ...

- Enjoy the company of general visitors, consistent with the individual home's vaccination policy
- Have up to four visitors (including caregivers) at a time indoors, consistent with the individual home's vaccination policy.
- Enjoy outdoor visits, with the number of visitors based on the home's policy.
- 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 all types of absences, including social day and overnight absences.

*Unless otherwise directed by the local public health unit or when isolating

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

- All staff, students, volunteers, caregivers, support workers and general visitors must be screened and wear masks, whether inside or outside. Those visiting indoors must also be tested.
- Continued infection prevention and control measures will be followed, including distancing between groups and dining tables, masking, hand washing and enhanced cleaning.

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 March 14, 2022 unless otherwise specified)

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 and large social gatherings with crowding.

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
 - 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.

Note: Residents who have been COVID-19 positive in the past 90 days 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?

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