

## Guide to Visiting at The Simkin Centre

Our Visitation Guidelines are changing! Please take a look at the new guidelines for visiting below that will be effective July 5, 2021. Thank you for your patience and consideration as we work to make visiting safe and enjoyable for everyone. Fully immunized General Visitors will now be able to visit fully immunized Residents at the Simkin Centre.

### Designated Caregiver

A Designated Caregiver is a person identified by a Resident or substitute decision-maker who may safely visit a Resident at the Simkin Centre outdoors or in the Resident Room. The number of Designated Caregivers allowed on the list for each Resident is currently two. **Designated Caregivers do not have to be vaccinated against the COVID-19 virus.**

### General Visitors

A General Visitor is any member of the public who may safely visit a specific Resident at the Simkin Centre outdoors or in the Resident room. **General Visitors must be (14 days) post receiving their second dose of the COVID-19 vaccine. The Resident they are visiting must also be (14 days) post receiving their second dose of the COVID-19 vaccine.**

*Other General Visitors who have not been fully vaccinated are encouraged to schedule a visit in our Indoor Visiting Pod through our online booking app. <https://simkincentre.book.app/book-now>*

### What is required to prove that I am fully vaccinated against the COVID-19 virus?

Vaccinated individuals are required to provide two pieces of information:

- Photo identification i.e. Driver's License AND one of the following:
- Digital COVID-19 Immunization Card on a mobile device OR;
- Physical COVID-19 Immunization Card

COVID-19 Immunization Cards can be requested on the Manitoba Government website at [www.gov.mb.ca/covid19/vaccine/immunization-record](http://www.gov.mb.ca/covid19/vaccine/immunization-record)

### Are General Visitors from other Canadian provinces able to visit? Are they required to isolate?

Fully vaccinated individuals, upon providing proof that they have received both doses of the Covid-19 vaccine, including a second dose more than 14 days before their planned visit, are able to visit, even if they have travelled within Canada in the past 14 days.

### **When are visiting hours?**

Designated Caregivers visiting hours are 8:00am to 7:15pm daily

General Visitors visiting hours are 1:00pm to 5:00pm daily

Please note that Visitation Guidelines may be adjusted in the case of a potential or confirmed COVID-19 outbreak or upon the direction of the Chief Provincial Public Health Officer.

### **How many Visitors can visit at one time indoors?**

TWO Visitors at a time will be able to visit in a Resident room. Exceptions may be made for compassionate reasons / end of life care.

### **How many Visitors can visit at one time outdoors?**

Up to FOUR Visitors from up to TWO households may visit outside.

**REMINDER:** Anyone visiting outside must first come to the main entrance to be screened for COVID-19. Anyone visiting outside must be a Designated Caregiver or a fully vaccinated General Visitor. Visitors who are not fully vaccinated may schedule a visit in our Indoor Visitation Pod through our online booking app.

### **What entrance can I use to get in the building?**

Designated Caregivers and fully vaccinated General Visitors can enter the building through the main entrance facing Falcon Ridge Drive.

### **Can children visit?**

Children between the ages of 12 – 17 must provide proof of vaccination in order to visit, but will not be required to produce Photo ID. Those under the age of 12 are able to visit when accompanied by a fully vaccinated Designated Caregiver or fully vaccinated General Visitor.

### **I am not a Designated Caregiver and I am not fully vaccinated against the COVID-19 virus. How can I visit my relative?**

Friends and Family who are not fully vaccinated against the COVID-19 virus are encouraged to set up a visit in our Indoor Visiting Pod or a Virtual Visit by booking through our online booking app. <https://simkincentre.book.app/book-now>

### **What type of Personal Protective Equipment (PPE) should I wear when visiting?**

All indoor and outdoor Caregivers/Visitors are required to wear a medical mask while visiting at the Simkin Centre. Designated caregivers will be provided with a medical mask and eye shield. General visitors will be provided a medical mask.

It is recommended that Residents wear a facility provided medical mask during visits and when being taken outside whenever possible.

Each time you visit, the entry point screener will provide you with a medical mask. The screener will direct you to a station where you will put on the PPE.

