

# Information Bulletin #8 - May 28, 2020 About Coronavirus (COVID-19)



For friends and family of GEF Seniors Housing tenants and residents

**“It’s important to continue to practice good hand hygiene and physical distancing, and observe site rules for indoor and outdoor activities. Your health remains a top priority and it is necessary for restrictions to remain in place. At this time, I am unable to say for how long.”**

**Dr. Deena Hinshaw  
Alberta Chief Medical Officer of Health  
May 25, 2020**

## **What’s new**

- As per [Order 23-2020 of the Alberta Chief Medical Officer of Health](#), more residents can now participate in group activities in GEF Seniors Housing lodges. The Order allows for up to 15 people at a time – at the discretion of the operator – as long as everyone stays at least six feet apart from each other, and continue to keep their hands clean with frequent handwashing or using hand sanitizer. We will gradually increase our group numbers, as long as there is adequate space and it is safe to do so.
- As of June 8, 2020, hair stylists can return to GEF lodges, provided they follow industry guidance and current public health orders. As with any essential service provider, GEF will screen hair stylists and they are required to be continuously masked while in the lodge. We will also provide masks for residents who choose to use this service.

GEF Seniors Housing is maintaining key public health requirements to help ensure everyone’s health and safety, including:

- Continuing to limit access to many common areas and facilities to encourage physical distancing.
- Continuing with daily cleaning of high-touch areas, like the dining rooms, mailboxes and door handles.

***Continued on back***



As more services in the broader community re-open, it is more important than ever for each of us to do all we can to ensure our own personal health and safety. There are a number of steps we have asked all residents and tenants to take, including:

- Monitoring themselves daily for any new health or COVID-related symptoms. All lodge residents are also completing the daily AHS Resident Screening Questionnaire and confirming they are well.
- Self-isolating in their unit if they are experiencing any COVID-19-related symptoms, and contacting Alberta Health Services at 811. Lodge residents have been asked to call their site office to let them know right away if they are not well.
- Maintaining physical distance of six feet or more from others at all times, whether they are indoors or outdoors.
- Wearing a mask in any public place where they cannot keep at least six feet of distance between themselves and anyone else.
- Keeping their hands clean by washing them thoroughly with soap and water before leaving their unit and immediately upon returning, and using hand sanitizer when soap and water are not available.
- Getting outside for some fresh air, now that the weather is nicer.

If AHS confirms a case of COVID-19 in one of our lodges, GEF site staff will immediately report this information to all staff, residents and family of the residents in the building.

If you have any questions, please contact your site office.

### **Handy reference links**

- Edmonton Community Resources: <https://www.ab.211.ca/>
- Alberta Health Services Mental Health Helpline: 1-877-303-2642
- Meals on Wheels: pre-packaged meals/grocery shopping, call 780-429-2020
- Alberta Health Services: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)
- Government of Alberta: [www.alberta.ca/COVID19](http://www.alberta.ca/COVID19)
- Government of Canada: [www.canada.ca/en](http://www.canada.ca/en)

*Imagine a positive future after this pandemic.  
How are you feeling? What does your life look like?  
How do you care for yourself?  
(Text4Hope)*

You can sign up to receive daily text messages of encouragement and inspiration by texting **COVID19HOPE** to **393939**.

Please see previous GEF information bulletins you have received for other important information, or [visit the GEF Seniors Housing website](#).