

Information Bulletin #2 - March 17, 2020 About Coronavirus (COVID-19)

For all friends and family of GEF Seniors Housing

With enhanced COVID-19 protection measures recently announced in Alberta, here is an update on what we are doing at GEF Seniors Housing.

More than ever, good personal hand hygiene remains critical to prevent and slow the spread of the COVID-19 virus – at work and at home. **Soap and sleeves save lives.**

Remember to **wash your hands frequently and thoroughly for at least 20 seconds every time.** Use hand sanitizer when soap and water aren't available, and follow up with soap and water as soon as possible. **Cough or sneeze into your sleeve or a tissue, not your hand.**

We have increased the frequency of cleaning across all GEF communities, and especially in our lodges. We are also implementing **additional changes for our buildings with lodges, effective today:**

- All non-essential visitors will be restricted. This means they will not be allowed to enter our lodges until further notice. Signs will be posted at the entrances to our lodges, announcing the additional restrictions.
- Those restricted from entering also include external volunteers, students and non-urgent service providers. GEF staff from other sites and providers of essential services like home care, DynaLIFE, regular caregivers and Compassion Network are not affected by this change.
- GEF tenants from other buildings who are paying for a meal plan at one of our lodges will be able to continue to access the lodge where they have paid for their meal plan, but will not be able to visit residents in other GEF lodges.
- Outreach staff will continue to do visits, and are required to use heightened hygiene protocols, including using hand sanitizer before entering and when leaving lodges.
- All bus trips and external outings are cancelled, as are volunteer appreciation events.
- All non-essential site maintenance involving Central Services technicians will be re-scheduled.
- Move-ins and move-outs will be scheduled for particular days and times.

We are limiting visitors to our lodges at this time based on direction from Alberta's Chief Medical Officer of Health. **We will update you when these restrictions change, or are lifted.**

These restrictions do not apply to buildings with apartments only. Tours of GEF apartments will continue. We continue to remind all tenants and residents to practice good personal hand hygiene and avoid interacting with others if they are feeling unwell or ill.

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Some tenants and residents are asking us what happens if they have a friend or family member who is visiting – or wants to visit – who has recently returned from international travel.

Everyone who has returned from travel outside of Canada since March 12, 2020 should immediately self-isolate for two weeks and monitor for symptoms of COVID-19. This requirement to self-isolate includes any GEF Seniors Housing staff who have travelled outside of Canada recently. That means those friends or family members need to avoid any form of social contact for the next two weeks. This is especially important because **not everyone who tests positive for COVID-19 has symptoms.**

We are also hearing that people have tried to get through to Health Link at 811 and they are waiting on hold a long time before they can talk to someone. On the www.Alberta.ca website is a link to the Alberta Health Services COVID-19 self-assessment test – the same test you would take if you call 811. You can visit the following link: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>.

For the latest information about COVID-19, including prevention, travel advisories and other accurate information, visit:

Alberta Health Services: www.albertahealthservices.ca

Government of Alberta: www.alberta.ca/COVID19

Government of Canada: www.canada.ca/en

If you have any questions, please contact us.

WASH YOUR HANDS
often with soap and water for at least 20 seconds

APPLY hand sanitizer when hand washing is not available and follow up with hand washing as soon as possible

COVER YOUR COUGH OR SNEEZE with your arm or a tissue - not your hand - and throw the tissue in the trash

DON'T TOUCH your eyes, nose or mouth with unwashed hands

CLEAN AND DISINFECT common surfaces, like phones, doorknobs, television remotes and computer keyboards

AVOID CLOSE CONTACT with people who are sick, and stay home yourself if you are sick

VISIT alberta.ca/COVID19 and albertahealthservices.ca for more information

Help prevent the spread of virus and flu