



Information About Coronavirus (COVID-19):

Mass Gatherings and Social Distancing Recommendations

March 16, 2020

The new coronavirus (COVID-19) continues to spread globally. **In accordance with the Chief Medical Officer guidance for care homes, Christie Gardens has decided to implement closure of our building to all non-essential visitors.** Signage and screening questions have been updated. Thank you for your cooperation.

We all can play a part in containment efforts to slow the spread in order to prevent our healthcare system from being overwhelmed with a sudden increase of infections. Intentionally altering our human behaviour can interrupt how viruses normally spread from person to person. However, we need to balance these efforts with our human need for social interaction in order to maintain our individual wellbeing. Please note the following recommendations on how you can reduce the spread of the virus while maintaining your wellbeing.

Mass Gatherings Outside of Christie Gardens

The Chief Medical Officer of Health strongly encourages all major events to be suspended and people to refrain from attending mass gatherings. **Christie Gardens encourages you NOT to attend any events, theatres, malls etc.; avoid crowds or gatherings of people when you are outside of our community. Essential outings only, is encouraged, at this time.** Please perform hand hygiene upon returning to the building and remain in your suite if you have new onset of cough or fever. Inform the Wellness Centre by phone if these symptoms arise.

Essential Outings Include: Groceries (consider ordering delivery) and specialist appointments.

Social Distancing

Social distancing is another way for humans to alter our behaviour with the intention of interrupting the viral spread between us. Maintaining space between each other and refraining from greetings where we come into contact with each other when we are in our community or outside of Christie Gardens. Effective social distancing is 1 metre between those who are not exhibiting symptoms and 2 metres from anyone noted to be coughing or unwell. **Please avoid hugging, kissing and hand shaking when greeting each other.** Alternative greetings are with eye contact, head nod and friendly smile.

Christie Gardens has implemented the following:

- Increased chair spacing for programs, please refrain from moving chairs closer to each other
- Extended meal times in the dining room starting Thursday:
 - 8am-10am Breakfast, 12pm-2pm Lunch, 4:30pm-7:30pm Dinner
- Starting Thursday, an additional dining time, open 2pm-4pm for a light menu
- Removal of dining room tables to increase spacing between them
- Increased environmental cleaning of chairs between fitness classes and dining room service

Gatherings and Activities inside of Christie Gardens

Christie Gardens is reviewing all group programming, determining the risk involved and making decisions with regards to postponing or continuing on. Thus far, we have suspended the following:

- All group tours coming into our facility
- All group outings
- Events with several external attendees expected, such as, BMO banking service, the memorial service, activities fair and chamber music choir concert – **look for an updated calendar coming soon**
- All non-essential work on building projects
- All non-essential visitors to the Courtyard Community and Christie Gardens facility

We recommend the resident association follows this advice for resident-run programming as well. The Health and Wellness team can help make these decisions on a case-by-case basis, if you are unsure how to proceed.

Maintaining our individual wellbeing is very important in order to weather the length of the crisis we are currently experiencing. Exercise, nutrition and socialization are important factors on our overall well-being. Therefore, fitness classes, internal group programming and dining room service will continue as planned, but with increased infection prevention measures, including increased environmental cleaning of commonly touched surfaces and equipment. **Please keep in mind social distancing measures when you are in your community and DO NOT gather with your neighbours at any time if you are experiencing symptoms.** Call the Wellness Centre for instruction if you have a new onset of cough, exacerbated chronic cough or fever.

Maintaining Wellbeing and Mental Health During the Pandemic

Sustained increased levels of stress can have negative consequences on your health, including your immune system. Fear, anxiety and stress are common responses to crisis situations. The following are some tips on how to support your wellbeing and mental health throughout the duration of this pandemic:

- Do not panic, take deep breaths in through your nose and out through your mouth if you are feeling overwhelmed; get advice from the health and wellness team
- Talk to trusted friends and family members; reassure each other when you need it; be mindful to not pass on inaccurate or sensationalized information
- If you must watch the news, local trusted sources only. CBC television or Radio as well as [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus) are the best sources for local information
- Maintain your routines as much as possible, keeping social distancing in mind.
- Call or write letters to friends, neighbours and loved ones; talk about something other than the coronavirus
- Get some exercise, walk outside (away from crowds), maintain your nutrition and get adequate sleep

These tips may help to keep you and your community well throughout this crises – together, we will get through this!

Thank you,

Jocelyn Alves

Director of Health and Wellness