



March 24,2020

## Covid-19 Update

---

Things that we are doing right now:



1. To enter at our building come to the parking lot entrance. You will notice signs on the door to regarding the Covid-19 experience. The doors are being monitored and if you do come you may find the inside door locked- give a knock. When we answer we will be checking in with you to see if you have any signs of a cold, flu or have a fever. If you appear to be showing any signs we may be asking to take your temperature. (\*\*We have posted this information on the door; shared this with letters, emails and posts describing the actions that we may need to take for precautions.)



2. We are applying social distancing both in the building and when we are together. This means that we are staying at least 1 metre apart-2is better. This will impact our ability to be supportive in transporting. We will be working individually with you to assist in your service- this may look like a shop and drop, meeting you somewhere or meeting over the phone or computer. As we are maintaining social distance hugging, hand shaking etc is discouraged. Cheerful conversations and positive words are still strongly encouraged.



3. As we are limiting groups as well as persons accessing the building, and it is our understanding that being outdoors is helpful; visits together will often be spent sharing time out of doors- walks in neighborhoods, having a coffee together outside etc. By doing this, we will be able to spend time together while limiting exposure for either of us in a closed contact situation. We will also be offering some virtual get together, phone calls and planned shared experiences.



4. If we are going to be working with you in your home based on your outreach service, it will be important for you to know the following; Before entering your home these following assessment questions will be asked: • If anyone in the home has a cold or flu-like symptoms: cough, sneezing, fever, sore throat and difficulty breathing/shortness of breath; • If anyone in the home has recently travelled outside of Canada in the last 3 weeks, or been exposed to anyone who has recently travelled from an area identified by the WHO as being high risk. If the answer to any of these questions is YES, work in your home will not be offered until two weeks has passed.

5.  Supplying stay at home kits and items to keep busy.

6.  Offering meal delivery 3 times week for those folks living independently.

Everyone has likely had contact with the Realm Team, and through this discussion your service would have been identified as well as how we are planning to deploy our team to meet needs. If you want to check about what is happening for you, wondering what is happening at Realm or would like to talk, laugh, sing or share a joke-we are always welcome to hearing from you.

We are doing our best to keep everyone safe during this difficult time. We will be working to keep you informed and updated as things unfold.