

Updates for residents and families in long-term care homes and assisted living facilities

Issue 24 – June 16, 2021

We continue in our commitment to keep you informed about the changing information about COVID-19 and other information by producing this update for residents and families of long-term care homes and assisted living facilities once a month.

Reminder to register for second dose vaccines

Everyone in BC must register with the Get Vaccinated provincial registration system once at 1-833-838-2323 or at <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

This includes:

- Seniors, Indigenous people and people who are clinically extremely vulnerable who booked dose 1 through their health authority before April 6
- People who got dose 1 of AstraZeneca/COVISHIELD at a local pharmacy

Registration makes sure we have your current email and phone number so we can contact you to book dose 1 or dose 2. Spread the word and help your friends and family complete their registration, book an appointment and get the vaccine.

BC's Restart Plan

BC's Restart is a careful, four-step plan to bring BC back together hinged on hospitalization rate, vaccination rate and COVID-19 case numbers. **At this point, the restart plan is not applicable to long-term care homes and assisted living facilities when it comes to changes in the guidelines for masking, bringing food to facilities, or gatherings.**

What does this mean?

- Visitors to long-term care homes and assisted living facilities need to continue to wear a mask when they visit their loved ones.
- No changes to current visiting restrictions. See this poster for more information: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/visitors-policy-poster.pdf
 - For residents who have outings or family visits outside of the facility, they are encouraged to follow the public health guidelines for everyone else in the community.
- Family members can bring food and drinks into facilities for their loved ones as long as they follow the Bringing Food to Families guidelines (refer to the long-term care/assisted living digest from February 11, 2021 for the full explanation): https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/bringing-food-to-family.pdf
 - It's important that the designated visitor DOES NOT share the food during visits as they need to wear their mask at all times. Family members need to check in with their facility staff prior to bringing in any food.
- Residents are allowed to leave the facility and travel to meet their family
- Physical distance restrictions between residents within the facility have been revised so residents can participate in shared dining and small group social or recreational activities within a facility unit or floor. Residents can now attend small group social and recreational activities for residents with a facility unit or floor without having to maintain physical distance. They can also go back to eating at the same time and sitting at tables with other residents.

When we have more information about changes to any of the above topics, we will be sure to let residents and their families know.

Good news stories about long-term care homes and assisted living facilities:

- PG Quilters' Guild donates items to long-term care sites: <https://stories.northernhealth.ca/stories/pg-quilters-guild-donates-items-long-term-care-sites>
- Quesnel long-term care staff complete second unit DementiAbility certification: <https://stories.northernhealth.ca/stories/quesnel-long-term-care-staff-complete-second-unit-dementiability-certification>
- Adult Day Away Program the hidden gem of Chetwynd: <https://stories.northernhealth.ca/stories/adult-day-away-program-hidden-gem-chetwynd>

For reliable information about COVID-19, we recommend:

- World Health Organization: <https://www.who.int/health-topics/coronavirus>
- The Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>
- The BC Centre for Disease Control: <http://www.bccdc.ca/Health-Info-Site/Documents/Coronavirus-FAQ-English.pdf>

By working together, we can protect your own health, the health of your loved ones, and the health of Northern Health staff members.

- Northern Health Virtual Primary and Community Care Clinic: **1-844-645-7811**
- BC Govt. COVID-19 Helpline: **1-888-COVID19** or **1-888-268-4319**

Previous updates for residents and families in long-term care homes and assisted living facilities:

- April 16, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-21.pdf
- April 29, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-22.pdf
- May 17, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-23.pdf