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## News Release

March 9, 2017

For immediate release

### **Visitor restrictions lifted at Arborfield & District Health Care Centre**

Visitor restrictions in place at Arborfield & District Health Care Centre since Friday, March 3<sup>rd</sup> were lifted on Thursday, March 9<sup>th</sup> by the Kelsey Trail Health Region Medical Health Officer, Dr. Mohammad Khan.

An outbreak was declared at the facility on Friday, March 3<sup>rd</sup> after symptoms associated with respiratory illness were reported among several long term care residents. Symptoms included congested coughs, fatigue and runny noses.

In total, 4 residents were impacted by the outbreak. Lab tests indicate outbreak was the result of RSV (Respiratory Syncytial Virus).

An outbreak is declared when a minimum of three residents, patients, clients or staff display symptoms of respiratory illness in a twenty-four hour period. As a result of the outbreak, long term care resident activities were canceled and precautions were put in place to help contain and minimize the spread of the virus.

“Visitors are asked to stay away from health care facilities when they are showing signs of illness,” stated Dr. Khan. “Visitors are also asked to exercise caution, including using hand cleanser, when entering and leaving health care facilities in an effort to help prevent the spread of communicable diseases.”

The public can help prevent the spread of respiratory viruses by:

- Always thoroughly wash hands with soap and warm water;
- Use hand sanitizer frequently, particularly if hand washing is not immediately possible;
- Use a tissue or the sleeve of your clothing to cover coughs and sneezes;
- Clean all surfaces thoroughly, especially taps, railings, door handles, and counters, at home and where groups of people congregate; and
- If ill, stay at home for at least 48 hours after the last symptoms to prevent spread to others.

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For more information, contact:

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