

## Covid-19

### Resident Update November 20, 2020

We live and work in community and we share the responsibility to keep ourselves safe and well and each other safe and well. As Covid-fatigued as we may feel we can dig deep, knowing that there is a light at the end of this tunnel. We all, staff and resident alike, need to understand and accept that in this current resurgence of Covid-19 there is no room for “me”, it is about “we”. No room for indignation or a sense that our personal liberties are under threat because of Ministry of Health restrictions, designed to keep us all as safe as possible

We might think that we are invincible or that if we get sick it won't matter or we will be looked after. We need only read/watch the news to know the impact on individuals, families and health services.

We are all fed up with yet more rules, guidelines, restrictions. But, carry on we must. I suspect that we have all had the experience that trials are easier to bear with acceptance, love and a sense of humour. Many will know and understand this better than me.

Staff are governed by the same policies and restrictions as residents. Staff are constantly monitoring their own behaviours, particularly in light of where we work and who it is that we serve. I would ask that residents and families do the same.

As you know, we are required to follow the orders and guidelines presented to us by the Ministry of Health and overseen by Island Health. At least until Dec. 7<sup>th</sup>, when the Ministry of Health orders will be reviewed, restrictions will be as follows:

No social gatherings of **any size** with anyone other than your household or core bubble. For example:

- Do not invite friends or extended family to your household
- Do not host gathering outdoors
- Do not gather in your backyard

Going for a walk is not considered a social gathering, providing you make sure it doesn't become a group meeting outside for a walk.

An immediate household is: A group of people who live in the same dwelling i.e. The Cedars, not your family or friends.

All non-essential travel should be avoided i.e do not travel to visit friends or family outside of your household.

**PLEASE TURN OVER...**

Until we hear otherwise, “Designated” visitors, at scheduled times, will continue to be allowed into The Cedars. There is no change to “Essential” visitors. ALL visitors must wear medical-grade masks while they are in the building.

If you must get into a vehicle with someone please wear a mask and leave it on when you are in the vehicle.

Masks are to be worn by residents and staff alike when outside of our suites or offices except of course during meal times/tea/coffee times.

As well as masks, physical distancing, group size and handwashing remain essential measures of infection control.

If you have any questions or comments please, do not hesitate to speak with me.

Thank you, in the hope and anticipation of your cooperation.

Karen Hope  
Executive Director