



SIoux LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

## VISITING YOUR LOVED ONE

At William A. George  
Extended Care Unit

## COVID-19 CORONA VIRUS

COVID-19 is a very contagious illness.

It spreads quickly from one person to another through contact and droplets. We have done our very best to keep your loved ones and those caring for them protected and safe which unfortunately meant closing to visitors. This has been a challenging and stressful time for everyone.

It is important to consider the safest way to begin visits again. Please know we all have a role to play in responding to the pandemic and each of our actions has an impact on many other people.

JULY 16 2020

## WHAT TO EXPECT REGARDING YOUR VISIT

- Contact us to schedule your indoor or outdoor visit. Visits will be 30 minutes in length. Please arrive only 5 minutes ahead of your scheduled visit.
- Only one (1) visitor at a time per resident.
- Pets are NOT allowed at this time.
- You will be screened at your visit. This will involve taking your temperature and answering questions.
- For outdoor visits, you will be asked to provide own mask
- Indoor visitors must confirm they have had a COVID-19 test with a negative result in the last 2 weeks.
- We will also supply indoor-visitors with personal protective equipment.
- Maintain a 2m (6 feet) physical distance from your loved one at all times.
- You will be asked to use hand sanitizer. Please follow directions given on proper technique. (Steps 1-7 from How to hand wash - See back page)
- Your visit will be supervised.

## CONTACT DETAILS

**Andrea McWaters**  
Team Lead

**807-737-3030**  
Ext.4577

ALL VISITS MUST BE SCHEDULED IN ADVANCE



## YOUR RESPONSIBILITY AS A VISITOR

- Respect all guidelines that have been put in place. Please ask if you do not understand them.
- **Indoor visits:** Confirm you have had a COVID-19 test with a negative result in the last 2 weeks.
- Answer the screening questions honestly.
- Your visit is limited to your loved one, no other residents.
- Maintain a 2m (6 feet) physical distance from your loved one at all times.
- Be considerate and respectful when interacting with individuals as this is a very stressful time for everyone.

## THINGS TO REMEMBER

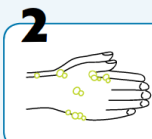
- Check with our Team Lead regarding what gifts or items you can bring, if any. Flowers and Plants are NOT permitted at this time.
- Minimize jewelry, accessories e.g. purses (you may want to leave your coat in the car). The fewer items you bring, the lower the risk of virus transfer.
- You may be required to wipe down all personal items you do bring with a disinfectant ( ie. cell phone, keys)
- Avoid touching your mask, face, eyes or ears, or adjusting your glasses during your visit.
- Ensure long hair is tied back.

## HOW TO HAND RUB

### RUB HANDS FOR 20 SECONDS



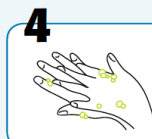
1  
Apply 1 to 2 pumps of product to palms of dry hands.



2  
Rub hands together, palm to palm.



3  
Rub in between and around fingers.



4  
Rub back of each hand with palm of other hand.



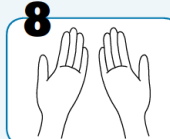
5  
Rub fingertips of each hand in opposite palm.



6  
Rub each thumb clasped in opposite hand.



7  
Rub hands until product is dry. Do not use paper towels.



8  
Once dry, your hands are safe.

**REMEMBER:** COMPLIANCE WITH ALL SIOUX LOOKOUT MENO YA WIN HEALTH CENTRE POLICIES AND PROCEDURES, PROFESSIONAL STANDARDS, FEDERAL OR PROVINCIAL LEGISLATION IS EVERYONE'S RESPONSIBILITY.