

# COVID-19

## For Successful Deconfinement in Private Seniors' Residences (PSR)

Reminder for Residents and Their Families

### BASIC MEASURES to be applied at all times



2 m  
(6 ft)

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Disposable mask  
or washable face  
cover

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Hand washing  
(Soap or hydroalcoholic  
solution for 20 seconds)

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Respiratory etiquette  
(Cough and sneeze into your elbow, throw  
away your handkerchief immediately after  
use, and wash your hands immediately)



If you have a fever, cough, sore throat, or other symptoms,  
stay home while waiting to be tested for COVID-19.

## INSTRUCTIONS

(June 25, 2020 directive and June 18, 2020 deconfinement plan)



These guidelines may change in an PSR as the number  
of people with COVID-19 in the residence changes.  
In this case, follow the instructions of the physician,  
the health-care professional, and the PSR manager.



Visits by family  
and friends



OUTINGS: +24 HR  
AUTHORIZED

Gatherings  
outside the  
PSR

Gatherings  
outside the PSR  
limited to the  
resident's  
apartment

Gatherings  
outside and inside  
the homes of  
friends, family,  
and relatives

10 people  
maximum  
(3 households)

Recommendations: Disinfect luggage and wash clothes and belongings upon return



Care and services in the  
resident's apartment

Individuals hired by the resident  
or family (hairdresser, paid  
companion, etc.), individuals  
providing care, housekeeping,  
repairs, etc.





## Dining room



**ACCESSIBLE  
ONLY TO  
RESIDENTS**



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**Maintain free meal service** in the resident's apartment, if required



## Common areas

*Swimming pool, activity room,  
and travel (elevator, hallway),  
etc.*



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**No sharing of items** (deck of cards, bean bag toss, book, etc.)



## Outings to all public places

*Medical appointments,  
health and social services,  
hair salons, shopping centres,  
etc.*



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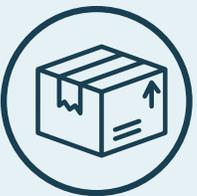
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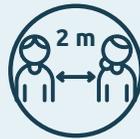
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**Residents can use their own vehicles or other means of transportation**  
(taxi, public transit, paratransit, etc.)



## Moving



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**Maximum:** 2 movers and 2 family members

**COVID screening test and isolation for 14 days** required only for  
moves into a care unit



## Deliveries

*Food, groceries,  
goods, gifts, etc.*



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**Delivered** directly to the resident's apartment

**Pick up** at the PSR reception desk by the resident or a visitor