

# Safety Precautions for Outings

For residents of licensed supportive living, long-term care and hospice settings

## Protecting yourself and others

- Conduct a daily self-check for COVID-like symptoms, unless health staff assist with screening.
- If you have symptoms, stay in your room and notify the operator.
- You may be asked to get tested; the operator will arrange this if you consent.
- Try to limit your outings to necessities (activities that maintain your physical or mental health, safety/security, or wellbeing).
- Follow all required safety precautions.

## Safety precautions for outings

- Residents who follow all outing requirements and who engage in necessary outings are not required to follow additional safety precautions on site.
- Depending on the off-site activity, you may be asked to:
  - increase daily self-checks to two times per day for 14 days;
  - use a mask in common areas for 14 days; and/or
  - quarantine for 14 days.
- Ask your site contact for more information.

## Outing requirements

- Maintain physical distance and wear a mask at all times
  - Ask your site contact for a suitable mask
- Ensure safe transportation
- Maintain good hand hygiene
- Understand the risk of unknown exposure and safety precautions
- Be screened on re-entry