

# Attention Family, Visitors and Staff



## How to Safely Visit a Long-Term Care Facility During Outbreaks



### **What is an outbreak?**

An outbreak of influenza or gastrointestinal illness occurs when there are two or more residents or patients on a unit who are experiencing the same symptoms.

### **What are visitor precautions?**

Visitor precautions are a series of infection control measures. These measures are implemented to reduce the risk of spreading infectious diseases, such as influenza, the norovirus, etc.. Visitor precautions are designed to help keep our residents, families, staff and visitors healthy and safe.



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## How can we reduce the spread?

To help reduce the spread of the illness in the unit/facility, we:

- Contain those who are sick to their rooms.
- Control the movement of staff between units.
- Enhance cleaning.
- Restrict social gatherings, especially those at which food would be served.
- Implement visitor precautions.

## What do visitor precautions include?

- Do NOT visit any health care facility if you feel ill or are experiencing flu-like or gastrointestinal symptoms.
- Check with the nursing desk before you visit.
- Clean your hands before entering and leaving the unit.
- Should you visit more than one resident at one visit, please ensure you take the necessary precautions.
- One visitor is allowed per resident at a time (special exceptions will be made for palliative residents).
- Wear personal protective equipment (masks, gloves or gowns) for the duration of your visit. Nursing staff will instruct you about what equipment is required and how to properly apply and remove it.

## Will visiting be completely restricted?

Depending on the cause of the outbreak and whether we are able to contain the spread of the infection, we may have to restrict visitors in our facilities as a safety measure. This is for the protection of our residents, families, staff and the general public.

## When will visiting restrictions be lifted?

We will assess the status of the outbreak on a daily basis and lift restrictions as soon as the risk to our residents, families, staff and visitors has been minimized.



Clean your hands **before**  
and **after** visiting