



### Valleyview outbreak update 3 – Friday, May 20, 2022

*This information is current as of May 20 at 3:44 p.m.*

Hello Valleyview residents and primary contacts:

COVID is still with us and unfortunately, spreading in our community.

The current number of active resident cases of COVID-19 at Valleyview is 10. All positive and symptomatic residents are isolating.

Category of case	Residents
Current active	10
Cumulative recovered	6

I cannot emphasize enough the importance of wearing a medical-grade mask that covers your nose and chin anytime you are out of your suite or if anyone is in your suite.

As a supportive living community, Valleyview falls under the orders set out for continuing care facilities by Dr. Deena Hinshaw, Alberta’s Chief Medical Officer of Health. The most recent order states that continuous masking is still required in the common areas of supportive living facilities.

In addition, you are **legally required** to isolate under the [Chief Medical Officer of Health’s Order and Public Health Act](#), if you:

- Have any [Core Symptoms](#) of COVID-19
- Test positive for COVID-19 on a [molecular \(e.g. PCR, rapid point-of-care\)](#) or [at-home rapid test](#)

Therefore, if you have been diagnosed with COVID or are symptomatic, it is crucial that you remain in your suite for the isolation period of five days after the day you first test positive, or until symptoms subside, whichever is longer.

### ***Today's update***

- Indoor visits are still suspended. Outdoor visits may continue. Thank you for your patience during this time.
- The salad bar remains closed for now. All common-touch items in the dining areas have been removed.
- Snacks and coffee stations are still temporarily closed. Residents who would like refreshments may ask for them at the kitchen.
- The elevator is still under repair. Two spaces are currently being used for dining while the elevator is being repaired – one on the main floor and one on the lower level. Residents in suites on the lower level who cannot use the stairs should call Reception if they need refreshments delivered to them.

### ***Reminders***

- We will continue to request that Alberta Health Services performs PCR tests on symptomatic residents or any residents who have tested positive with a rapid test.
- Smokers: please be mindful when you are smoking. Maintain the proper distance from the building and blow smoke away from the building.
- Monitor yourself twice daily for COVID-19 symptoms. Isolate and call reception if symptomatic: 403.248.1626.

Fever	Chills
Cough	Muscle/joint aches
Shortness of breath/difficulty breathing	Nausea/vomiting/diarrhea/unexplained loss of appetite
Runny nose	Feeling unwell/fatigued
Nasal congestion	Headache
Sore throat	Loss of sense of smell or taste
Painful swallowing	Conjunctivitis/pink eye

- Rapid tests are available in-community for residents to administer themselves. Call Reception at 403.248.1626 if you require a test.
- If you have a medical appointment scheduled, inform the provider you are coming from a community in a COVID-19 Outbreak.

I'll send another update next week. Be well and have a great long weekend,  
Margaret Jev, Valleyview Community Manager, [mjev@silvera.ca](mailto:mjev@silvera.ca)