

CONFINEMENT REGULATIONS UPDATE: COVID-19

Date: May 6, 2020

a) Easing of measures at Seniors' Residences (SRs)

The current confinement environment for SRs implies significant impacts for residents. As a result, the government has decided to loosen some of its measures.

It is now possible for SRs residents:

- 1- To leave without supervision (you must always sign the register at the entrance of your phase with your name, apartment number, time and date of departure and arrival.)
- 2- To take your car (you must always sign the register with your name, apartment number, time and date of departure and arrival.)
- 3- To meet a relative outside the property/ground of the residence by maintaining a distance of 2 metres at all times (for the autonomous resident in his or her movements). We understand that you may be tempted to give a hug to your loved ones, but you must keep your distance for your safety and that of others.
- 4- To be assisted by a meaningful caregiver (see definition of "caregiver"), who has obtained a negative result on the COVID-19 test, for outdoor outings (for the resident who needs assistance in moving about) **To do so, the following conditions must be met at all times:**

- Physical distance of at least 2 metres (about 6 feet)
- Hand hygiene when leaving and returning to the residence
- Wearing a face shield if physical distance cannot be maintained due to a need for assistance.

Note: Residents who test positive for COVID-19, who are symptomatic or who are awaiting a test result must remain in isolation.

When you return to the residence (as soon as you enter the residence grounds), the standards must remain the same. You must be confined to your unit. The common areas of the residence will remain closed until further notice. Physical and social activities will not be resumed until further notice (this unfortunately includes outdoor games such as bocce, community garden, ...). We will proceed in stages, always according to government regulations, to guarantee the health and safety of the residents.

We ask all residents to be extremely vigilant when leaving the residence. In addition, if you have symptoms of COVID-19, it is imperative that you place yourself in isolation in your unit and report it to the residence.

Note: We follow the regulations recommended by our governments.

b) New instructions for SRs residents who wish to live with a loved one during the pandemic

1. It is now possible to authorize the departure of a resident to live with a loved one when cases of COVID-19 have been reported.

However, it is recommended to minimise the risk of contagion in the care environment (in the home of the relative) through the following actions:

- 1.1. Frequent hand washing
- 1.2. Maintain 2 metres between people.
- 1.3. No visitors at home
- 1.4. No outings by the resident to visit other family members or to go to public places (shops, pharmacy, etc.).
- 1.5. If the resident staying with a relative has a scheduled medical appointment, do not use public transport, and maintain a distance of 2 metres as much as possible.
- 1.6. Other members of the household should limit themselves to essentials outings and apply strict hand hygiene measures before, during and after travel.
- 1.7. Frequently clean and disinfect objects and contact surfaces (door handles, faucets, toilet flushes, switches, handrails).

Note that certain situations are **temporarily prohibited** for living with a loved one:

- 1.8. A resident who wishes to leave the SRs or one of the people living in the nursing home presents one or more symptoms associated with COVID-19 (unusual cough, fever, difficulty breathing, sudden loss of sense of smell without nasal congestion, with or without loss of taste).
- 1.9. A resident who wishes to leave the SRs or one of the persons in the host household should be specifically targeted for public health isolation because they: a) have been in close contact with a confirmed case of COVID-19, b) are awaiting a COVID-19 test result.

In these situations, it is necessary to wait until the isolation orders that apply to the person are lifted before planning the release.

2. Return to residence before the end of the pandemic

In our last communications, it was mentioned that a resident who leaves an SRs to go live with a loved one must stay there until the end of the pandemic. However, a return to residence may be acceptable in certain circumstances. Please contact management if you wish to return home after a temporary departure. To return home, the resident must test negative for COVID-19 and quarantine for the first 14 days.

c) Mother's Day guidelines

Delivery services are **permitted**, but the goods must be delivered at the main entrance and disinfected before being delivered to the resident. No contact with the resident is permitted. However, to respect hygiene and sanitation rules, meals prepared at home are **prohibited**. Only meals from businesses are authorized.

d) Deliveries

Delivery instructions (by a company, a relative, or others) remain the same.

Deliveries will continue to be made by phase 1 (reception).

e) Access to caregivers

Please note that we are awaiting further instructions on how to gain access to caregivers. Currently, we are not able to provide access to caregivers. We should have the guidelines in place by the end of the week.

We are greatly confident that all residents will duly follow the rules and regulations to keep the premises safe for everyone. It is important to understand that the confinement and distancing rules remain the same while you are in the residence to respect residents who do not wish to begin "deconfinement" immediately. We appreciate your patience, cooperation, and continued collaboration during this process. Not only are you protecting yourself, but you are saving lives!

Stay tuned for further changes.

Thank you,

Katasa Groupe + Développement and the Residence