### **What questions will I be asked when I come to visit?**

All Designated Caregivers and General Visitors will be required to report to the Screening Station upon their arrival at the Simkin Centre. Screening will include:

- Verifying all indoor visitors are listed as “Designated Caregivers” or fully vaccinated “General Visitors”.
- Ensuring all visitors clean their hands before proceeding to the unit.
- Assessing all visitors for symptoms of COVID-19 or known exposure to COVID-19 prior to each visit.
- Determining if visitors have travelled beyond the boundaries set out by the Provincial Public Health Office, within the past 14 days.

<https://sharedhealthmb.ca/files/covid-19-pch-screening.pdf>

You will not be permitted to visit if you do not meet the screening criteria. All visitors must remember to clean their hands when entering and exiting the building, as well as during their visit when needed.

General Visitors will be given a sticker that will identify them as a Screened General Visitor.

### **Where will visits take place?**

Designated Caregivers and fully vaccinated General Visitors may visit outdoors or in the Resident room. Visitation is NOT permitted in unit Dining Rooms at this time. All visitors must maintain a 2-metre physical distance from other Residents, visitors and staff.

At this time, designated visiting areas have been assigned as follows:

- |            |   |  |
|------------|---|--|
| Simkin 1   | = | Simkin Courtyard                             |
| Simkin 2   | = | Keives Garden                                |
| Weinberg 1 | = | Weinberg Courtyard                           |
| Weinberg 2 | = | Assigned area located outside front entrance |
| Weinberg 3 | = | Assigned area located outside front entrance |

**I used to enjoy helping my loved one at mealtime and walking with them in their wheelchair. Can I still do these types of things?**

While a 2-metre physical distance from the Resident is recommended whenever possible, visitors may participate in some of the daily activities of their friend or relative. These activities may include taking the Resident outdoors to visit.

If Designated Caregivers or General Visitors would like to assist with meals, you need to do so in the Resident's room due to limited space in the unit dining rooms. Please abide by the maximum occupancy limits on the elevators.

**Can I use the washroom on the unit?**

The public washrooms are available on the Main Floor near the Synagogue.

**Will I be able to hug my family member or hold their hand?**

Designated Caregivers and fully vaccinated General Visitors who are wearing facility provided PPE may briefly hug their family member or hold their hand. Please remember to clean your hands before and after any physical contact with your loved one.

**I want to bring some items for my family member. What is the process?**

Designated Caregivers and fully vaccinated General Visitors may bring in personal items, newspapers, books, flowers or prepared food for the Resident. These items must be wiped down or sanitized in our UVC Chamber at the front entrance.

Designated Caregivers and General Visitors are not permitted to consume food or beverages while on our premises, your mask must remain on at all times.

## How to safely use a medical mask:

### Do's

- DO ensure the mask is made of three layers.
- DO inspect the mask for tears or holes.
- DO ensure the mask or face covering is clean and dry. Replace when it becomes damp or dirty.
- DO clean your hands before and after touching the mask or face covering.
- DO use the ear loops or ties to put on and remove the mask.
- DO ensure your nose and mouth are fully covered.
- DO discard masks into garbage bin after use.

### Don'ts

- DON'T reuse masks that are moist, dirty or damaged.
- DON'T wear a loose mask.
- DON'T touch the mask while wearing it.
- DON'T remove the mask to talk to someone.
- DON'T hang mask from your neck or ears.
- DON'T share your mask.
- DON'T leave your used mask within the reach of others.



## How to properly clean your hands:

### Using Soap and Water

- Rinse hands with warm running water, add soap to palms and rub hands together to create lather.
- Thoroughly cover all the surfaces of your hands and fingers (including nails) for 15 to 20 seconds.
- Rinse under warm water.
- Dry hands thoroughly with single-use towel or hand dryer.
- Turn off the tap with a clean paper towel.

### Using an Alcohol-Based Hand Rub

- Take a small amount of alcohol-based hand rub (about the size of a nickel).
- Rub it on your fingertips, both sides of your hands and between your fingers.
- Continue to rub until your hands are dry.
- There is no rinse or dry needed.

