

Coronavirus (COVID-19)

May 7, 2020

INFORMATION SHEET FOR INFORMAL AND FAMILY CAREGIVERS WHOSE LOVED ONE IS INSTITUTIONALIZED

A number of measures have been put in place during the current pandemic to limit, to the greatest extent possible, the spread of COVID-19 among the elderly and the most vulnerable. When the situation was most critical, it was unfortunately not possible to allow informal and family caregivers to access the nursing homes and long-term care facilities known as CHSLDs, as well as the intermediate and family-type (RI-RTF) resources and private (RPA) homes for seniors.

Starting on May 11, 2020 and **subject to specific conditions**, significant informal and family caregivers¹ who had previously provided their presence on a regular basis will be able to resume the assistance and support given to CHSLD, RI-RTF and/or RPA residents. The caregivers must be known to CHSLD, RI-RTF or RPA staff and/or managers as having been previously involved with the resident to a significant degree.

Lessening the restrictions of these measures is subject to certain precautions, which are meant to ensure a favourable balance between risks and related benefits, including the availability of personal protective equipment (PPE). Only one informal caregiver per resident will be allowed at any one time. This directive is mandatory at all times and without exception in CHSLDs, especially in shared rooms. However, the directive may be modulated if two residents share a single RPA or RFI-RTF unit and both receive significant support from the same informal or family caregiver.

Any informal or family caregiver that disregards the instructions detailed in this information sheet could have their access to the CHSLD, RI-RTF or RPA lifted.

¹ By significant support, we refer to informal and family caregivers who offer assistance, moral support and comfort on either a daily basis or several times a week.

RULES GOVERNING THE LESSENING OF THE RESTRICTIVE MEASURES APPLICABLE TO SIGNIFICANT INFORMAL AND FAMILY CAREGIVERS ALLOWED IN CHSLD, RI-RTF AND RPA FACILITIES

You need to take an informed decision regarding the risk of exposure, and sign a consent form. The decision is yours alone and depends on your will and capabilities.

The consent form to be signed (if you so desire) states as follows:

- Your decision is informed and voluntary, made with full knowledge of the related danger and the possibility that you might become infected during a visit or even infect your loved one who is a resident of the facility.
- You agree to adopt the required behaviours to ensure the safety of the resident to whom you provide support, as well as the safety of other residents, facility staff, and yourself.

You are also required to abide by the following rules:

Symptoms monitoring and screening

- If you are required to self-isolate, for example due to close contact with someone who has COVID-19, you may not enter a CHSLD, RI-RTF or RPA or any unit therein where no confirmed COVID-19 cases exist, prior to the end of your isolation period.
- You must be asymptomatic for COVID-19 or fully recovered, and at least 14 days must have passed from the onset of your symptoms, with no acute symptoms in the last 24 hours except for residual coughing and must have had no fever during the last 48 hours without fever medication. If you have fully recovered, you will need to have a negative test result before being allowed to enter a CHSLD, RI-RTF or RPA or any unit therein where no confirmed COVID-19 cases exist.
- You must self-monitor for symptoms and not enter any CHSLD, RI-RTF or RPA facility if there is the least possibility that symptoms have arisen in your case (Appendix 1).

Protective measures and the prevention of infection

- Familiarize yourself with available information about symptoms monitoring, good hand hygiene, respiratory etiquette and the correct way to use PPE.
- Practice good hand hygiene when entering and exiting CHSLD, RI-RTF and/or RPA facilities and when entering and exiting a resident's room or a hot spot, as applicable.

- Ensure that you correctly wear your procedure mask as soon as you enter a CHSLD, RI-RTF or RPA and keep it on throughout your visit. Procedure masks can only be used once, then discarded.
- Use PPE appropriately on the basis of the type of care provided and the resident's condition. Except for procedure masks, PPE must be fully removed prior to exiting a hot spot.
- Do not bring clothes or items from home such as a purse or lunch bag, documents, etc. into the CHSLD, RI-RTF or RPA if they will subsequently be brought back home.
- Enter the facility with clean clothes. Change your clothes when you return home and launder them regularly.

Circulation within a CHSLD, RI-RTF ou RPA

- Only move between the entrance to the facility and the room or unit of the resident to whom you provide care.
- Ensure that you can get to the resident's room or unit without approaching other residents any closer than two metres.
- Avoid contact with staff and other informal and family caregivers of less than two metres.
- Never enter common areas of a CHSLD, RI-RTF or RPA.
- Do not enter equipment store rooms.
- Immediately leave the resident's room if medical procedures that generate aerosol spray are beginning. Only re-enter the room once the required number of changes of the room air has been completed (varies with the facility).
- Keep displacements outside your home to a minimum except for travel to the CHSLD, RI-RTF or RPA.

Appendix 1: Self-monitoring symptoms checklist

COVID-19 SYMPTOMS

Asymptomatic

Date of symptoms onset _____ YYYY-MM-JJ

Symptoms associated with a COVID-19 episode			
Recent onset of cough or worsening chronic cough	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Fever of $\geq 38^{\circ}\text{C}$ or 100.4°F ; for the elderly, these figures are $\geq 37.8^{\circ}\text{C}$ or 100°F	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Feverishness/Chills (temperature not taken)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Sore throat	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Runny nose	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Respiratory distress, out of breath, finding it hard to speak	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Nausea, vomiting	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Headaches	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Generalized fatigue	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Muscular, chest and/or abdominal pain, etc.	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Irritability, confusion	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Sudden loss of smell (anosmia) without nasal obstruction, with or without loss of taste (ageusia)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not known
Other (provide details): _____			

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