



If you have questions about what to do during an outbreak or the status of your loved one please speak to one of the nursing staff.

Let's all work together to keep everyone healthy.



Communicable Disease Program
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OUTBREAKS

WHAT YOU NEED TO KNOW
TO PROTECT YOURSELF
AND YOUR LOVED ONE

Information for Families and Visitors to
the Health Care Facility



WHAT YOU NEED TO KNOW AND WHY?

Outbreaks in long term care homes (LTCH) or retirement homes can disrupt the lives of the fYg]XYbtg as well as visitors and staff. Measures are put into place to prevent the spread of illness, especially among residents who are frail may be more likely to get sick. If the spread of illness is decreased, the outbreak will be over sooner.

WHAT IS AN OUTBREAK?

An outbreak is a sudden increase of illness among residents and staff.

There are two common types of outbreaks in health care facilities.

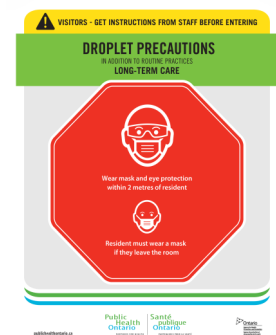
1. Respiratory Infections (colds or influenza)
2. Gastrointestinal or enteric infections (vomiting and/or diarrhea)



WHAT HAPPENS DURING AN OUTBREAK?

Facilities consult with public health to put appropriate infection prevention and control measures in place to decrease the spread of illness to other residents and staff. Staff also collect specimens for laboratory testing.

CONTROL MEASURES INCLUDE:



- Isolating ill residents in their rooms
- Keeping well residents on their unit
- No group activities/outings
- Increased housekeeping /cleaning
- Hand hygiene
- Limiting visitors
- Non urgent medical appointment may be postponed
- Transfers /New admissions are not recommended.

YOU WILL BE ASKED TO:

1. Wash your hands with soap and water or use hand sanitizer for 15 seconds:
 - a) Before Entering and Exiting the building
 - b) Before and After you visit a resident.
2. Visit a resident in their room.
3. Visit **ONLY** one resident and leave immediately afterwards. If both parents are in the home, visit the healthy resident first. Please do not mingle with other residents within the home.
4. Wear Personal Protective Equipment (PPE)
 - PPE is a barrier used to protect you and your loved one from illness.
 - You may be asked to wear some or all of the listed PPE, depending on the type and status of the outbreak, including gloves, gowns, mask and goggles .
 - The home will provide both signage and PPE. PPE is single use and should be removed and placed in a trash bin before you exit the resident's room.



HOW TO PREVENT ILLNESS?

- Stay home if you are feeling ill.
- Wash your hands with soap and water or use hand sanitizer for 15 seconds.
- Help protect your loved one by getting a **flu shot** every year.
- Limit the foods you bring to the facility. Spoiled food at the bed side can cause illness.

NOTIFICATION OF AN OUTBREAK

- Signage posted at the entrance to the home and/or the unit involved.
- The home may contact all resident families.