

Outbreaks of illness can be very stressful for residents, staff, visitors and family members. However, for residents outbreaks can be more than just stressful, they can be life-threatening. For the health and well-being of everyone it is important to control and stop outbreaks as quickly as possible.

This centre is experiencing an
OUTBREAK



How to Visit During an Outbreak

Please read the outbreak notice posters located at the entrance of any unit that is currently experiencing an outbreak and follow the recommendations on the notice. If you need help or further information please ask one of the staff.

Check in at the nursing station. Control measures may change several times during an outbreak. Staff at the nursing station will provide you with information on control measures that are being used at that time, and help answer your questions.

Keep Your Hands Clean. Alcohol-based hand hygiene stations are located at every entrance/exit and throughout the centre. We ask that you use the alcohol-based hand rub so that you don't bring any germs into the centre, nor take any home.

Clean your hands:

- Immediately when you enter the centre and as you leave.
- Before entering a resident's room and as you leave the resident's room.
- Before and after assisting a resident at mealtime or providing care to a resident.
- Before eating.
- After using the washroom.

Please follow the centre's infection prevention and control instructions; this includes instructions for precautions or personal protective equipment (e.g. gloves, masks, eye protection or gowns), if required, as indicated on the resident's door or as directed by health care staff.

Participation in control measures is required by everyone to assist in containing an outbreak.

Please remember...

Do not visit if you are ill. Visiting a resident when you are not feeling well puts everyone in the centre at risk. Keep infants and children at home if they are not feeling well.

Do not visit if you have a cold or any of the following symptoms:

- Fever, cough, runny nose, sneezing, stuffy nose or sore throat.
- Diarrhea, upset stomach, vomiting or nausea
- Rash

If a resident is ill, visit in their room only. Avoid taking an ill resident to a common area during your visit. When visiting any resident follow the centre's infection prevention and control instructions.

Do not visit more than one resident within the centre.

After visiting a resident, please leave the centre immediately. To protect yourself, avoid common areas (e.g. dining room). Please do not visit other resident rooms or common areas on the unit such as the lounge and resident kitchenette.