

Information Bulletin #10 - Sept. 15, 2020 About Coronavirus (COVID-19)



For friends and family of GEF Seniors Housing tenants and residents

“Wearing masks and keeping our distance reduces our risks of spreading the virus, but they cannot eliminate all risk of exposure.

(These steps) will be equally critical in ... limiting community transmission in the weeks and months ahead.

If we are feeling unwell this fall and winter, we need to stay home, arrange to be tested and continue to isolate until our symptoms are gone.

Staying home when sick is a good thing. It shows we care about the health of ... those around us.”

**Dr. Deena Hinshaw
Alberta Chief Medical Officer of Health
September 3, 2020**

What's new

- With fall just around the corner and the COVID-19 pandemic still impacting all of us, getting your flu shot this year is more important than ever before.
- We are working with Alberta Health Services (AHS) to help set up flu vaccine clinics at GEF lodge and apartment sites. We will let everyone know the date of the flu clinic at their building.
- When you are visiting in a GEF lodge, please ensure you are continuously masked at all times while in the lodge.
- We are encouraging all residents to wear a mask at all times while out in public – whether visiting with others who live or work in GEF lodges, when they are out in the community, or in any other daily activities, to comply with the City of Edmonton bylaw on wearing a mask in publicly-accessible places.
- Residents returning from any health care setting following an admission must self-isolate for 14 days. If they need help with getting necessities like groceries and medications, they are asked to call GEF Community Support at 780-733-7690 or email communitysupport@gef.org.
- Residents are asked to use the hand sanitizer provided in the lodge dining room just before they eat their meal, and right after they are finished their meal, when they leave the dining room.
- If residents stay overnight in the community and then return to the lodge, they must self-monitor for any COVID-19 related symptoms for 14 days.

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GEF Seniors Housing puts a high priority on health, safety and wellness for staff, tenants, residents, visitors and contractors. We continue to encourage everyone to follow key public health requirements to help keep themselves and others safe and healthy, including:

- Doing a full self-check of how they are feeling twice each day;
- Being aware of how they feel, and self-monitoring for any COVID-19 symptoms like cough, fever, shortness of breath, sore throat or runny nose;
- In the lodges, completing the daily AHS Resident Screening Questionnaire and confirming that they are well and do not have any new COVID-19-related symptoms;
- Staying in their unit if they are not feeling well, self-isolating and contacting the main reception desk to arrange to be tested;
- Maintaining physical distance of at six feet or two metres from others at all times, whether indoors or outdoors, and wearing a mask at all times when they cannot maintain that distance.
- Keeping your hands clean by washing them thoroughly with soap and water for at least 20 seconds, before leaving your unit and immediately upon returning, and using hand sanitizer when soap and water are not available;
- Getting outside for some fresh air.

GEF Seniors Housing will continue to:

- Promote physical distancing.
- Clean high-touch areas in the lodges at least three times per day, including the dining room, mailboxes and door handles.

If AHS confirms a case of COVID-19 in one of our lodges, your GEF site staff will immediately report this information to all staff, residents and family of the residents in the building.

Please [visit the GEF Seniors Housing website](#) if you wish to see previous GEF information bulletins. If you have any questions, please contact your site office.

Handy reference links

- GEF Community Support: 780-733-7690 or communitysupport@gef.org
- Edmonton Community Resources: <https://www.ab.211.ca/>
- Alberta Health Services Mental Health Helpline: **1-877-303-2642**
- Meals on Wheels: pre-packaged meals/grocery shopping: **780-429-2020**
- Alberta Health Services: www.albertahealthservices.ca
- Government of Alberta: www.alberta.ca/COVID19
- Government of Canada: www.canada.ca/en