

# Visiting during COVID

COVID-19 is a very contagious illness. It spreads quickly from one person to another through contact and droplets. The effects of this illness are heightened for seniors and those with compromised immunities and living in congregated settings.

The support of family and loved ones is integral to the well-being of our residents. As we move towards slowly re-introducing visits, we look forward to working together to ensure we can do so safely, equitably and as per government directives.

In the interest of all residents, we are providing only outdoor visits at this time.

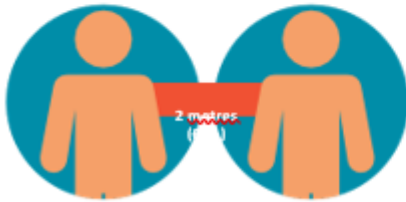
As a reminder, one positive test puts Norfolk Manor in outbreak, suspends all visits and places residents back into isolation.

## Protect you and your loved ones



### COVID-19 testing and screening

- To visit, you must have a negative COVID test within the last 2 weeks prior to visiting and that you have not had a subsequent positive test.
- Norfolk Manor does not provide COVID testing.
- Before each visit to the Manor you will be screened at the designated screening area and may enter when receiving a pass.
- It is imperative that we maintain high levels of infection control in order to protect your loved ones. We ask for your patience and adherence to protocols we have implemented.



### Physical distancing

- Keep at least two meters between you and others. That's about the length of a hockey stick.
- If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.



### Wearing masks

- Wearing non-medical masks helps to protect our residents from the spread of infectious disease.
- Bring your own mask when visiting Norfolk Manor.
- Masks must be worn for the duration of the visit.
- Wash your hands before applying your mask. Make sure it fits snugly. There should be no gaps between the mask and your face. Your mask should be positioned from above your nose to below your chin.
- Avoid touching your face or mask. If you do it is important to wash your hands immediately.
- Do not share your mask with others.
- Remove your mask by grasping the straps and place it in its own bag. Wash your hands.



### Respiratory etiquette

- Cough or sneeze into the inside of your elbow or use a tissue that can be disposed of.



### Washing hands

- Use an alcohol-based hand rub or soap and running water.
- see reverse side for step-by-step instructions.



*Norfolk Manor*  
LIVE THE LIFE YOU CHOOSE™



# How to handrub

Rub hands for 15 seconds



1 Apply 1 to 2 pumps of product to palms of dry hands.



2 Rub hands together, palm to palm.



3 Rub in between and around fingers.



4 Rub back of each hand with palm of other hand.

Rub hands for 15 seconds



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub hands until product is dry. Do not use paper towels.



8 Once dry, your hands are safe.



JUST CLEAN  
YOUR HANDS

For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca)  
or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)



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