



MEMO

TO: Residents and families

From: Tina O'Malley RN, ICC

Date: January 27, 2026

COVID-19 Outbreak declared:

There are currently 2 resident cases of COVID-19 in the facility. Public Health has confirmed the outbreak at Valley Manor as of today.

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

- Visitors will be limited to **Essential Caregivers** only. An Essential Caregiver must have Infection Control education to be designated as such. This is different than the title of Power of Attorney or Care. Please contact Tina if you would like the education at 613-756-2643 ext. 232. The NIC has discretion to allow visits to gravely ill or palliative residents at any time.
- All residents will receive meal tray service starting at supper tomorrow, January 28th. Due to the short turn around, there will only be one choice, returning to two choices afterwards. Preferences will be taken into consideration until then.
- 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. The date of onset is always counted as day 0, with isolation ending on the last day (5th or 10th) 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 long as the resident is not ill. 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 virus.

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