

For caregivers visiting retirement homes

CONSENT TO FOLLOW THE RULES OF THE MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX (MSSS) AND THE CIUSSS DU NORD-DE-L'ÎLE-DE-MONTRÉAL (CIUSSS NIM), INCLUDING THOSE PERTAINING TO BOTH PUBLIC AND PRIVATE SENIORS' HOMES, DURING THE COVID-19 PANDEMIC

I, _____, the undersigned, agree to follow the rules of the MSSS and the CIUSSS NIM in order to reduce the risk of spreading COVID-19.

RULES TO FOLLOW

1. Symptom monitoring and screening:

- If you are currently in isolation (e.g. due to close contact with a COVID-19 case), you may not visit any public or private retirement home before the end of your isolation;
- You must be asymptomatic or recovered from COVID-19 for 14 days after the onset of symptoms, have no acute symptoms for 24 hours except for the residual cough or the loss of smell which may persist longer, and have no fever for 48 hours without taking antipyretics. The recovered person must obtain a negative screening result before regaining access to any public or private retirement home or a unit in these homes where there are no confirmed COVID-19 cases;
- You must perform COVID-19 symptom self-monitoring. If any symptoms appear, you must not come to any public or private retirement home (see Declaration of COVID Symptom Absence for symptom description).

2. Infection protection and prevention measures:

- You must take the training offered by the establishment on symptom monitoring, handwashing, respiratory hygiene and the use of personal protective equipment (PPE);
- You must wash your hands when entering and leaving the retirement home, as well as when entering and leaving the resident's room or the COVID zone;
- You must put on a mask and eye protection upon entering the retirement home and wear them for the duration of your visit. Thus, you may not eat or drink during your visit. The mask may not be reused for the next visit;
- You must use the appropriate PPE according to the type of care offered and the resident's condition (access to a confirmed case or to a unit with confirmed cases = full PPE; access to a resident without symptoms (unconfirmed case) = mask and eye protection only). Except for the mask and eye protection, PPE must be removed before leaving the room; during your visit in the COVID zone, you may not use the washroom;
- You must not bring to the retirement home any clothing, or household or other items (handbag, lunch bag, documents, etc.) which would then be taken back to your home;
- Only one caregiver may care for one resident at a time. This rule must be respected at all times, with no exceptions, especially if there are two residents staying in the same room. However, this can be adapted if two residents staying together in the same room usually receive help from the same caregiver;
- You must arrive at the retirement home wearing clean clothes, and must change and wash your clothes when you return home (regular washing).

3. Arrival for a visit at the retirement home:

- You must arrive on time for your appointment;
- You must sign the register when you arrive and leave;
- You must notify the retirement home of any change in your health or personal situation that could modify the risk you represent regarding COVID-19;
- Only one visiting period is allowed per day (e.g. you may not arrive at 2PM, leave at 3PM and come back at 4PM);
- Other than your visits to the retirement home, you must limit leaving your home to a minimum;
- Within the retirement home, you may only circulate from the main entrance to the resident's room and vice versa;
- You must be able to reach the resident's room while keeping a distance of at least 2 metres from the other residents;
- You must keep a distance of at least 2 meters from employees and other caregivers;
- You are allowed to leave the resident's room only at the end of your visit (by 7PM at the latest), when you will be escorted to the retirement home exit;
- You must leave the room if medical procedures generating aerosols are being carried out. If this happens, the person in charge will tell you where to go. You may return to the room after the required number of air changes has been completed (may vary, depending on the environment).

4. During your presence at the retirement home you undertake to:

- Declare any changes in your health regarding COVID-19;
- Abide by the policies and guidelines put in place by the MSSS and CIUSSS NIM, notably the *Politique en matière de promotion de la civilité et de la prévention du harcèlement et de la violence en milieu de travail PO-14-003* and the *Politique sur la confidentialité et l'accès aux renseignements personnels contenus au dossier de l'usager PO-11-006*. No violence (verbal or physical, e.g. raised tone of voice or profanities) will be tolerated;
- Not interfere with the staff's caregiving activities;
- Adopt an attitude of open mindedness and respect towards the staff of the CIUSSS NIM. In the event of a dispute with the latter, you agree to try to resolve it through dialogue and, if it persists, to bring it to the attention of the manager concerned or the local quality and complaints commissioner;
- Follow any other instructions communicated to you by the establishment's staff or management.

I hereby certify that I have read the rules stated in this form. I understand and accept that any behaviour deviating from these rules will lead to the immediate suspension or termination of my caregiver activities and that I will have to leave the establishment upon the staff's request.

Signature: _____ Signed at Montreal on: _____