



COVID-19 UPDATE – Sept 17, 2020

Dear Shalem Residents, Families, and Guests:

Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw has updated restrictions with regard to Senior Housing. In recognition that socializing is an important part of quality of life, several guidelines have been revised effective September 17, 2020. Here is how they affect Shalem:

GENERAL

- **NEW:** Residents are encouraged to interact and visit with each other within Shalem Buildings in common spaces or up to 2 guests per suite.
- Physical distancing should still be maintained as much as is possible.
- Residents are encouraged to wear masks while on and off the property if they will be in close contact with others.
- **NEW:** Space allowance in common areas is not limited providing physical distancing can be maintained.
- Residents, families and guests are responsible to follow all Public Health guidelines applicable to all Albertans.

GUESTS

- All Guests for **Shalem HAVEN, Shalem MANOR, and Shalem COURT** must continue to sign in at the main desk located at the Shalem Haven entrance, 3008-51 Street SW.
- **NEW:** Due to AHS contact tracing requirements, Residents with main floor patio access must have their guests sign in at the Haven front entrance.
- All **Haven Residents** and **ALL VISITORS** must answer a Health Assessment Screening and undergo a Temperature check each time they enter the building.
- Visitors are responsible for providing their own masks and will continue to be required to wear masks while in Shalem common spaces.
- Pets/Animals are not permitted to visit or allowed in suites at this time.

INDOOR VISITS:

- A limit of TWO designated guests are allowed in the facility for INDOOR visits which may include accompanied minors.

OUTDOOR VISITS:

- A limit of FOUR visitors for OUTDOOR visits per resident or resident couple, no age limit.

RESIDENT HEALTH SCREENING

- **NEW:** Residents will use a COVID-19 RESIDENT SELF-SCREENING TOOL to self-check daily for possible symptoms of COVID-19. Residents, please refer to **Table A** attached to this letter.

VOLUNTEERS

- **NEW:** Adult Volunteers will be permitted back to Shalem following all protocols as outlined in the new Health order and facilitated by Shalem Staff.

RETURNING FROM OFF SITE ACTIVITY / OVERNIGHT STAY

- **NEW:** Should a Resident choose to go off facility property, for necessity or otherwise, please refer to the attached documents and the recommended safety precautions:

Table A: COVID-19 RESIDENT SELF-SCREENING TOOL

Table B: RISK OF UNKNOWN EXPOSURE

Table C: RESIDENT RETURNING FROM SAME DAY OFF-SITE ACTIVITY – SAFETY PRECAUTIONS

Table D: RESIDENT RETURNING FROM OFF-SITE OVERNIGHT STAY – SAFETY PRECAUTIONS

- **NEW:** Residents who have low risk exposure will not be required to wear a mask or quarantine upon their return.
- Residents are still encouraged to limit outings to activities that maintain your physical or mental health, safety/security, or wellbeing.

ADDITIONAL INFORMATION

The difference between ISOLATION and QUARANTINE:

- The term **Isolation** refers to separating and restricting the movement of an individual with symptoms of COVID-19, or who is **confirmed** to have COVID-19, to prevent their contact with others and to reduce the risk of transmission.
- The term **Quarantine** refers to separating and restricting the movement of an individual for 14 days (the incubation period for COVID-19) who was **potentially exposed** to COVID-19. This is to reduce the risk of transmission if that individual becomes a COVID-19 case. During the quarantine period, the individual should monitor for symptoms and if symptoms develop, they should be tested for COVID-19.
- Whether in isolation or in quarantine, the expectation is that residents remain in their room and away from others.

Please know that it remains our desire to continue to keep Shalem as safe a place as possible while being mindful of the mental and physical health of its Residents. COVID-19 continues to be highly contagious with our Residents at high risk. We ask that Residents, Visitors and Staff remain vigilant in their actions to protect themselves and others.

Thank you for your attention and adherence to these protocols as we seek to navigate through this pandemic.

Shalem Management

Table A: COVID-19 Resident Self-Screening Tool

Resident: Please review this questionnaire daily based on your last two weeks of activity.

1. Do you have any of the below symptoms:	CIRCLE ONE	
	YES	NO
• Fever (37.8 C or higher)	YES	NO
• Any new or worsening respiratory symptoms:		
- Cough	YES	NO
- Shortness of Breath/Difficulty Breathing	YES	NO
- Runny Nose or Sneezing	YES	NO
- Nasal Congestion / Stuffy Nose	YES	NO
- Hoarse Voice	YES	NO
- Sore Throat / Painful Swallowing	YES	NO
- Difficulty Swallowing	YES	NO
• Any new symptoms including but not limited to:		
- Chills	YES	NO
- Muscle / Joint Aches	YES	NO
- Nausea / Vomiting / Diarrhea / Unexplained Loss of Appetite	YES	NO
- Feeling Unwell / Fatigue Severe Exhaustion		
- Headache	YES	NO
- Loss of Smell or Taste	YES	NO
- Conjunctivitis (commonly known as pink eye)	YES	NO
- Altered Mental Status	YES	NO
2. Have you travelled outside of Canada in the last 14 days?	YES	NO
3. Have you had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4. Have you had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO
Assess your personal risk of unknown exposure based on your last two weeks of activity (refer to Risk of Unknown Exposure chart, attached).		

