

Canterbury Information Notice

To: All Residents, Family and Friends

From: Canterbury Foundation

Date: February 18, 2022

Re: **Sitewide COVID Restrictions/Canterbury Manor COVID-19 Outbreak Update**



As we head into the Family Day Long weekend, I am very pleased to be sending out a message related to the easing of restrictions rather than an increase in restrictions that we have become used to over the past two years. The first bit of good news is that the lift date of the Manor Outbreak has been moved ahead to **Tuesday, February 22, 2022**, rather than next Friday as originally anticipated. Secondly, with the Omicron wave easing and our ability to continue to utilize rapid testing as an outbreak prevention measure over the coming weeks, we will be gradually lifting restrictions for all Canterbury residents and visitors, beginning this Tuesday along with the end of the outbreak measures.

Today's information is intended to be a first step in safely moving **towards** an endemic state. I highlight the word "towards" as Canterbury will be doing this in a very intentional manor with thoughtful planning, close surveillance, consultation with residents and families, as well as the ability to rapidly pivot according to the level of risk in the province. We are in the process of developing a COVID-19 Surveillance Status rating system that will outline what level of precautions are required at any given time so that we are appropriately managing to the level of risk at any given time.

As always, the success of our 're-opening' will rely heavily on the individual and collective actions we take to manage personal risk given that COVID-19 is still present in our province and the pandemic is not over! We've enjoyed a rather mild winter thus far and as we look ahead to a warm spring, let's ensure that we continue to remain mindful of the safety measures and protocols that have kept us healthy and safe, even when enjoying time together with our friends and loved ones outdoors (hand washing, masking, physical distancing). On that note, we are pleased to advise that the

reopening of the Court Courtyard and grand opening of the new Lane Courtyard, will be taking place in spring 2022.

Below is a list of what will be changing as of February 22, 2022, once the outbreak has been declared over by Alberta Health Services COVID Response Team.

Updated Measures as of Tuesday, February 22, 2022:

- Residents can once again enjoy personal outings with minimal restrictions associated with going off-site.
 - Residents returning from personal outings are not required to isolate.
 - Residents returning from a social gathering where COVID-19 exposure may be likely or returning from an absence of 24 hours or more, please advise nursing or reception upon arrival so that rapid testing can be arranged as a precaution. Please exercise additional caution and wear a well fitting KN95 mask when in common areas and do not socialize unmasked for a minimum of 72 hours until after a repeat rapid test has been completed.
 - Residents in the Court, Heights and Lane may dine in the dining room as per usual.
- Residents should maintain precautions that consider their personal risk tolerance level, recognizing Canterbury cannot fully prevent the possibility of community acquired cases or exposure to COVID-19.
- If you have any new onset (or worsening) of the following symptoms, stay in your suite and contact nursing immediately at 780-930-3734:
 - Fever
 - Cough
 - Shortness of breath
 - Runny nose
 - Sore throat or painful swallowing
 - Chills
 - Nasal congestion
 - Feeling unwell / fatigued
 - Nausea / vomiting / diarrhea
 - Unexplained loss of appetite
 - Loss of sense of taste or smell
 - Muscle / joint aches
 - Headache
 - Conjunctivitis (commonly known as pink eye)

***Attached to this memo you will find a the updated 'Daily Symptom Tracker' for your reference.

- The link to the Court will re-open!! However, we continue to ask Manor residents to exercise caution when socializing and to wear a KN95 mask when visiting or attending activities. Also, please note, that in a couple of weeks, the link between the Court and the Manor will need to be closed off for a minimum of one week related to the construction project. More information about this will be forthcoming as soon as we know further details.
- The Manor Dining Room will re-open.
- Activities in the Manor will be fully re-opened
- Reminder: The Manor Resident's General Meeting has been rescheduled March 14th, 2022, at 1:30pm

Visitation:

- Visitation restrictions are being lifted with the following measures of caution:
 - Vaccine passports are no longer required; however, visitors will continue to be asked to self rapid test as part of the screening process for the time being.
 - Mandatory masking of visitors is required in all common areas but not in resident's suites.
 - Exercise caution with children who are in schools or daycare settings, especially if they are not fully vaccinated. Outdoor and/or visits with continuous masking is strongly recommended in these cases.

It's been a long and trying 23 months as we have navigated through the COVID-19 pandemic, and I am truly so proud and humbled by how each and every one of our residents and staff came together to protect and care for one another, and do their part as members of the amazing and supportive community that is Canterbury.

As always, we are available if you have questions or concerns. Please call or email us community@canterburyfoundation.com and we will respond to you directly.

Heidi Hadubiak
Chief Operating Officer, Canterbury Foundation

COVID-19 CONTINUING CARE DAILY SYMPTOM CHECKLIST

Residents

Overview

This tool was developed to support continuing care sites and reduce the risk of transmission of COVID-19. Residents are required to complete this checklist daily for 10 days:

- Post-return from an absence of more than 24 hours; or
- Post-exposure if they are a fully immunized¹ close contact² of a case of COVID-19.

Any person who is a confirmed case of COVID-19 must follow isolation requirements as per [current CMOH Order](#). Any person who is a close contact² of a confirmed case of COVID-19 AND who is not fully immunized¹ must quarantine for 10 days, regardless of the presence of any symptoms as per [current CMOH Order](#).

1.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
• Conjunctivitis (commonly known as pink eye)	YES	NO	
If you answered “YES” to any symptom:			
<ul style="list-style-type: none"> • Stay in your room, notify your operator contact and arrange testing. 			
If you answered “NO” and are:			
<ul style="list-style-type: none"> • <u>Not</u> fully immunized¹ residents upon return from absence (24 hours or more): <ul style="list-style-type: none"> • Continue to wear a well-fitted surgical/procedure mask while outside your room, except when eating and drinking, for 10 days post-return. • Fully immunized¹ residents upon return from absence (24 hours or more) OR fully immunized¹ close contact² of a case of COVID-19: <ul style="list-style-type: none"> • No additional measures required. 			

¹ A fully immunized person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series or one dose in a one-dose series (e.g. Janssen). If you do not meet this criteria, you are considered NOT fully immunized.

² Close Contact means a person who: without the consistent and appropriate use of personal protective equipment, provides care to, lives with, or has close physical contact with, a person who is a confirmed case of COVID-19; or has come into contact with the infectious body fluids of a person who is a confirmed case of COVID-19.