

Visiting During Respiratory Illness Outbreaks

How to safely visit in a continuing care home or a supportive living accommodation

Keep yourself and others safe during a respiratory illness outbreak.

1. Stay home if you're ill



- Reschedule the visit if you're ill.
 - In some circumstances such as at end of life, arrangements may be made to visit a resident even if you're ill.

2. Before you visit



- Stay up to date with your influenza and COVID-19 immunizations.
- Ask about the number of visitors allowed at one time.
- Find out what can be brought in such as food and personal items.

3. When you arrive



- Follow posted instructions at the entrance of the facility.
- Check with reception before your visit and follow staff directions.
- Use hand sanitizer or wash your hands and use respiratory etiquette.

4. Protect yourself and others



- Wear a mask in common areas.
- Wear a gown, gloves and mask if you're visiting a resident who is isolating.
- Keep distance between yourself and others.

5. When your visit is over



- Visit only one resident.
- Leave immediately after your visit is over.