*Face-to-face contact within 2 meters. A Health Care Worker in an occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

**'Ill/Symptomatic' means someone with COVID-19 symptoms on the list above.

If a resident answers **YES** to any of the screening questions, the individual must immediately let Management know, isolate in their suite and call 811 for COVID-19 testing.

Table B: Risk of Unknown Exposure:

Low Risk	Medium Risk	High Risk
<p>To be considered at low risk of unknown exposure, all the following conditions must be met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lives in an area of low COVID-19 exposure (refer to Risk designation of region) <input type="checkbox"/> Transferred from a hospital or setting with no outbreak or cases under investigation <input type="checkbox"/> Part of a small cohort (15 or less) who consistently practice physical distancing and use masks when cannot maintain distance <input type="checkbox"/> Not had guests at home in the past 14 days <input type="checkbox"/> Takes essential outings only <input type="checkbox"/> Uses own vehicle (not public transit) <input type="checkbox"/> Consistently maintains 2 meters of distance from those outside household in all activities <input type="checkbox"/> Mask worn when cannot maintain physical distancing <input type="checkbox"/> Consistent hand hygiene <input type="checkbox"/> No interprovincial travel within the last 14 days 	<p><i>There will be many variations that arise between the extremes of high and low risk of unknown exposure</i></p> <p><i>Individuals must use their best judgement to determine risk of unknown exposure where neither low nor high is appropriate.</i></p>	<p>To be considered at high risk of unknown exposure, any one or more of the following may be met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lives in an area of high COVID-19 exposure (refer to Risk designation of region) <input type="checkbox"/> Transferred from a hospital or other setting with an outbreak or cases under investigation anywhere in the setting <input type="checkbox"/> Visited a location with a declared COVID-19 outbreak in last 14 days <input type="checkbox"/> Part of a large cohort (more than 15) <input type="checkbox"/> Cohort inconsistently practices physical distancing and use of masks when cannot maintain distance <input type="checkbox"/> Had guests in home in last 14 days <input type="checkbox"/> Outings where contact with others outside household is likely <input type="checkbox"/> Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used <input type="checkbox"/> Does not maintain physical distancing and does not wear a mask <input type="checkbox"/> Infrequent or inconsistent hand hygiene <input type="checkbox"/> Interprovincial travel within the past 14 days

Table C: Residents Returning from Same Day Off-Site Activity – Safety Precautions

Risk of Exposure	Activity Off-Site	Safety Precautions
Low	<ul style="list-style-type: none"> <input type="checkbox"/> Infrequent or selective outings <input type="checkbox"/> Consistently maintain two (2) meters of distance from others <input type="checkbox"/> Mask worn during outings <input type="checkbox"/> Consistent hand hygiene <input type="checkbox"/> Private vehicle used <input type="checkbox"/> All Resident Outing requirements followed 	Twice daily self-check of symptoms for 14 days after returning
Medium	<p><i>There will be many variations that arise between the extremes of high and low risk of exposure</i></p> <p><i>Residents and Operators are encouraged to use their best judgement to determine risk of exposure</i></p>	Continuous use of mask while out of room for 14 days after returning
High	<ul style="list-style-type: none"> <input type="checkbox"/> Does not maintain physical distancing and does not wear a mask <input type="checkbox"/> Attends large gatherings with known or unknown people <input type="checkbox"/> Infrequent or inconsistent hand hygiene <input type="checkbox"/> Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used <input type="checkbox"/> Did not follow Resident Outing Requirements 	14 day quarantine after returning

Table D: Resident Returning from Off-Site Overnight Stay – Safety Precautions

Risk Level	Activity Off-Site	Safety Precautions
Low	<input type="checkbox"/> Household with persons who have low risk of unknown exposure <input type="checkbox"/> Followed Resident Outing requirements	Twice daily self-check of symptoms for 14 days after returning
Medium	<input type="checkbox"/> Household with persons who have medium risk of unknown exposure <input type="checkbox"/> Followed Resident Outing Requirements	Continuous use of mask while out of room for 14 days after returning
High	<input type="checkbox"/> Household with persons who have high risk of unknown exposure, or <input type="checkbox"/> Stay included participation in public spaces or private events with 15 or more people, known or not known to resident; or <input type="checkbox"/> Did not follow Resident Outing Requirements	14 day quarantine after returning