

A Letter to Residents of Long-Term Care or Retirement Homes, and their Families

November 6, 2020

On October 28 we sent you a letter with recommendations for keeping local Long-Term Care Homes and Retirement Home residents safe. This week we have observed an increase in cases of COVID-19 in the Aylmer and Norwich, Ontario regions.

As a result, I have asked that both Retirement Homes and Long-Term Care Homes in these communities temporarily discontinue short-term absences. Temporary overnight absences may occur if they do NOT take place in the Aylmer or Norwich areas, or other identified "COVID-19 hotspots" such as Toronto, Peel region, Halton region, or Ottawa.

All Retirement and Long-Term Care Homes located in our region (Oxford County, Elgin County and the City of St. Thomas) have been advised to discontinue both short-term absences and temporary overnight absences to if those visits will take place in either Aylmer or Norwich.

As cases and outbreaks of COVID-19 fluctuate, I will issue guidelines like these, based on local data and designed with our local communities in mind. Thank you for your understanding.

Dr. Joyce Lock,
Medical Officer of Health

Visitors



Plan your visit in advance and keep the Home informed.



STAY HOME if you feel sick. Don't take a chance!



While indoors, wear the face-covering you are given so it securely covers your nose, mouth and chin.



Wash your hands often and well.



Maintain a physical distance of 2 meters between your group and other residents and staff within the Home.



If you live in a high risk region, please consider a virtual visit instead of an in-person visit.

Short and Temporary Absences



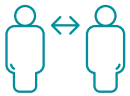
Requests for absences must be approved by the Home's administration.



Any resident who is absent for an overnight or longer, needs to go into 14-day isolation when they return. If this isolation cannot occur for any reason, the overnight stay will not be permitted.



Face-coverings are required in ALL Ontario indoor public spaces. EVERYONE is required to wear one for the entire outing (including in your vehicle). If the resident cannot wear a face-covering, please do not leave the Home unless for medical care.



Follow physical distancing requirements while out in the community, in addition to wearing a face-covering.



Carefully consider which activities you attend. Many cases of COVID-19 are traced to weddings, family dinners, funerals and other social gatherings.



Visit only one household and its members per outing. **We recommend a wait time of 14 days between visits to different households.** This reduces the chance of anyone getting sick.