

On the go? Here's what you need to know...

There could be many reasons to leave the care centre. Whether you are going to a scheduled appointment, going to visit family and friends or just running some errands in the community, here are some of the things you need to consider while you're out and about and when you return back to the care centre.

Safe Transportation: Ensure as much distance between yourself and other occupants in the vehicle as much as possible. If you are unable to keep 2 metres apart, wear masks for the duration of the trip. Masks must be worn on all public transport. Sanitize hands frequently – especially after touching high-touch areas. If you are transporting a loved one, consider wiping down door handles, seatbelts, and interior buttons and asking your loved one to sit in the back seat. If this isn't possible, consider hiring accessible transport.

A safe home visit: If you are visiting at home, make sure all high-touch surfaces are frequently disinfected, such as door handles, light switches, sink faucets, toilets and countertops. Consider visiting outside in the yard. Always keep 2 metres distance from each other. Do not share food or drink and make sure hand sanitizer is available.

Physical distancing: Maintain a physical distance of 2 metres between yourself and those around you at all times.

Physical touch: If you hope to hold your loved one's hand or give them a hug, ensure both parties wear a mask and perform hand hygiene before and after the interaction. Keep physical touch to a minimum for the duration of your visit.

Masking: Effective Aug. 1, the City of Calgary requires masks be worn in all indoor public spaces, on public transit and while in retail or grocery stores. Perform hand hygiene before putting on your mask and before and after taking it off. Dispose of your mask in a trash can after use. You may remove your mask to eat or drink or receive services like going to the dentist.

Hand Hygiene: Perform hand hygiene as often as possible and especially after coming in contact with high-touch items like door knobs and light switches. Wash hands with soap and water for 15-30 seconds or rub vigorously with hand sanitizer.

Returning to the care centre: Residents and clients may be screened upon their return to the care centre. And if they are gone longer than 24 hours, they are required to isolate for 14 days.

Individuals over 60 years of age and those with pre-existing health conditions are most at risk of severe symptoms from COVID-19. The above guidelines are essential in keeping you, your loved ones and all other residents and clients in the care centre safe. Please be cautious and follow them to the best of your ability if you must leave the care centre.