

When several people in the residence are sick

There is an outbreak when two or more people are sick in the same residence or sector.

Social activities are suspended

To avoid spreading germs, all social activities and group meetings at the residence will be cancelled for as long as the outbreak lasts.

Visits will be limited as much as possible

Visits will be limited in order to avoid spreading the illness.

If a visitor is providing care to the resident and the visit cannot be rescheduled, the visitor must take precautions (like the staff) by washing their hands and putting on gloves, gown and mask, in case of contact with vomit.

If the outbreak gets worse, you will be asked to eat your meals in your room, even if you are not sick. If the situation deteriorates, visits may be restricted.

If you'd like more information, feel free to speak to the residence manager.

Handwashing is the most effective way to prevent infections.

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CISSS de Chaudière-Appalaches, 2017

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INFECTION PREVENTION AND CONTROL MEASURES in the event of a GASTROENTERITIS outbreak

**For people who live in
private seniors' residences**



If you are sick

Gastroenteritis

Gastroenteritis can have serious consequences for seniors, potentially leading to a significant deterioration in their health condition and a higher risk of hospitalization and complications.

Infections are also spread more easily when several people live together in the same place.



Inform the staff of your symptoms

Gastroenteritis is usually caused by a virus and comes on suddenly. Symptoms mainly include nausea, vomiting, diarrhea, and abdominal cramps. However, you may have only one of these symptoms.

Stay in your room while you are contagious

Gastroenteritis is contagious as soon as the symptoms start and for up to two days after they stop, which is why you need to stay in your room and avoid contact with the other residents.

Wash your hands

It is important to wash your hands:

- after using the bathroom;
- before and after handling food;
- when they are dirty;
- after coughing or sneezing;
- after blowing your nose.

Wash your hands with soap and water or a hand sanitizer.

Staff and visitors must wear protective equipment

When providing care, staff and visitors are in contact with the sick person and their surroundings. They must wash their hands before and after each visit. They must wear gloves, gown and mask (if in contact with vomit) to avoid catching and spreading the infection.

A sign will be posted on your room or apartment door informing staff and visitors of what equipment they need to put on before entering. This equipment will be available outside your room or apartment. Staff and visitors must remove it before leaving the room and change it between each resident.