

## **COVID-19 Protocols for Resident Absences**

*As per the Ministry of Health Directive #3 (June 10, 2020) and Ministry for Seniors and Accessibility (MSAA) Reopening Retirement Homes (July 10, 2020) requirement for **education on all required protocols for absences to be provided by the residence**, this document will be shared with all residents.*

### **Introduction**

As of June 18, 2020, Queenston Place began allowing residents to leave the property for short absences. Beginning on July 17, 2020, resident absences are permitted if all requirements outlined in this document are met.

### **General:**

- The residence must not be currently in an **outbreak**. If the residence has begun allowing absences but **enters into an outbreak**, all new absences must **end**. The residence must establish compliance with all CMOH Directives for homes in outbreak and follow directions from the local PHU. *Signage will be placed on the door stating the home is in outbreak. All POA's will be notified by phone.*

### **Expectations for Residents:**

Queenston Place residents who wish to go outside of the residence (e.g., absences with friends or family, medical appointments, etc.) are permitted to do so if the following requirements are met:

- The resident **must pass active screening every time they re-enter** the residence. If a resident does not pass screening, the residence will follow existing isolation policies.
- The resident must **wear a face covering/mask while outside the residence** and is responsible for supplying their own face covering/mask while they are on absences. The resident must also respect physical distancing while outside the residence. The residence may, **at its discretion**, opt to supply face coverings/masks for absences. The home has masks for sale for the residents.

- All residents must follow our Queenston Place protocols while absent from the home such as physical distancing, wearing a mask, hand hygiene and respiratory etiquette.
  - For residents that leave the home for an **out-patient visit**, the residence will provide a mask. The resident must wear a mask while out, if tolerated and be screened upon their return, but does not need to be self-isolated.
- A resident returning from an absence **that includes an overnight stay** must, upon return to the home, follow 14-days of enhanced precautions, including:
  - Upon return, pass active screening;
  - Do not receive indoor visitors during the 14 days;
  - Monitor for symptoms;
  - Avoid using common areas; however, if a common area cannot be avoided, the resident must use a face covering/mask;
  - Limit contact with other residents;
  - Do not participate in group activities;
  - Wash their hands often (soap and water, or use alcohol-based hand sanitizer);
  - Adhere to respiratory etiquette; and,
  - Follow appropriate physical distancing guidelines.
- Residents who are following the 14-day period of enhanced precautions may leave the residence for **non-overnight absences** (e.g., to buy groceries or other essentials); doing so will **not** reset the 14-day time period. However, an **overnight stay** during the 14-day period **will** reset the 14-day time period.

*All residents must advise nursing staff of all absences including location and length of stay.*

### **If the Residence Enters into an Outbreak – Absence in Hospital**

Per Directive #3, in the **event of an outbreak** where residents cannot be placed in other areas of the residence that are not part of the declared outbreak area, or there are other exceptional circumstances (e.g., resident safety, advice from local public health unit), temporary short-stay in hospital may be considered for residents to support outbreak management and IPAC measures under certain parameters.

## Appendix A – Symptoms List

Source: Ministry of Health COVID-19 Reference Document for Symptoms (May 25, 2020)

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

### Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

### Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*

### Other signs of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

**Atypical symptoms/clinical pictures of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include:**

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline

- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children
  - Presentation may include persistent fever, abdominal pain, conjunctivitis, gastrointestinal symptoms (nausea, vomiting and diarrhea) and rash

**Atypical signs can include:**

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O<sub>2</sub> sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

**Appendix B – How to Put on/Take off a Mask**

# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

## Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

## Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 2 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 2 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

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