

# 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.