

Essential Care Partners and Care Partners:

Know your risk of spreading or getting COVID-19 at the hospital



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Care Partners play a critical role in the safety of their loved ones, healthcare workers, and the community.

As a designated Essential Care Partner/Care Partner you are essential to the physical and mental health of your loved one. You also play a critical role in preventing the spread of COVID-19.

This pamphlet outlines how to assess your activities and behaviours to determine the risk of you getting or spreading COVID-19.

What you do outside of the hospital can increase the risk of you bringing COVID-19 into the hospital.

If you are at high risk of having been exposed to COVID-19 before entering the hospital, it is important to understand the risk you pose to your loved one, other patients, healthcare workers, and those within your household or social circle.

Before you come to the hospital, assess your risk of unknown exposure. If you meet all of the following criterial, you are at low risk:

- ✓ You work from home, or do not work or live in an area with high COVID-19

exposure (or live with someone who does).

- ✓ Your social circle is 10 people or fewer and everyone always practices physical distancing and masking when around those outside your circle.
- ✓ You have not had guests outside your circle in your home.
- ✓ You and those you live with practice physical distancing of at least 2 metres from others and consistently wear a mask outside the home.
- ✓ You wash or sanitize your hands regularly.
- ✓ You make essential outings only.
- ✓ You are not supporting or visiting others at different healthcare sites in the same day.
- ✓ You have not traveled outside of Northwestern Ontario in the past 14 days.

If you do not meet all of these criteria, please help prevent the spread of COVID-19 at our hospital by connecting virtually or designating someone else.

What you do at the hospital can increase the risk of you bringing COVID-19 home and into the community.

If you do not follow the measures put in place at the hospital to protect you from

high risk exposures to COVID-19, it is important to understand that you are putting yourself at risk of becoming infected and passing it along to others.

To protect yourself and your loved one while inside the hospital, we need you to:

- ✓ Complete the COVID-19 screening before entering the hospital and be honest.
- ✓ Follow all precautions as instructed by the staff.
- ✓ Always wear the provided mask over your nose and mouth.
- ✓ Travel directly to and from your loved one's room.
- ✓ Maintain 2m distance from others.
- ✓ Practice hand hygiene when you enter/exit your loved one's room; enter/exit the hospital; and before/after touching your mask
- ✓ Wear the Essential Care Partner/Care Partner identification and bring ID to show upon entry to the Hospital.

If you visit someone infected with COVID-19:

- ✓ Depending on the nature of your interaction, the hospital may need to notify Public Health and you may be required to self-isolate for 14 days following the visit.

If you are unable or unwilling to follow the guidelines the hospital has set out for visitation, we ask that you do not come onsite to visit and use virtual

visiting options.(e.g. telephone, tablet)

Although many measures to protect against the spread of COVID-19 are in place at the hospital, there have been instances of high and low risk exposures in the hospital setting.

If it is found that during a visit you were unknowingly exposed to COVID-19, the hospital will notify Public Health and the health unit will follow up with you as necessary.

If you have questions or concerns, please speak with any member of the healthcare team.

Contact Information

If you need support, advocacy or assistance through the complex health care system please call the Patient Advocate at 684-6211.

For more information please contact Patient and Family Centered Care (PFCC):

684-PFCC (7322) or email
pfcc@tbh.net

To provide comments or feedback please visit:

<http://tbrhsc.net/home/information-services/feedback/>