
MEMORANDUM

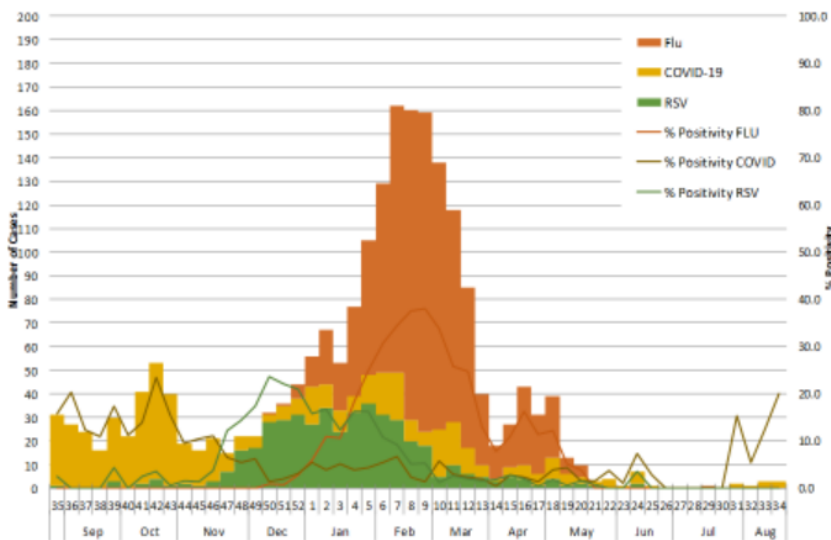
To: Residents and Families of The Mount
From: Crystal MacEachern, Co-Administrator
Subject: Information about Upcoming Respiratory Illness Season
Date: September 17, 2025

Dear Residents and Families,

We are now preparing for the upcoming respiratory illness season, and are taking proactive steps to protect our residents, staff, and families from respiratory illnesses, including COVID-19, Influenza, RSV (Respiratory Syncytial Virus), and other seasonal viruses. The health and safety of our residents and staff is our top priority.

As you can see in the illustration below from the 2024/2025 season, cases of respiratory illness begin to increase in the Fall months and generally peak in the mid to late Spring. RSV virus usually arrives first, followed by influenza. Covid virus continues to circulate throughout the year but also increases as we see more cases of RSV and Influenza. For the residents of The Mount, a respiratory illness can be severe, lead to permanent health decline, affect other chronic illnesses and can result in death.

Influenza/RSV/COVID-19, 2024-25 Respiratory Season, PE



As the likelihood of contracting a respiratory illness increases in the next few months, there are several precautions and safety measures that can help reduce your risk of illness:

1. Vaccination: Influenza and Covid Vaccinations (separate vaccinations) for residents and staff will be available in late September or early October. We do not have the exact dates for these clinics but will be providing them to you as soon as the vaccines are available to us. For residents that received the RSV vaccine last year, you do not need a second vaccination this season. For any residents that did not receive the RSV vaccine, we will arrange to give you this individually in the upcoming weeks. Please review your vaccine consents to ensure they are up to date. Residents or family members can see the appropriate staff member to check on these.

Last season, more than 98% of our residents were vaccinated (for Influenza, Covid-19, and RSV) and this greatly contributed to our low rate of respiratory illnesses at the Mount!

2. Hand Hygiene

Good hand hygiene is one of the most effective ways to prevent the spread of respiratory viruses. Hand sanitizer and handwashing stations are located throughout our facility. Staff, visitors and residents must wash their hands frequently to prevent the spread of viral particles.

Wash your hands! And wash residents' hands!



→ **All staff: Assist residents with hand hygiene** – especially after the resident uses the washroom and before the resident eats or touches food.

3. Screening and Monitoring: Staff are responsible to monitor residents for symptoms of respiratory illness daily. They will notify their supervisor if any respiratory symptoms are observed in a resident. If a resident is feeling unwell or a family member notices any symptoms, please notify the care staff as soon as possible.
4. Mask Use: At this time, masks are not required for staff and visitors inside the facility. However, this may change if the number of people with respiratory illness increases. We will follow the direction that is given to us by the Chief Public Health Office.
5. Enhanced Cleaning Protocols:

- ➔ All staff (not just cleaning staff) are responsible to disinfect high touch surfaces and shared equipment. High touch surfaces include door knobs, drawer handles, railings and grab bars.
- ➔ Common areas like activity rooms and kitchenettes will require extra attention. Tables may not be pre-set. Items on counters may need to be put away.
- ➔ Equipment is easy to overlook. Staff must disinfect walkers, wheelchairs, portable blood pressure cuffs, Hoyer lifts, medication carts, other carts, etc.

Your commitment to helping minimize the spread of respiratory illness by consistently adhering to these infection prevention and control measures meant that we had very few cases of illness last season and very few outbreaks! As we head into this respiratory illness season, I ask for your assistance once again to keep everyone as healthy as possible!

Thank you!

Crystal MacEachern, Co-Administrator

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