



March 28<sup>th</sup>, 2022

Dear Family Member,

Across our four long-term care homes, we have a small outbreak on one Resident Home Area at Hillsdale Estates with one active case remaining. For up-to-date information on the status of your home, please check the website at [www.durham.ca/ltcupdates](http://www.durham.ca/ltcupdates) and if you have any specific questions, do not hesitate to contact the home.

[If You Are Experiencing COVID-19 Symptoms:](#)

While I hope this goes without saying, if you are experiencing COVID-19 symptoms, please do not come to the screening desk as you will not pass screening. You are asked to stay home. Essential caregivers and individuals who visit long-term care homes who are experiencing COVID-19 symptoms are eligible to receive a PCR Covid test in the community. Please note this does not apply to asymptomatic testing. You can find a list of pharmacies and other community testing centers here: <https://covid-19.ontario.ca/assessment-centre-locations>

If you test positive for COVID-19 and have visited the home within the previous 48 hours, please phone the home to inform of the exposure risk. Covid positive individuals are required to isolate at home for 5 days, however they can not visit a high risk setting such as long-term care for 10 days. The day the test is positive is considered day 0 and individuals must refrain from visiting the home for a total of 10 full days. I.e., if one were to test positive on March 1, they would be permitted back into the home on March 12th.

Once you have recovered from COVID-19, and have refrained from visiting for 10 days, you will be exempt from COVID-19 testing for a duration of 90 days. Please be reminded that evidence of a confirmed positive test is required for this exemption, and we recommend you follow up with the home directly prior to your next visit.

If you live with someone who has symptoms or has tested positive for COVID-19 or have had exposure to someone with COVID, do not visit the home for 10 days after your last exposure. Should you have any questions please feel free to contact the home and speak to our Infection Control Practitioner and/or Supervisors of Screening and Swabbing.

**The Regional  
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Although the calendar says spring, we have yet to see the nice weather, but I'm sure it is around the corner. As soon as the weather permits, we will be putting out the outdoor furniture and expanding visiting areas for families and residents.

I want to thank everyone for your continued support and for remaining vigilant with public health measures, such as screening, testing, masking, and using appropriate personal protective equipment.

If you have any questions or concerns about anything in this letter or otherwise, please contact the home or me.

*Laura MacDermaid*