

Friday, February 12, 2021

Object: Easing #2 confinement / COVID-19 Prevention



Dear residents,

The *Ministry of Health and Social Services (MHSS)* has given us the authorization to proceed with further easing guidelines. We remind you, however, that our region is still in the red zone, at least until February 22, and that community transmission is still very high in the region.

Guidelines currently in effect:

- Activities
 - Individual activities are permitted.
 - Consult the recreation poster to find out what we can currently open and the rules to follow.
 - Some organized and supervised activities aimed at preventing deconditioning are authorized.
 - Your activities on the floors will continue.
 - Consult your animator in leisure to find out about other organized activities to come.
 - Outdoor group activities (4 residents maximum) are authorized.
 - A schedule of supervised outdoor walks will be offered to you, if you wish to be reassured during your outing.
 - Your suggestions are always welcome! Give your ideas to your animator in leisure.
- Resident-Friend
 - A single resident can visit another single resident. It is mandatory that it is always the same resident and only this one.
 - Please register in the *Duos* register at reception so that we can preserve our hyper-efficient traceability system in the event of an outbreak.
 - Every duos must still maintain the safety measures, including: distancing, masks, hand hygiene and no object sharing.
- Outings
 - It is forbidden for a single person to visit a family bubble.
 - Provincial curfew from 8:00 p.m. to 5:00 a.m. remains mandatory.
 - Interregional travel remains prohibited;

- If you visit a hospital for an emergency or an appointment, the residence healthcare team will validate these points:
 - Have you worn your procedural mask, eye protection and been extra vigilant at all times?
 - Is the area visited experiencing an outbreak?
 - Do you have symptoms associated with COVID-19?
 - When you return, wash and disinfect everything you were wearing, as hospitals are places at high risk of transmission.
- Caregiver
 - It is allowed for a caregiver to take a walk with a resident, outside (on the grounds of the residence, in the neighborhood, etc.).
 - Même à l'extérieur, il est obligatoire de respecter les mesures préventives et le port des équipements de protection.
 - Even outdoors, it is mandatory to respect preventive measures and the wearing of protective equipment.
 - Only one caregiver per day is authorized and the number of caregivers remains limited to two per apartment.
- Family and visitor
 - It is always possible for your families to reserve a time slot at the *Contactless Safe Parlor* in some of our residences. Ask at reception.
- Meals
 - Unfortunately, the MHSS forces us to keep the dining room of the residence closed for the moment. We therefore continue delivery to the apartments;

It is essential to remain vigilant and to continue to adopt the best hygiene and prevention practices on a daily basis.

Please be assured that we will keep you posted if any further changes are announced. You can contact reception at any time if you have any questions or concerns! Happy Valentine's Day! ♥

- Management Team ☀