

Family Information Update – Thursday, February 17, 2022



- Expanded testing options for visitors to Veterans units
- Third-dose vaccine deadline approaching
- Pets are welcome back to visit in the Veterans Centre
- Volunteers are back in the Veterans Centre
- Yoga therapy survey to complete

Expanded testing options for visitors to Veterans units

We want to thank you for your patience and diligence with the rapid antigen testing (RAT) prior to your visits in the Veterans Centre. We have been exploring options to ensure that this testing is timely and efficient for everyone. Please find the revised testing options below.

Firstly, we would like to confirm that all designated Essential Care Partners will participate in Rapid Antigen testing as follows:

Fully Vaccinated ECPs (at least 2 doses):

- Regular / frequent visits (multiple days each week): testing is required a minimum of 2 times per week before visits on separate days
- Visits 1 – 2 days in a week or less, not on consecutive days: testing is required for every visit

A reminder that as of February 21, 2022 general visitors 5 years of age and over may visit in the Veterans Centre. Residents may have up to 3 visitors at a time, and there may be multiple visits of 3 visitors during visiting hours between 11:00 a.m. and 8:00 pm.

ECPs Not Fully Vaccinated for COVID 19 and All General Visitors (regardless of vaccination status):

- Are required to test the day of or the day before each visit

It is strongly recommended that you complete the test prior to your arrival in the Veterans Centre. This includes all visitors 5 years of age and over as of February 21, 2022.

Two options for testing:

1. Testing on the care unit upon arrival

You may continue to test at the care unit upon your arrival. Each unit has a testing room for this purpose. A staff member may guide you through the testing process if required; they will not administer the test.

You may complete your test when you arrive on the unit, and proceed to your visit with your family member while awaiting the results. Mark your initials on your test cassette and proceed to your visit, return within 15 minutes to check the result. Discard the cassette. If your result is positive, leave the unit and follow public health guidelines.

Please minimize the amount of time that your masks are removed and physically distance in the room during the testing process. You may not share refreshments with your family member at this time.

Please respect shift changes when staff need to use the testing room in order to start their shift: 3:00-3:45 pm.

2. Secure a test from screener – test prior to your arrival at the Veterans Centre – starting February 18th

You may pick up a single test kit from the screener in L Wing to allow you to conduct your Rapid Antigen Test prior to your next visit.

****Single test kits will be available for pick up at the Screeners desk in L wing beginning on February 18, 2022 ****

- Complete the test kit at home prior to your visit (within 24 hours)
- Bring the test cassette with the result to share with the screener in the Ziploc bag provided to you, along with the date of your test, you can dispose of the kit in the waste receptacle at the door.
- Upon receipt of the test cassette, the screener will provide you with another at-home test kit for use for your next required test according to the testing timelines above
- If your test is positive, do not visit, and follow public health guidelines

Many of you will already be familiar with the RAT process from having completed these tests during your visit in the Veterans Centre. Please view the following video

instructions if you require a review prior to testing at home:

<https://www.youtube.com/watch?v=xRrcdgrGIR8>

Instruction cards will be available for pick up at the screener's desk.

****Please note****

- You should only do rapid antigen testing at home if you have NO SYMPTOMS, otherwise PCR testing at a community testing centre/pharmacy is the required test to confirm/rule out COVID 19 infection. You are not able to visit the Veterans Centre if you have any respiratory or other potentially communicable symptoms of COVID-19 or other illness.
- You should not do rapid testing for 30 days after a confirmed case of COVID-19, as there is a risk of the test continuing to return a positive result. If you have had a recent COVID-19 infection, less than 30 days ago, please contact your care team to discuss timelines for returning to both visiting and regular testing.

We thank you for following the guidelines to ensure that you are testing as per the timelines for your visit. We will make note that you have provided the screener with proof of your negative test upon your arrival. It is our expectation that you will follow the testing schedule and the guidelines as outlined above. These test kits are for the sole purpose of testing prior to visiting in the Veterans Centre.

Third-dose vaccine deadline approaching

A reminder that the 3rd dose of the vaccine will be a requirement to visit by March 14, 2022. The requirement for those unable to receive the third dose are outlined below.

This requirement is in line with the [Ministry's directive](#) that indicates that individuals must "provide proof of a valid medical exemption in the form of an enhanced vaccination certificate that:

- a. confirms that the individual cannot be vaccinated against COVID-19 or cannot receive a subsequent dose of a COVID-19 for a medical reason
- b. is issued in accordance with Ministry of Health's guidance on [Medical Exemptions to COVID-19 covid 19 vaccination](#) (as amended)
- c. specifies the effective time-period for the medical exemption"

Pets are welcome to visit in the Veterans Centre

We are pleased to share that you are welcome to bring your pets for a visit in the Veterans Centre.

Pets must be over 1 year of age, with all vaccinations and visit in the room of your family member or outdoors. The pet visitation agreement is attached for your information.

Volunteers are back in the Veterans Centre

We continue to welcome our volunteers back to the Veterans Centre. Volunteers are supporting our residents in many ways including serving the Veterans Centre in the Artisan gift shop, and escorting to therapy and services in the facility.

A reminder to complete the Yoga Therapy survey by Feb 28th

The Sunnybrook Veterans Centre has been awarded a grant by Veterans Affairs Canada as part the Veteran and Family Well-Being Fund to offer yoga therapy to Veterans, family members and staff. Ingrid Wirsig is the yoga therapist offering this exciting opportunity.

Please fill out this short survey **by Thursday, February 28th**

Thank you

Survey link address: https://dfcmutorontoca.qualtrics.com/jfe/form/SV_2fXII246adde18