



June 30, 2021

Welcome to phase three of the five phase reopening plan. Our hope is that our residents and family members can safely enjoy the summer months while still following public health guidelines. The Chief Medical Officer of Health has determined that the following restrictions can safely occur. These changes will start on Friday July 2.

For Residents who are fully immunized against COVID-19 (they have received both doses of an mRNA vaccine with the last dose being given at least 14 days ago):

- Indoor visits can now occur in the resident rooms for additional visitors as well as designated caregivers. Any visitors other than Designated Caregivers **MUST** make an appointment with Kathy MacDonald. We are asking that family members and any visitors communicate between themselves and limit the visits to two people at a time per resident.
- Anyone who is visiting a resident indoors may take a resident outdoors to meet up with up to two additional visitors in the garden area for a maximum of four visitors. We are asking that you limit the numbers in your party due to the small garden size and the minimal space we have so that we can have as many residents enjoying a visit as possible while still maintaining some space between group.
- Residents are encouraged, but not required, to wear a mask
- Residents are encouraged, but not required to physically distance from their visitor(s). They may sit close, hug, touch, or exchange a kiss or handshake whether inside or outside.
- Full community access is now permitted for residents at Saint Vincent's Nursing Home, with support person, Designated Caregiver, or independently if agreed upon by resident and facility. This includes retail stores, restaurants, or banks.
- **This does not include visits in the family home.**

For Residents who are partially immunized or not immunized against COVID-19 (they have received one dose of an mRNA vaccine, or have received two doses of an mRNA vaccine but it has not been 14 days since the second dose):

- Visits outdoors without physical distancing are now permitted.
- Residents are encouraged, but are not required, to wear a mask and physically distance.
- These residents may sit close, hug, touch, or exchange a kiss or handshake during an outdoor visit.
- Residents may now access outdoor public areas such as parks.

- The resident must maintain physical distancing (except with their Designated Caregiver or support person accompanying them) and is not permitted to come into contact with anyone during the outing.
- **Indoor visits can only occur with Designated Caregivers, volunteers and specialized workers. Additional visitors are not permitted indoors.**

We would like to take this opportunity to welcome visitors back to Saint Vincent's Nursing Home. It has certainly been a while, and we look forward to seeing you again. We do have some rules for visits based on Public Health Guidelines. These guidelines must be followed at all times while visiting a resident at Saint Vincent's.

- Any visitor whether you are visiting a resident indoors or outdoors must be screened in the lobby.
- You must wear a mask into the lobby. It can be a paper mask or a cloth mask.
- Please proceed to the lobby where you will be greeted by a friendly screener who will ask you some questions.
- You will be asked to remove your mask, to sanitize your hands, and you will be given a medical mask to wear for the entire visit.
- The mask can not be removed for any reason and must cover your nose at all times. Please do not lower it to talk.
- Indoor visits with residents can only take place in the resident's room. You must go directly to your loved ones room and stay there for the entire visit. If you get in the room and your loved one is not there, use the call bell and we will bring your loved one to you. If you required assistance, use your call bell.
- Do not wander in the hallway. We need to maintain physical distancing still and this can only happen when visitors stay in rooms and leave the hallways for the residents.
- Wash your hands frequently. We have alcohol based hand sanitizer readily available. Use it as much as possible.
- Cough and sneeze into your elbow (even though you have a mask on).
- There is a limit in the elevator of four individuals. If you call the elevator and there is already four people on it, please let it go and call another one.

All visitors must continue to be screened for the time-being so visiting hours are currently between the hours of 9:00a.m.-6:30p.m. Please plan your visit so that you are out of the building by 6:30 at the latest.

As a reminder, effective today, visitors from outside Atlantic Canada who are fully vaccinated (2 doses at least 14 days prior to arrival) are not required to isolate. COVID testing is recommended. Partially vaccinated (1st dose given at least 14 days prior to arrival) visitors must isolate for 7 days and are required to have two negative COVID tests prior to leaving self-isolation. Unvaccinated visitors are required to isolate for 14 days. COVID testing is recommended.

Visitors from within Atlantic Canada are not required to self isolate.

These changes will allow our residents greater freedom and an increased quality of life for both our residents and their families. These changes are constant and can be confusing. If you have any questions at all, please do not hesitate to ask.

Thank you. We look forward to seeing you again.