



Care After COVID-19: Information for Families and Caregivers

What does COVID-recovered mean?

Residents are “COVID-recovered” once they are considered no longer infectious (usually 10 days from diagnosis), they have no symptoms of COVID-19 for at least three days, and they have been reviewed by their physician or nurse practitioner. Although COVID-recovered means that they are unlikely to pass the infection to someone else, many people may still have new or ongoing health needs. This can be due to many things including the COVID-19 infection, the effects of being isolated and/or in bed more, and worsening of chronic health problems.

We are learning more all the time about COVID-19. This information comes from research that is being done, and the experiences of staff in hospitals and Long-Term Care facilities in Canada.

What might residents experience?

Residents may:

- begin to have symptoms of COVID-19 if they had no symptoms before, or symptoms of COVID-19 may return
- have changes in lung or heart function
- have a higher chance of having a blood clot
- be tired and low energy
- have new trouble swallowing
- continue to have loss of sense of taste or smell, low appetite, and low thirst
- continue to have diarrhea
- have unstable blood sugars
- have dizziness or headaches
- show changes to their thinking, memory or mood





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What will the personal care home do?

- **Watch for medical issues.** Staff will continue to assess COVID-recovered residents twice a day for at least two weeks to watch for new or worsening issues.
- **Encourage physical activity.** Residents will be encouraged to move around to build strength and prevent blood clots. Sitting up and out of bed helps people to breathe more easily. Occupational Therapists and Physiotherapists may help when needed. Residents who cannot get out of bed will be turned and repositioned often.
- **Ensure enough rest.** Many residents will need more rest than usual as they continue to recover. Frequent rest periods will be provided.
- **Focus on nutrition.** Some people recovering from COVID-19 have new problems with swallowing. Staff may try different textures of food to make swallowing easier and safer. A Speech Language Pathologist may do a swallowing assessment. The dietitian will continue to assess residents and their nutrition needs.
- **Monitor memory and mood.** Some residents may be more confused than usual, or be drowsy, slow-moving, or unusually sleepy. Some people may have more anxiety or lower mood than usual. Staff will watch for any changes from usual and involve the doctor/nurse practitioner and other specialists when needed.
- **Support socialization.** In-person visits should continue as allowed by the Long-Term Care Resident Visitation principles. Please ask the care team for more information. Virtual visits are encouraged when possible. Friends and family are an important part of the resident's care team, especially for emotional and social support.

Please ask the care team at the Personal Care Home if you have more questions or concerns. Communication with families will be ongoing, and you will be updated on any changes to the resident's condition.

