

MEMO

May 27, 2020

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Dear Residents,

As things begin to open in the community, we are all getting excited at the prospect of some "normality"!!

It is human nature to want to get out and see friends/family, go to restaurants, go to church, get some pampering done but I urge you to take it slow and be careful!! The COVID-19 virus is still out there, it is still easily picked up and it is still dangerous to you.

Dr. Deena Hinshaw is still strongly encouraging those of you that live in a seniors' specific environment not to go out needlessly but to continue to be vigilant and keep your environment protected from exposure.

However, there is good news!!

- 1) The hair shop will be opened next week! Stay tuned for details.
- 2) Small group, non-retail related trips are being planned by recreation for June. Again, stay tuned for details.

Whenever going out in public please always wear a mask and please use hand sanitizer frequently. Remember, you are not only protecting yourself but your neighbors and friends!!

With this memo I have included a "self-screening" tool (Table 2). Please use it every day and if you have any of the symptoms listed let the LPN know ASAP. She can be reached at 780-721-9044.

I have also attached the new guidelines for testing and Isolation for your reference. (Table 3).

NOTE WELL: The rules regarding visitation have not changed!! They continue to be:

- 1) Designated essential visitors only, between the hours of 9am-5pm
- 2) No more than groups of three in each of the designated visiting areas outside.
- 3) The designated essential visitor is the person you appointed at the beginning of this pandemic adventure. If you are not sure who you selected, you can check with the receptionist. She has the up to date list. 780-478-2051
- 4) Visitation inside the west end visitation center is by appointment only and appointments are made by calling Reception during business hours, 0800-1600, Monday to Friday.

Blessings,
Donna Callahan

Table 2: Symptoms of COVID-19⁶

Symptoms of COVID-19 (Residents ⁷)*	Symptoms of COVID-19 (All Albertans including staff, students and visitors)
<ul style="list-style-type: none"> • Fever (37.8°C or higher⁸) <p>Any new or worsening respiratory symptoms:</p> <ul style="list-style-type: none"> • Cough • Shortness of Breath/Difficulty Breathing • Runny Nose • Sneezing • Nasal Congestion/Stuffy Nose • Hoarse Voice • Sore Throat/Painful Swallowing • Difficulty Swallowing <p>Any new symptoms including but not limited to:</p> <ul style="list-style-type: none"> • Chills • Muscle/Joint Ache • Nausea/Vomiting/Diarrhea/Unexplained Loss of Appetite • Feeling Unwell/Fatigue/Severe Exhaustion • Headache • Loss of Sense of Smell or Taste • Conjunctivitis • Altered Mental Status 	<ul style="list-style-type: none"> • Fever • Cough • Shortness of Breath/Difficulty Breathing • Sore Throat • Runny Nose • Chills • Painful Swallowing • Stuffy nose • Headache • Muscle/Joint Ache • Feeling Unwell/Fatigue/Severe Exhaustion • Nausea/Vomiting/Diarrhea/Unexplained Loss of Appetite • Loss of Sense of Smell or Taste • Conjunctivitis

*Note that the list of symptoms for residents is expanded (from the list for all Albertans) as residents may experience milder initial symptoms or be unable to report certain symptoms.

⁶ Reflective of the May 8, 2020 update letter from Dr. Hinshaw

⁷ See [COVID-19 Recognizing Early Symptoms in Seniors](#)

⁸ Thermometer confirmed temperature is not required. If a resident feels they have a fever, offer testing.

Table 3: Testing and Isolation Overview

Scenario	Isolation Required* ⁹	Days Isolated	Offer Testing ¹⁰
Symptomatic resident	Yes	10 from symptom onset <u>OR</u> until symptoms resolve <i>Whichever is longer</i>	Yes
Positive COVID-19 test	Yes	10 from symptom onset <u>OR</u> until symptoms resolve <i>Whichever is longer</i>	-
Close contact with someone who has COVID-19	Yes	14	Yes
New admission to facility (regardless of where they moved in from)	Yes	14	Yes
Current resident who returns from hospital admission <i>related</i> to confirmed COVID-19	Yes	14 from symptom onset <u>OR</u> until symptoms resolve <i>Whichever is longer</i>	No
Current resident who returns from hospital admission <i>unrelated</i> to COVID-19	Yes	14	Yes
Return from emergency department	No	-	No
Return from essential activity ¹¹	No	-	No
Return from non-essential activity	No	-	No
Return from Temporary Relocation (return from move out to stay with a family member or other for a period of time longer than 24 hours)	Yes	14	Yes
Routine asymptomatic testing	No	-	Yes
Situation Specific as per Chief Medical Officer of Health/designate	As per CMOH/designate	As per CMOH/designate	As per CMOH/designate

⁹ Operators retain the ability to take a risk-based approach in requesting residents isolate in consultation with Zone MOH/designate.

¹⁰ Residents should only be tested if they have not tested positive in the past 30 days

¹¹ Including medical appointment, groceries, pharmacy, outdoor time, employment, etc. If operator believes there was an