

Information Bulletin #9 - July 21, 2020 About Coronavirus (COVID-19)



For friends and family of GEF Seniors Housing tenants and residents

“Today, I am announcing that Alberta will be shifting from a ‘restricted access’ to a ‘safe access’ approach starting July 23.

We believe this will help people remain socially and emotionally connected, while still protecting those who are most at risk of severe outcomes.

Other measures, including staff and visitor symptom and exposure screening and restrictions on staff working at more than one facility, will remain in place.”

I’d like to take the opportunity today to remind everyone why physical distancing matters.

COVID-19 is mainly spread through respiratory droplets—that fine mist that comes out of our mouths and noses when we cough, sneeze, sing or puff after physical exertion.

If you are more than a metre away from someone with COVID-19, you are five times less likely to get an infection than someone who is closer, and the risk is even lower when that distance is two metres.

The farther apart you are, the safer you are.”

**Dr. Deena Hinshaw
Alberta Chief Medical Officer of Health
July 16, 2020**

What’s new

- As per [Order 29-2020 of the Alberta Chief Medical Officer of Health](#) and as of July 23, lodge residents can have more visitors – indoors and outdoors. This change applies to all GEF Seniors Housing lodges and the combined lodge and apartment sites – Kiwanis Place, Pleasantview Place and Sakaw Terrace.
- **Indoor visits:** residents can have a maximum of two designated family or support people visit at the same time, for as long and as often as they want, for a total of three people including the resident. They can only visit with the person they are supporting. Everyone must be screened in to the lodge, wear a mask at all times, and maintain physical distance of at least six feet or two metres from each other. If residents are having more visitors in their unit, we strongly recommend they do more cleaning of high-touch areas in their unit, like door handles and light switches.

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- **Outdoor visits:** residents can have a maximum of four visitors at a time, for a total of five including the resident. Everyone must wear a mask and maintain physical distance throughout the visit. One pet will also be welcome – outdoors only – if they are on a leash and under the care and control of their human at all times.
- **Visiting hours:** will be increased at all GEF lodges and combined sites as of July 23. New hours are 9 a.m. to 9 p.m. every day, including weekends and holidays.
- **More disposable face masks are coming:** within the next week, each resident and tenant at all GEF lodges and combined sites will receive a package of eight disposable masks from Alberta Health.

GEF Seniors Housing will continue to:

- Limit access to common areas and facilities to encourage physical distancing.
- Clean high-touch areas in the lodges at least three times per day, including the dining room, mailboxes and door handles.

As we start having more visitors at the lodges and combined sites, it will be even more important for everyone to respect the shared common spaces, and still maintain physical distance for everyone's safety.

With the relaxation in visitor limits, it's even more important to protect yourself and others. All lodge residents are reminded to:

- Complete the daily AHS Resident Screening Questionnaire and confirm that they are well, with no new health-related symptoms.
- Self-isolate in their unit if they have any COVID-19-related symptoms, and call their site office to let them know right away if they are not well.
- Maintain physical distance of six feet or more from others at all times, whether they are indoors or outdoors.
- Wear a mask in any public place where they cannot keep at least six feet of distance between themselves and anyone else.
- Wash their hands frequently and thoroughly with soap and water before leaving their unit and immediately upon returning, and use hand sanitizer when soap and water are not available.
- Get outside for some fresh air.

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. Please see previous GEF information bulletins you have received for other important information, or [visit the GEF Seniors Housing website](#). If you have any questions, please contact your site office.

Handy reference links

- [GEF Community Support: 780-733-7690](tel:780-733-7690) or communitysupport@gef.org
- [Edmonton Community Resources: https://www.ab.211.ca/](https://www.ab.211.ca/)
- [Alberta Health Services Mental Health Helpline: 1-877-303-2642](tel:1-877-303-2642)
- [Meals on Wheels: pre-packaged meals/grocery shopping: 780-429-2020](tel: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)