

# Community Walks GUIDELINES

## Community Walks

- Residents and visitors can take community walks that go beyond the property.
- These visits only need to be scheduled with AgeCare if the resident requires support to prepare for or be transported to the visit by a designated visitor who will be entering the building, or AgeCare staff.
- Community walks will not be supervised by AgeCare staff or volunteers.
- **Residents must sign out if leaving the property and notify the care team.**

## Screening Process

- All visitors must understand the [risk of unknown exposure](#) to COVID-19 for themselves and residents and assess health before visits.
- Visitors must notify AgeCare if any symptoms arise within 14 days of visiting with a resident. Entry may be refused if there is reason to believe an individual is not abiding by these responsibilities.
- Risk of COVID-19 transmission increases with physical touch. Visitors must practice safe physical touch and only while wearing masks and practicing hand hygiene. Stop close contact and inform staff if residents/visitors become symptomatic.
- **Risk level of physical touch for unknown exposure to COVID-19:**
  - **Low risk** visitor may engage in safe physical touch with resident.
  - **Medium risk** visitor may engage in safe physical touch if resident accepts the high risk.
  - **High risk** physical touch is not recommended unless visitor is providing direct resident care and wearing PPE.

## Time

- To ensure adequate physical distancing, we are required to control the number of people in the community at a given time.
- If the resident requires support to prepare for or be transported to the visit by a designated visitor or AgeCare staff, then visitors **must notify reception at least 24-hours before their visit.**
- Community walks can occur at anytime **during reception hours** to ensure someone is available to provide a health screening when the resident returns and/or if a designated visitor is entering the building to support the resident.

## Location

- Community walks must occur beyond the property.

## Staying Safe

- Please review the [“Staying Safe out in the Community”](#) One Minute of Learning.

AGECARE Communities of Care & Wellness: Education Services

One Minute of Learning:  
A Special Edition for Families

Volume 10, Issue 7.1

JULY 2020

### Staying Safe Out in the Community

Coronavirus seems to be here for awhile and the influenza season will be here before you know it. As we learn to navigate the new way of living with these ever prevalent germs, we encourage all families and loved ones to think about about the actions they are taking in their day-to-day lives to stay healthy and prevent the spread.

With direction from the most recent order from the Medical Officer of Health, AgeCare sites are moving from a restricted access to “Safe Access” for families and visitors to see their loved ones. With the changes, residents and families will accept and work with us to minimize the risk of exposure to and stop the spread of the COVID-19 virus.

To assist you with this, here is some information and important actions you can take to prevent the spread of all germs, bacteria and viruses.

**Protecting yourself protect others.**

**What's Included in this Issue**

- What puts you at High Risk
- Remember to maintain Social Distance
- Reminders about Hand Hygiene and Personal Protective Equipment like masks

**What Puts You at High Risk**

It is important for all of us to understand our risk of unknown exposure to any virus, specifically COVID-19. Any unknown exposure increases the risk of contracting the infection or spreading it to others who are frail or immunocompromised. Socially, we have a responsibility to take any measure we can to protect ourselves and others.

Here are some things that increase your risk:

- If you work or live in an area of high COVID-19 exposure
- Work outside the home where distancing is not consistently maintained and masking is not consistently used
- Worked at or visited a location with a declared outbreak in the last 14 days
- Travelled outside the province or country in the last 14 days

- Live with a larger cohort of people (> than 15)
- Have had guests in your home in the last 14 days
- Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used
- Don't maintain personal physical distancing and do not wear a mask
- Don't frequently or consistently perform hand hygiene

We need you to stay safe so your family members and our staff can stay safe.

Visit our Webpage  
[www.agecare.ca/coronavirus](http://www.agecare.ca/coronavirus)  
or call (403) 351-8984 for updates.