

Visits by informal caregivers in cold zone

BEFORE YOUR VISIT

- Self-monitor for signs and symptoms (see APPENDIX 1).
- If you are experiencing any symptoms, cancel your visit:
 - Contact person: _____
- Limit your trips between home and the facility as much as possible:
 - Do not stop anywhere between the facility and home (e.g., grocery store or other public places or businesses).

WHEN YOU ARRIVE AT THE FACILITY

- Leave your personal items in the car (bag, food, etc.).
- Go to reception staff, sign the register, and follow their instructions.
- Wash or sanitize hands.
- Put on a mask and keep it on the entire time:
 - The mask must cover your nose and mouth at all times.
- In the event of an outbreak at the facility, wash or sanitize hands again and put on safety glasses. (Ask reception staff, as needed.)
- If you have a coat, take it off and hang it in the designated location.
- Wash or sanitize hands.
- If you bring your cellphone to the room, disinfect it with the product available at reception (disinfecting wipe or other product).

ON THE WAY TO YOUR LOVED ONE'S ROOM

- Proceed directly to your loved one's room, following the route given to you by reception staff.
- Only walk in authorized areas.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

BEFORE ENTERING YOUR LOVED ONE'S ROOM

- Wash or sanitize hands.
- Put on a gown.
- Put on safety glasses (if not already on).
- Put on gloves.

VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS Cold zone with droplet and contact precautions

DURING YOUR VISIT

- Stay in your loved one's room.
- You are not permitted to enter and exit the room during your visit.
 - If your loved one is not in their room, ask the staff to bring them back to their room for the visit.
- Ask staff for any materials needed during the visit.
- Avoid hugging.
- Use only the washrooms designated by staff.

BEFORE LEAVING THE ROOM

- Ask a staff member for help by pressing the call button (if there is one).
- Remove your gloves and throw them in the garbage.
- Wash or sanitize hands.
- Remove gown and throw it in the garbage.
- Wash or sanitize hands again.

WHEN LEAVING YOUR LOVED ONE'S ROOM

- Remove safety glasses and disinfect them according to the procedure (if applicable).
- Wash or sanitize hands.
- Proceed directly to the exit, following the route you are given.
- Only walk in authorized areas.
- Keep at least 2 metres away from everyone else at the facility, including staff, residents, and other visitors.

BEFORE EXITING THE FACILITY

- Wash or sanitize hands.
- Disinfect your cellphone.
- Wash or sanitize hands.
- If you have a coat, put it on.
- Wash or sanitize hands.
- Remove safety glasses and disinfect them according to the procedure (if not already done).
- Put the safety glasses in the designated location.
- Wash or sanitize hands again.
- Remove your mask and throw it in the garbage.
- Wash or sanitize hands.
- In public CHSLDs, advise a staff member that you are leaving.

WHEN GOING HOME

- On your way home from the facility, do not stop anywhere (e.g., grocery store or other public places or businesses).
- Change and wash your clothes (regular wash cycle).
- For your next visit, do not stop anywhere between the facility and home.
- Self-monitor daily for signs and symptoms of COVID-19 (see APPENDIX 1).

VISITS BY INFORMAL CAREGIVERS – COVID-19 NON-HOSPITAL SETTINGS

Cold zone with droplet and contact precautions

APPENDIX 1

SELF-MONITORING CHART: COVID-19 SYMPTOMS

Asymptomatic

Date symptoms started: _____
YYYY-MM-DD

Symptoms associated with COVID-19			
New or worsening cough	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Fever of 38°C (100.4°F) or higher Seniors: 37.8°C (100.0°F) or higher	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Fever/chills (temperature not taken)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Sore throat	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Runny nose	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Difficulty breathing (e.g., shortness of breath or difficulty speaking)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Nausea, vomiting	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Headache	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Generalized weakness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Pain (muscle, chest, abdominal, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Irritability, confusion	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Sudden loss of smell (anosmia) without nasal congestion, with or without loss of taste (ageusia)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unknown
Other (specify): _____ _____			

**VISITS BY INFORMAL CAREGIVERS – COVID-19
NON-HOSPITAL SETTINGS**
Cold zone with droplet and contact precautions
APPENDIX 2

**HAND HYGIENE FOR VISITORS
TO THE FACILITY FROM ARRIVAL TO DEPARTURE**

Hand hygiene is mandatory each time:







BEFORE

- Putting on your mask
- Administering care
- Preparing food or eating
- Putting on gloves

AFTER

- Touching or removing your mask
- Blowing your nose
- Removing gloves
- Contact with body fluid
- Using the bathroom

**AND EACH TIME YOUR HANDS COME INTO CONTACT WITH
CONTAMINATED OBJECTS OR SURFACES.**

	ON ARRIVAL	According to the “Visits by informal caregivers - COVID-19” document
	WHEN EXITING THE STAIRWELL OR ELEVATOR	
	BEFORE ENTERING THE ROOM	
	WHEN LEAVING THE ROOM	
	WHEN EXITING THE STAIRWELL OR ELEVATOR	
	WHEN LEAVING	According to the “Visits by informal caregivers - COVID-19” document