

Date: October 7, 2021

Dear Resident or Alternate Decision Maker,

Fall is the time to prepare for respiratory outbreak season. Individuals living in lodges and supportive living facilities may be exposed to different kinds of respiratory infections including influenza and COVID-19. Those who are age 65 or older and anyone with chronic medical conditions are most at risk of serious illness and hospitalization.

Outbreaks of infections may occur at the site you live in. The table below shows some ways to keep yourself from becoming sick, and to protect yourself if there is an outbreak.

How to protect yourself from infections
<ul style="list-style-type: none"> • Wash your hands often with soap and water or with an alcohol based hand rub. • Practice physical distancing (2 meters/6 feet) when in public locations. • Stay home when you are sick. Tell someone in your facility when you are feeling sick. • Follow local and provincial public health guidance which include wearing a mask when indoors and limiting visitors. For the most up to date information visit: https://www.alberta.ca/covid-19-public-health-actions.aspx • Cough or sneeze into your sleeve or a tissue - not your hands.
How to protect yourself from influenza
<ul style="list-style-type: none"> • Get your annual influenza vaccine every fall. • Tamiflu/Oseltamivir is a medicine that can help to keep you from getting ill if there is an influenza outbreak at your site. See your doctor as soon as possible to get a prescription in advance. Bring the attached form called <i>Advance Prescription for Tamiflu/Oseltamivir</i> with you. <ul style="list-style-type: none"> ○ This medication is filled and taken for 10 to 14 days during an outbreak even if you have been immunized against influenza. ○ There is no charge for this medication.
How to protect yourself from COVID-19
<ul style="list-style-type: none"> • Get the recommended doses of COVID-19 vaccine if you are not immunized already. • There is no medication to prevent COVID-19. • For the most updated information please visit: albertahealthservices.ca/COVID19

If you have further questions, please contact the manager at your site.

Thank you for your attention to this important health matter.

Chris Sikora MD MSc MPH CCFP FRCPC
Lead Medical Officer of Health – Edmonton Zone
Alberta Health Services