



COVID-19 Safety Measures: What You Can Expect in Your Long-Term Care Home

(Updated on June 26, 2023)

All residents are invited to*

- Spend time with visitors and caregivers without wearing masks.
- Enjoy the company of visitors, indoors or outdoors, consistent with your home's visitor and/or vaccination policies.
- Participate in group social activities, including games, clubs and exercises.
- Have meals in the dining room, including buffet and family-style meals together with their caregivers and visitors.
- Leave the home for all types of absences, including social day and overnight absences, and not have to be actively screened, tested or isolated upon return to the home.
- Request that a staff member wear a mask when providing care, and LTC homes are recommended to accommodate this request.

*Unless otherwise directed by the local public health unit, during outbreaks in the home or when isolating

What measures are in place to make my long-term care home safe?

- Everyone must screen for symptoms of or exposure to COVID-19*.
- Residents will be monitored daily for infection.
- Staff, students, support workers and volunteers are required to wear masks and appropriate personal protective equipment if there is a risk of exposing themselves or others to an infection.
- Caregivers and general visitors are recommended, but not required, to wear a mask.
- Infection prevention and control measures continue to be followed, including hand washing and enhanced cleaning.

*Individual homes may have their own additional policies for screening and testing requirements



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What if my home is in outbreak?*

- Group activities, dining and social gatherings can continue in non-outbreak areas if residents are able to 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 may be suspended or modified.
- Caregivers can still visit.

*Unless otherwise directed by the local public health unit

What happens if I test positive for COVID-19?

Residents with COVID-19 remain under isolation and under Additional Precautions for 10 days.

- If you are **able** to mask, you may leave isolation after a minimum of 5 days from the onset of symptoms or positive test AND 24 hours of improving symptoms (48 hours if you have diarrhea or vomiting) and have no fever, provided you wear a mask at all times for 10 days. You cannot join in communal dining during this time.
- If you are **unable** to mask, you must remain in isolation for at least 10 days following symptom onset or positive test, you may be allowed outdoors or in the hallway with supervision to support overall physical and mental well-being.

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

- You will be monitored for symptoms, but do not need to test or isolate unless you develop symptoms or your roommate has COVID-19.
- If your roommate has COVID-19, you will need to isolate for 5 days from when your roommate became symptomatic or tested positive.
 - Roommate close contacts should wear a mask (if tolerated) when receiving care and outside their room until day 7 from last exposure.
- You are still permitted to see your caregiver while in isolation.