



## **MEMO**

**TO:** Residents and families

**From:** Tina O'Malley RN, ICC

**Date:** December 17, 2025

### **Respiratory Outbreak declared:**

Public Health has confirmed a respiratory outbreak at Valley Manor as of today.

There are currently 2 cases that are unidentified and awaiting PCR results, and one case of COVID-19. All cases are currently located in zone 3 (rooms 17-32).

Memos will be sent periodically with updates depending upon the length of the outbreak. A memo will also be sent at the end of the outbreak.

- Visitors will be limited to Essential Caregivers only. The NIC has discretion to allow visits to gravely ill or palliative residents.
- All residents will receive meal tray service starting at supper today. Due to the short turn around, there will only be one choice tonight, returning to two choices tomorrow.
- Large group activities are cancelled and will be limited to small groups in individual zones.
- Restorative Care programs will continue as able, keeping IPAC precautions in place.
- Baths will continue for all residents, even if ill, by ensuring ill resident baths are done last. A mask will be provided, if tolerated, while transporting the resident to the tub room.
- The zone doors will be kept closed to try to reduce wandering resident traffic. The residents may continue to use the Fireside lounge and dining rooms as their lounges for their respective zones.
- Residents with COVID-19 must remain on Additional Precautions (isolation) for a total of 10 days and other respiratory illnesses, including Influenza, remain for 5 days. The date of onset is always counted as day 0, with isolation ending on the last day (5<sup>th</sup> or 10<sup>th</sup>) at midnight.
- All respiratory outbreaks now require 8 days with no new cases before Public Health will declare it over. Any resident still in isolation must complete their period of isolation even if the outbreak is over.
- Families may choose to take well residents out for visits home as the Christmas season is upon us. Please call ahead to make arrangements and ensure the resident is not symptomatic. Be aware that this does come with the risk of the spread of illness as a resident may have been already exposed. An incubation period is how long it takes for you to develop symptoms after exposure to an infectious disease, and a person may spread the virus two to four days prior to developing symptoms depending on the disease.

If you have any questions, please do not hesitate to ask and thank-you for your understanding.