

COVID-19 Community Update | Ross Memorial Hospital



As we begin a new year, there is much to look forward to. Ross Memorial Hospital and partners are working together to prepare for the distribution of a COVID-19 vaccine locally, according to provincial guidelines, as more doses become available. The province has launched a [webpage](#) to share updates and information about the vaccine. Until COVID-19 vaccines are widely available, it's important to follow public health guidelines and abide by the provincial lockdown measures.

"I am so proud of our team at RMH," says Kelly Isfan, President and CEO, Ross Memorial Hospital, "who have been working through the pandemic for a year now, continuing to provide safe care for our community. And, we continue to be grateful to the community for their support. While we are apart physically, our community is in this together."

As cases rise in our community and across the province, we have seen an increase in positive cases at our hospital as well. Ross Memorial Hospital has 3 COVID-19 positive inpatients in hospital. These patients are in isolation and our team continues to follow appropriate safety measures for the care of these and all patients, including appropriate Personal Protective Equipment. Due to rising cases in our area, we are taking additional measures to promote safety for all patients, visitors and our team.

Designated Visitors

Effective January 6, we will be changing our visiting guidelines from 1 visitor per patient, per day, to

1 **designated** visitor per patient, 1 visit per day. This means that each inpatient may select only one person as their designated visitor.

Masks Provided to All Patients and Visitors

Effective January 7, we will be providing medical-grade masks for all patients and visitors. Patients and visitors should continue to wear their own cloth mask upon entering the hospital, and will be given a new mask at the screening station. This mask must be worn over the nose and mouth throughout the visit.

Care Programs and Surgeries Continue

We continue to provide in-person appointments for most of our care programs, while some of our programs can be conducted virtually. If an appointment were to change, your care provider or clinic will contact you. Our Surgical Program has added additional days to their schedule to continue to address the backlog created by the earlier shutdown.

Heading to RMH for an appointment or to the Emergency Department

- Please come alone unless a support person is essential (for palliative patients, critically ill, children under the age of 18, or those with cognitive impairments)
- Do not bring food or drink
- Bring your health card

COVID-19 Testing at RMH

- The COVID-19 Assessment Centre is by appointment only, Monday to Friday.
- Booking requests can be made by leaving a message at 705-328-6217 or by submitting a form at www.rmh.org.
- Depending on the individual's symptoms and age, they may be instructed to proceed to Entrance A (the south Kent St. Entrance) for a **test only** or to proceed to Entrance B (west side of the building, past the Administrative entrance) for a **test and physician assessment**.
- If symptoms are severe, including difficulty breathing, chest pain, confusion or losing consciousness, call 911 or proceed to the Emergency Department immediately.

Don't Wait to Seek Emergency Care

The Emergency Department has seen a significant decrease in visits, but this does not mean our community members are not experiencing medical emergencies. "We're here for you," says Ms. Isfan, "and we don't want you to delay a hospital visit if you need care." If you are experiencing any of the following symptoms, please visit the Emergency Department:

- Seizure or convulsions
- A broken bone or wound requiring stitches
- Chest pain or tightness in the chest
- Difficulty breathing
- Abdominal pain
- Confusion and disorientation
- Stiff neck and sensitivity to light
- Continuous vomiting or severe diarrhea with signs of dehydration
- Sudden severe headache, weakness, vision problems, numbness/tingling, trouble speaking, dizziness

And, any infant under 3 months old with fever over 38.5C/101F or has a fever and is difficult to wake should be seen at the Emergency Department.

For the latest information about Ross Memorial Hospital visitor guidelines, COVID-19 testing, and COVID-19 activity, please visit: www.rmh.org/covid-19