

## Information Sheet for Families and Visitors

There has been a lot of attention in the media about 2019 novel coronavirus, also called SARS-CoV-2. The illness is called COVID-19. It is important to understand what steps you can take to protect yourself and your loved ones. This facility is taking an active, common sense approach to preventing the spread of COVID-19 by following prudent infection prevention strategies.

We encourage you to remain up-to-date on information by following information posted by the Government of Ontario and the Government of Canada on COVID-19: both have established specific websites for your information

<https://www.ontario.ca/page/2019-novel-coronavirus>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

In general symptoms of human coronaviruses may be very mild or more serious, such as:

- Fever
- Cough
- Difficulty breathing
- Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water at this time.

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth, especially with unwashed hands;
- avoid close contact with people who are sick;
- cough and sneeze into your sleeve and not your hands; and
- stay home if you are sick to avoid spreading illness to others.

We have been instructed to conduct Active Screening, which means we will be restricting access to TCMH Homes to the main doors only, and each time you come to the Home you will be required to be screened for travel history, and new\changing or worsening symptoms. This may also include taking of your temperature. If you do not pass any element of the screening tool, you will not be permitted to enter the Home for a minimum of 7 and up to 14 days. Self-screening before coming to TCMH Homes is considered appropriate; consider the screening tool at home, and do not come to the Home if you fail self-screening.

In collaboration with the Ministry of Long-Term Care, Ministry of Health and our local Public Health units, we will be coordinating our efforts to best protect you, our residents and our staff. This is a new and trying time for us all, and we ask your patience and perseverance as things change frequently and rapidly.

Should you have any questions at all, please do not hesitate to ask one of our clinical or administrative staff for assistance.