



North Peace Housing Foundation

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Dear Tenants and Family Members,

I'd like to start by letting you know that, while we have no confirmed Covid-19 Coronavirus cases in our facilities, every decision we make, and everything we are doing at the present time, is intended to keep our tenants, your family members, and our staff as protected as they can be in light of this global challenge.

As stated by Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw, "Older Albertans are at an increased risk of having complications if they were to get COVID-19," and we, at the North Peace Housing Foundation (NPHF), are taking steps we feel are necessary to fulfil our responsibility.

As you are aware, on March 15, 2020, we made the very difficult decision to restrict all visitation to our Lodges and Senior Self-Contained Apartments until further notice. While understanding the increased stress and loneliness this may cause, we believe that physical health is our primary goal.

At this time, we would like to advise you of the steps we are taking to keep everyone as safe and healthy as possible.

Since March 13, 2020 we have advised our employees, that anyone returning from outside Canada, and all employees who have anyone in their residence or household returning from outside Canada, must self-isolate for 14 days after the return and notify their Manager prior to returning to work. Staff that are experiencing symptoms are to call 811 and proceed with testing for the virus and immediately notify their manager of the results.

All employees who are travelling must notify their Manager of their travel plans prior to leaving. **We are strongly advising that ALL unnecessary travel stop immediately.** This includes travel to larger centres within the province for shopping or visiting family for example, as it is not worth the risk.

We all know that the Coronavirus (COVID-19) is serious and has now spread around the world; however, we need to keep in mind that it is a contagious virus and we have a strong history of responding to contagious viruses and infections in our Lodges. From an operational perspective, we will respond to COVID-19 as we already do for things like influenza or other viruses. Our greatest challenge will be in working with emotions and ensuring we are all communicating the same message, *that we are continually monitoring the situation and the materials provided by Alberta Health Services and the World Health Organization, and that we are working in the interest and protecting the health of our tenants and staff.*

The following are specific changes that are being made in our buildings and advice to our tenants which we believe will be helpful going forward.

Coffee Rooms:

- As of March 16, 2020, the Coffee Rooms in our Seniors Self Contained Apartments and Garden Court Apartments will be closed until further notice. This is being done to minimize interaction and personal contact between tenants and hopefully reduce the chances for the virus to spread.

Laundry Cards: Applicable to Garden Court Tenants Only

As of March 16, 2020, the following process will be used to refill laundry cards:

- 1) Call the NPHF Office at 780-624-2055 just before coming over and ask that a Laundry Card be prepared for you. A \$40.00 card will be ready on your arrival. We will track this card separately and you will not be charged an additional \$10.00 deposit.
- 2) Please bring your existing card and we will exchange it for a new card. Your card balances will be tracked.
- 3) You will be billed for the card and do not have to pay when you pick up the card.

Additional Recommendations from Alberta Health

To prevent the spread of respiratory viruses, including COVID-19, among seniors and other vulnerable groups:

- Only essential visits to any continuing care or long-term care facility in Alberta are recommended.
- Individuals over 60 years of age and those with pre-existing health conditions are most at risk of severe symptoms from COVID-19.
- Families and friends of those in these facilities are asked to think of other ways besides visiting that they can support and encourage their loved ones through this difficult time.

Social Distancing:

The Centers for Disease Control and Prevention (CDC) in the USA explains it as ““remaining out of congregate settings, avoiding mass gatherings, and maintaining distance” whenever possible to limit the ability of the virus to spread.” In other words, keep your distance from other people, about 2 Metres or 6 Feet away, and avoid crowds.

Hand Cleanliness:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
- Use alcohol-based hand sanitizer if soap and water are not available

Self-Isolation:

If you need to self-isolate, follow these guidelines:

- Stay home - do not attend work, school, social events or any other public gatherings
- Avoid close contact with other people - especially seniors and people with chronic conditions or compromised immune systems
- Watch for symptoms in yourself or a family member
- Monitor your symptoms

If you have symptoms, like a dry cough, fever, fatigue or difficulty breathing:

- Stay home - do not go to an ER or clinic
- Take the COVID-19 self-assessment at: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
- Call Health Link 811 for instructions and testing

For more details go to: <https://www.alberta.ca/assets/documents/health-self-isolation-information-sheet.pdf>

For further information on (Covid-19) Coronavirus Preparedness in NPHF Lodges and Apartments:

Please go to our website at <https://www.nphf.ca>.

Other Sources of information:

For Further Information from The Government of Alberta on the novel coronavirus (Covid-19) please go to:

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

For further information from Alberta Health Services please go to:

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

For further information from the Government of Canada please go to:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

For further information from the World Health Organization please go to:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Signed By: _____

Tammy Menssa (Executive Director)

Date: _____