

July 14, 2021



We have officially entered phase 4 of the 5 phase reopening plan. It is wonderful to see the number of COVID-19 cases decreasing and the country starting to get back to a more normal way of life. It has been a long 17 months since the COVID-19 restrictions began for everyone. We have managed to make it this far without a case of COVID-19 at Saint Vincent's by the hard work of every single staff member and the support of our wonderful family members who have adapted to the ever-changing rules, restrictions, and guidelines. We thank you for the support. Here are the changes to the restrictions for phase 4 in long term care based on Dr. Strang's recommendation.

For residents who are fully immunized against COVID-19:

- Visits in a family home, including overnight stays for no more than one night at a time, are now permitted. Others may visit the home while the resident is present, if gathering limits are maintained. It is highly recommended that all eligible residents in a family home are immunized with at least one dose of a COVID-19 vaccine. A family home may include a cottage.

For residents who are partially immunized against COVID-19 or not immunized:

- Full community access is now permitted with a support person, Designated Caregiver, or independently, if agreed upon by the resident and Saint Vincent's Nursing Home. This included retail stores, restaurants, and banks.
- Unimmunized or partially immunized residents are **not** permitted to visit the family home.
- Indoor visits to residents' rooms is now permitted. Residents are encouraged, but not required to wear a mask and physically distance from their visitor (s). However, residents may sit close, hug, touch, or exchange a kiss or handshake during an indoor visit.

For all residents regardless of immunization status:

- Residents may now travel on public transit such as Metro Transit, including where residents could be on the same bus as the general public.
- Residents are now permitted full community access during off-site bus trips. The bus can now stop at a park, boardwalk, retail store or anywhere else.

Important points to consider:

- Family members are no longer required to book an appointment with Kathy MacDonald for garden visits or in-room visits. We are removing the two-person visitor limit for in-

room visits but please keep the number of visitors at one time minimal and be considerate to resident's roommates.

- If you are planning on having a resident for an overnight visit, please inform the unit.
- Designated caregivers are the only people able to take residents for a drive at this time.
- Please come to visit your loved one between the hours of 9:00 a.m. and 6:30 p.m.

There is one restriction being lifted for staff at Saint Vincent's. This change will be effective immediately.

- The Windsor Room and staff room are now open for staff on all units. Staff are no longer required to cohort on their unit and can mix and mingle about the units.

Please continue to make regular COVID tests a part of your visits to Saint Vincent's. As always, if you have any questions, comments, or concerns, please let me know and I will do my best to answer any question or find the answer for you.

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