

To: All Intercare Staff, Volunteers, Attending Physicians and Students

From: Ian Woodcock
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Re: COVID 19 – Requirement for 14 Day Self Isolation Based on Recent International Travel and Restricting Resident Outings in the Community

Intercare is actively monitoring the COVID 19 situation and is continuously receiving and reviewing updates from the Government of Alberta and Alberta Health Services (AHS) with whom we have a close working relationship.

Since issuing our latest communique, Alberta's Chief Medical Health Officer, Dr. Deena Hinshaw, has issued a directive encouraging any Albertan re-entering from ANY international travel to self-isolate. Self-isolation is especially encouraged by Dr. Hinshaw if travelers are exhibiting any fever and/or respiratory symptoms. The Province of Alberta has posted guidelines for self-isolation on their website:

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Additionally, all levels of government and Alberta Health Services (AHS) are asking Albertans to help control the increase in new cases of Covid 19 in our province by practicing frequent hand washing, avoiding any touching of the face, social distancing where possible (i.e. keep at least 2 meters of space between oneself and others), and limiting or cancelling events that involve larger gatherings of people.

Given the above directive, Intercare is implementing the following additional precautions:

- We require that any staff member, volunteer, physician, or student who returns from International travel from any country to self-quarantine for a period of 14 days and not visit any care home during that time. In addition, you should contact AHS Public Health by calling 8-1-1 and request an exposure risk assessment. DO NOT visit any Intercare home until your 14 day period of self-isolation is completed, you have been told by AHS Public Health that they deem it safe for you to visit and you have spoken to a Site Administrator/Clinical Team Leader (or their designate).
- If you are ill or are experiencing fever or any respiratory symptom associated of COVID-19, you MUST NOT visit any of our care homes and should call Health Link at 8-1-1 for direction and advice as to how to best protect and support yourself and others with whom you come into contact.
- ALL recreational outings involving Intercare residents going out into the community have been cancelled until further notice. We are also strongly recommending that personal companions limit taking residents out into the community other than for urgent/essential medical appointments or similar reason that cannot be cancelled, changed or rescheduled.

Thank you for your continued attention, cooperation, understanding and support as we continue to implement precautionary measures and mitigate risk of exposure for you, our valued residents, families and other visitors.