

## **Braehaven Bulletin**

### **18 March 2020**

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We are increasing our precautions against the new coronavirus and the respiratory disease it causes called COVID-19.

Symptoms of COVID-19 may include:

- Fever
- Cough
- Sneezing
- Sore throat
- Congestion
- Difficulty Breathing

If you are experiencing symptoms, please put the alert sign on your door and call Community Health Services at 250 538 4887.

The best protection from the virus is to:

- Wash your hands frequently with soap and water
- Avoid touching your face
- Practice social distancing
  - Social distancing means avoiding public places and spending time in your room (social isolating)
- Contact your doctor or Community Health Services if you feel unwell with symptoms listed above.

Precautions we're taking at Braehaven include adding in extra housekeeping, spreading out more in the dining room, providing meal trays to you in your room if requested, and limiting visitors to the building.

People can have COVID-19 and not feel that sick. In other people, especially those over 65 years old or with other illness, the disease can be very serious. Other people can have the virus and not feel ill at all but still be contagious. It's for these reasons that it's advisable to limit the number of people coming in to Braehaven and to close to all but Residents, staff and essential visitors.

## **Essential Visitors**

Braehaven Assisted Living is closing to all but essential visits. This change will come into effect at Braehaven on 18<sup>th</sup> March.

Essential visits include compassionate visits for end-of-life care and visits that support care plans for residents based on resident and family needs, for example, families who routinely visit to provide assistance with meals or mobility or for reassurance for those with dementia.

Essential visitors supporting a resident's care will be required to register with our team. Registering will ensure that a discussion occurs to determine if the visit is essential, and confirm that the visitor understands the necessary infection control practices such as good handwashing and visiting in the resident's private room. In order to restrict the number of people entering the facility, families are encouraged to identify one essential visitor for their loved one.

Paid companions are also considered essential visitors and will need to register.

An Island Health Community Health Services Case Manger will be speaking with you and, with your permission contacting families.

Please let us know if you have any questions or concerns.