

Protocols for Resident Short-Stay Absences

As per the Ministry of Health Directive #3 (June 10, 2020) and Ministry for Seniors and Accessibility (MSAA) Reopening Retirement Homes (June 11, 2020) requirement for **education on all required protocols for short absences to be provided by Castle Peak**, this document will be shared with all residents.

Beginning June 18th, 2020, Castle Peak Retirement Residence will allow residents to leave the property for short absences within the parameters outlined in this document, provided all requirements are met.

General:

- If Castle Peak is in an **outbreak**, short-stay absences are not permitted. If short absences begin in Castle Peak but Castle Peak **enters into an outbreak**, all short absences will **end**.
- All outbreaks will be announced. Residents will be notified via letter and resident substitute decision makers will be notified via telephone.
- Any non-adherence to the rules set out in this document could be the basis for discontinuation of short-stay absences.

Expectations / Requirements:

Castle Peak Retirement Residence residents who wish to go outside of Castle Peak (e.g., short absences with friends/family, shopping, medical appointments, etc. are permitted to do so if the following requirements are met:

- The resident **must pass active screening every time they re-enter** Castle Peak and also **attest** that they are not experiencing any of the typical and atypical symptoms of COVID-19. If a resident cannot meet these conditions, Castle Peak will follow existing outbreak or isolation policies.
- If resident is being transported by another person, that person will be screened by our staff and must **attest** to residence staff that they have been **tested negative for COVID-19 within the previous 2 weeks and subsequently not tested positive**. Castle Peak is not responsible for providing the testing.
- Each short absence must be limited to a **maximum of 12 hours and cannot be overnight**.
- The resident must **wear a cloth mask while outside Castle Peak**. The resident is responsible for supplying their own cloth mask while they are on short absences.
- For residents that leave the home for an **out-patient visit**, Castle Peak will provide a mask. The resident must wear a mask while out and be screened upon their return, but does not need to be self-isolated.

If Castle Peak Enters into an Outbreak – Absence in Hospital

Per Directive #3, in the **event of an outbreak** where residents cannot be placed in other areas of Castle Peak that are not part of the declared outbreak area, or there are other exceptional circumstances (e.g., resident safety, advice from local public health unit), temporary short-stay in hospital may be considered for residents to support outbreak management and IPAC measures under certain parameters.

Appendix A – Symptoms List

Source: Ministry of Health COVID-19 Reference Document for Symptoms (May 25, 2020)

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*

Other signs of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

Atypical symptoms/clinical pictures of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children
 - Presentation may include persistent fever, abdominal pain, conjunctivitis, gastrointestinal symptoms (nausea, vomiting and diarrhea) and rash

Atypical signs can include:

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O₂ sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Appendix B – How to Put on/Take off a Mask

Source: World Health Organization ([Non-Medical Fabric Mask](#))

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →

-  Clean your hands before touching the mask
-  Inspect the mask for damage or if dirty
-  Adjust the mask to your face without leaving gaps on the sides
-  Cover your mouth, nose, and chin
-  Avoid touching the mask
-  Clean your hands before removing the mask
-  Remove the mask by the straps behind the ears or head
-  Pull the mask away from your face
-  Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
-  Remove the mask by the straps when taking it out of the bag
-  Wash the mask in soap or detergent, preferably with hot water, at least once a day
-  Clean your hands after removing the mask

Don'ts →

-  Do not use a mask that looks damaged
-  Do not wear a loose mask
-  Do not wear the mask under the nose
-  Do not remove the mask where there are people within 1 metre
-  Do not use a mask that is difficult to breathe through
-  Do not wear a dirty or wet mask
-  Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization

Source: World Health Organization ([Medical Mask](#))

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.


