



Covid-19
Resident Update – December 10th, 2020

We cannot kid ourselves, the numbers of people diagnosed with Covid-19 continues to grow. There are high levels of transmission and community spread in BC and the Island is part of that. The rising figures would, I hope, make believers of the most sceptic of those amongst us. We are not immune here in Victoria.

There is that ray of light beginning to shine more brightly but as of today, we do not know when a vaccine will be available to us. We must continue with our discipline of wearing masks, maintaining our distance, constant careful hand washing and all around limiting of our contacts, going out ONLY if essential.

We continue to be guided by the Ministry of Health (MOH) and Island Health in our protocols and service delivery.

Dr. Henry has extended the province-wide restrictions on social gatherings to January 8th, 2021. “No social gatherings of **any size** at your residence with anyone other than your household or core bubble.”

What does this mean for residents of The Cedars over the Christmas holidays?

If you live alone, you can continue to spend time with one or two people from a different household who are part of your core “bubble”. Keep these people consistent.

Can I go to my family for Christmas?

1. Ideally, no, but if you must, please ensure that your family is no more than two people, from the same household and that they are part of your bubble.

Can I stay overnight?

2. Yes, you can stay for a 24-hour period within this “bubble” without needing to self-isolate when you return home to The Cedars. Any longer and you will need to self-isolate for 14 days.

It is my hope that any family member would hold your safety and the well-being of our community as paramount.

Visitors in The Cedars - a clarification:

Essential Visitor – Essential visits continue and they include, but are not limited to:

- Visits for compassionate care-including critical illness, palliative care, hospice care, end of life, and Medical Assistance in Dying;

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- Visits considered important to your physical care and mental well-being, including: Assistance with eating; Assistance with mobility; personal care; Communication assistance for persons;
- with hearing, visual, speech, cognitive, intellectual or memory impairments; Assistance by designated representatives for persons with disabilities, including provision of emotional support;
- Visits for supported decision making;
- Visits by repair personnel i.e. telephone, cable, tv
- and Visitors required to move belongings in or out of a client's room.

These visits may take place in-suite and need not be booked or scheduled but the front desk must be informed if essential visitations are likely or required.

Designated Visitor – one person only, chosen by you, for social visiting, in a designated area not in your suite.

- All visits must be booked at the front desk in advance, usually for an hour at a time.
- The number of visitors are limited, according to Island Health guidelines, in order to reduce the range of contacts and number people entering the building.
- Following each visit, staff will sanitize the visiting area.
- ALL visitors must wear a medical grade mask during the visit, provided by the Greeter, who will screen each person coming into the building. Residents receiving visits must be masked at all times.
- No visitors are allowed in the building after 8 p.m. week nights and 6 p.m. weekends and statutory holidays.

All visitors, essential or designated must be screened before entering the building.

It has indeed been a 'long haul' and I thank you for your ongoing endurance and cooperation with the guidelines intended to keep us all safe. Let us ensure that our decisions and the choices that we make during this holiday period continue to keep Covid-19 from entering our building.

Karen Hope,
Executive Director