



## LOCH LOMOND VILLA, INC.

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To: All Loch Lomond Villa Staff  
From: Cindy Donovan, CEO  
Date: November 20<sup>th</sup>, 2020  
Re: COVID-19 Update

First, I want to again express all our **thanks to each one of you** for the dedication and compassion you provide while you are living our mission and person-centered care philosophy. You do not only provide this compassion to our residents but each other. Remember to be kind!

The time has come once again where I must share COVID-19 is around us and we have no choice but to be vigilant in adhering to the public health guidelines and **close our homes to visitors due to several potential exposure sites in Saint John.** As Dr. Jennifer Russell stated in yesterday's briefing – "we have good reason to be concerned at present". A 2nd wave is surrounding New Brunswick and we must keep our residents and each other safe. I know we can, by doing it together! There is hope on the horizon with 2 Vaccines to be available early next year...that is only a couple of months away! But until then, as **we head into the Holidays, please step up your efforts in staying well and managing the spread of potential infection both at work and when out in the community.**

### **You can help keep COVID-19 out in the following ways:**

- Perform proper and timely hand hygiene between direct or indirect contact points with residents or the environment.
- Regularly disinfect high touch areas in your homes and cars.
- Keep your hands away from your face.
- Maintain physical distancing at break times and while eating when masks cannot be worn.
- Follow Mask directives as per Public Health when in local establishments and wash your community mask regularly.
- Follow contact tracing practices both in the resident's room and keep track of your own community contacts should you be exposed.
- **Shop smart! Stay Local / Shop Local! Shop online.** Try curbside pickup! Our screening tool has been revised due to the Orange Alert level in the Moncton Region Thursday and may need to be revised again today after the press conference.

- Download the **COVID Alert app to your cell phone** – this is so helpful should you have come into someone who has been exposed or positive. The app notifies you. The more people use it, the better it works - contacts of contacts can be notified quickly should you be at risk.
- **Christmas is coming** – it will be different this year for all of us. Public Health is strongly discouraging large celebrations this year in your homes. Avoid large house parties and please **do not host parties involving fellow coworkers and spouses**. If someone becomes infected with the virus it could wipe out many of our staff this way. I plead with each one of you to stay the course for as long as it takes. Celebrate safely – at work, at a restaurant – keep your homes safe.
- Should you be contacted by Public Health re: contact tracing, please follow their directions and notify your Manager/scheduling of Public Health’s guidance if you require testing/isolation. If there is a possibility you may have been exposed through a contact because of community spread and are asymptomatic and concerned, self monitor for symptoms and go to the GNB website and follow the steps for testing.
- We will be reviewing all staff members who work in other nursing homes and therefore you may receive a call from Nursing Administration over the next few days. **We would ask you to commit to your Loch Lomond Villa workplace and carry out your shifts caring for our residents. We are and will continue to manage staffing to the best of our ability over these difficult days.**
- **Please Do Not** come to work if you are symptomatic at all. We must trust each other that we are reporting when we have symptoms. Our province has had outbreaks due to staff coming to their workplace and not properly screening themselves and then the virus enters the facility. Even if you have mild symptoms stay home and get tested. Staff can get tested if you have 1 or more symptoms and can participate in sentinel testing when you do not have symptoms at all.
- Most importantly, look after yourself and your own wellness. Watch a funny movie, get out in nature and the fresh air, laugh together, zoom with extended family, take a break from newsfeeds, get plenty of rest and exercise too!

COVID-19 moves when people move. Its time now to be more cautious. We are stronger together – we’ve got this!

**Note: To make sure our residents and staff are protected, asymptomatic Loch Lomond Villa employees can request a COVID-19 test online once every 2 weeks. Go to the Government of New Brunswick website: on the right hand side click COVID-19; then click on get tested. When you reach the “Patient Profile” section, choose “long term care worker” from the drop-down menu.**