



Venta Care Centre

Respiratory Illness Prevention

Information for Residents, Families and Visitors

Venta Care Centre is committed to protecting the health and well-being of our residents, families, visitors, and staff.

Residents living in continuing care may be at increased risk of serious illness from influenza (flu), COVID-19, and other respiratory infections. Respiratory viruses can spread quickly in congregate care settings and may cause serious illness, particularly among older adults and individuals with underlying health conditions.

We ask all residents, families, and visitors to help us reduce the spread of respiratory illnesses by following these important precautions:

- **Stay home if you are feeling unwell.** Please postpone your visit if you have symptoms of a respiratory illness, such as fever, cough, sore throat, runny or stuffy nose, body aches, unusual fatigue, vomiting, or diarrhea.
- **Stay up to date with recommended vaccinations,** including influenza and COVID-19 vaccinations, as recommended by your health care provider or public health guidance.
- **Clean your hands regularly** by washing with soap and water or using an alcohol-based hand sanitizer.
- **Cover coughs and sneezes** with your elbow or a tissue and dispose of used tissues appropriately.
- **Avoid visiting when you may be infectious** to help protect vulnerable residents and others in our community.
- **Follow any additional precautions** communicated by Venta Care Centre during periods of increased respiratory illness or an outbreak.

If you become unwell while visiting, please notify a staff member and leave the Centre as soon as possible.

During an outbreak or period of increased respiratory illness, Venta Care Centre may implement additional infection prevention and control measures, which may include changes to visiting practices, the use of personal protective equipment (PPE), or other precautions to protect residents and limit the spread of illness. Families and visitors will be informed when significant changes to visiting practices are required.

We recognize the importance of visits and the connection between residents and their loved ones. Thank you for partnering with us to help keep our residents and community safe.

For more information about influenza, COVID-19, immunization, and respiratory illness prevention, please consult your health care provider or visit the appropriate public health resources.

Thank you for helping protect our residents and community.