

Coronavirus Update for residents of The Cedars based on guidance from Island Health and Dr. Bonnie Henry, Provincial Medical Officer – March 16, 2020

- We have been advised to employ routine precautions for influenza season – this means regular and constant handwashing and sanitizing. We have redoubled our efforts in an attempt to stop transmission of infection.
- We ask that everyone entering the dining room ensure that they sanitize their hands. Staff will be present at the entrance to remind residents. Walkers must be removed from the dining room as staff will be sanitizing all walkers while residents are dining.
- No guests will be allowed in the dining room until further notice.
- Family visitors are still allowed, at this time, however we ask that they restrict their presence in the building to your apartment only. If you know that any of your family have travelled, please let them know that they are not welcome in the building until they have undertaken the necessary isolation procedures/14 days isolation.
- Any recreation programs delivered by volunteers have been cancelled. Please look at the white notice board in the lobby to see what is happening. At this time programs like Tai Chi and Chair Yoga will continue for Cedars residents only. We are able to manage the numbers to create social distancing and sanitizing.
- Spiritual Time on Wednesday mornings is cancelled. Music Inspiration on Tuesday evening is cancelled.
- Island Health have recommended that people over 70 years of age should stay at home.
- **IF** you have no family or support and you need groceries for breakfast and personal items please let our front desk staff know and we will see how we might be able to assist you.
- Anita and Trish will be reviewing the recreation program and look to create opportunities to support the well-being of residents. While we are doing what we can to protect physical well-being, we all need opportunities for mental, emotional and spiritual well-being.
- As our Health Minister said, quoting the World Health Organization – **“The most important thing is not the pandemic but how we respond to it.”** Wash your hands, sanitize, stay in your apartment if you are unwell, throw away Kleenex after use and wash your hands after each use of tissue. Do not reuse tissues.
- If you are concerned about your health call your primary health care provider or 811 which is the 24-hour nurse line to discuss your concerns.

Let us all do our very best to keep ourselves and others healthy.

Karen Hope, Executive Director