

# What is COVID-19?

- COVID-19 is an illness caused by a coronavirus.
- Human coronaviruses are common and usually associated with mild illnesses like the common cold.
- Everyone is at risk for getting COVID-19.
- Older persons are more at risk for developing severe complications related to COVID-19 due to underlying medical conditions and age.

## Symptoms



Fever



New Cough



Shortness of Breath



Sore Throat

Visit <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html> for a full list of symptoms.

## Our top priority is providing quality care to our residents.

If you would like to know more about the measures taken by Extendicare to keep our residents, team members, and families safe from COVID-19, please reach out to the home's Administrator.



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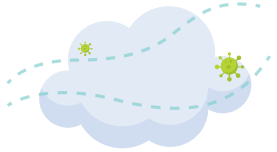
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# COVID-19

Resource guide for Residents, Families, and Visitors to our Long Term Care Home.



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## How does it spread?

COVID-19 most commonly spreads from an infected person to another person through the following:

- **Close contact:** Breathing in someone's respiratory droplets after they cough, sneeze, laugh or sing.
- **Contaminated surfaces:** Touching something with the virus on it, then touching your mouth, nose or eyes with unwashed hands.
- **Common greetings:** Handshakes, hugs or kisses.

## What we're doing

We have taken the below steps to protect our Residents:

- Visitor & staff screening.
- Limiting the number of visitors.
- Smaller group activities & dining.
- Education & practice of proper hand hygiene.
- Universal masking for all visitors & staff.
- Possible isolation for residents returning from hospital or those with symptoms.

## If a Resident contracts COVID-19

You will be isolated in your room and tested for COVID-19. You may be moved from your room to control the spread, but it will be discussed with you beforehand. Care, monitoring & symptom management will be provided.

## How do I prepare?

We know it's scary to think you may contract the virus, but you can reduce the risk by:

- Washing your hands frequently and using alcohol based hand rub for 20 seconds.
- Keeping at least 2 metres apart from your co-residents & families.
- Alerting staff if you feel unwell & staying in your room until seen by the nurse.
- Review your goals of care, wishes and treatment plans with your physician and the staff, and communicate with your POA/SDM(s).

