

May 25, 2020

AR 172829

Re: Continuation of COVID-19 restrictions in licensed supportive living and long-term care

To all residents of continuing care facilities,

I appreciate the opportunity to extend my deep appreciation for the efforts you are taking, daily, to protect yourselves and others in the midst of the COVID-19 pandemic.

It is important to continue to practice good hand hygiene and physical distancing, and observe site rules for indoor and outdoor activities. Your health remains a top priority and it is necessary for restrictions to remain in place. At this time, I am unable to say for how long.

I recognize that this is a challenging time for you. Please understand that the restrictions in place are the best known measures to help minimize the risk of COVID-19 to you, your neighbours, and the staff.

As the broader community starts to open up, I am supporting an increase in activities that can happen at your site. I encourage you still to stay on-site except in the case of necessity (e.g. medical appointments, groceries, pharmacy, to spend time outdoors, employment, etc.). Even when you leave for those necessities, or if you choose to leave for reasons other than necessity, please:

- Maintain physical distancing
- Wear a mask at all times and ask anyone you may be with to also wear a mask
- Ensure safe transportation (talk to your site contact to learn more)
- Maintain good hand hygiene

I know that you have had to change how you interact and connect with your friends and family. I know this is very difficult, but I ask you to please continue to make those connections through phone and other technologies as you are able.

If the ongoing restrictions are causing you distress, please reach out to your site contact. Staff and operators are committed to your wellbeing and are best equipped to offer immediate support. They can also explore options that may be available to you within the existing restrictions.

Thank you for continuing to prioritize public health advice to protect your safety, and the safety of those around you. Restrictions have to remain in place for now. Any easing in the future will be done with caution given the potential risks that remain.

Yours sincerely,

A handwritten signature in blue ink, appearing to read "Deena Hinshaw", with a large, stylized flourish extending to the right.

Deena Hinshaw, BSc, MD, MPH, CCFP, FRCP
Chief Medical Officer of Health