

# COVID-19 outbreak

## Information for visitors

We have identified a few cases of COVID-19 on the unit, which means it is presently in an outbreak. Rest assured that rigorous measures are in place to protect patients, staff and visitors.

These include:

- Increased hygiene and cleaning measures
- Restricted movement of in-patients on the affected units
- Vaccination against COVID-19 and the use of antiviral medications
- Controlled access to the affected units

### Instructions for visitors

Patients on the units affected by a COVID-19 outbreak must designate a single visitor. We encourage visitors to keep their immunity up to date against this virus.

Visitors who are designated to visit are asked to:

- stay at home if they do not feel well
- only visit their loved one (no other patient) during their visit
- wash their hands and wear a mask when entering the unit
- wash their hands when leaving the room
- remove their mask when leaving the unit and wash their hands again

### What is COVID-19?

COVID-19 is a viral infection that affects the respiratory tract and lungs and can be easily transmitted from person to person. Most people recover from this disease in about one week.

However, COVID-19 can be associated with serious complications, such as pneumonia, especially among the elderly and people suffering from a chronic disease.

### How does COVID-19 spread?

COVID-19 primarily spreads through coughing and sneezing.

Less commonly, a person can contract COVID-19 by touching objects contaminated by the virus (doorknob, etc.) and then touching their eyes, mouth or nose. A person can be infectious one day before the onset of symptoms.

### Can COVID-19 be treated?

Certain antiviral medications can be used to prevent or treat COVID-19. Your physician can also treat your symptoms, if necessary. Antibiotics are not effective against COVID-19. The best protection against COVID-19 is to keep your immunity up to date against common and new variants.

Your care team is available to answer your questions. Thank you for your cooperation.