

December 15, 2021

Dear Alavida Resident, Family & Staff

It is with heavy hearts that we must report that due to the increased cases in Ontario in the wake of the new Omicron variant of Covid-19, we have been given new guidelines on how to keep our communities safe. We know this is hard news for everyone to hear, especially so close to the holiday season. We appreciate the hard work of our associates, residents, and family members in continuing to keep our Alavida communities safe and thriving.

With this said, we wanted to clarify some of the new guidelines that we have been given by the Retirement Homes Regulatory Authority (RHRA) this week:

Enhanced Screening Protocol:

- We now require rapid antigen testing for staff, volunteers, students, community care staff, contractors, and essential caregivers, regardless of vaccination status, two times per week as part of enhanced active screening practices.
- Each resident will be allocated a maximum of two (2) essential caregivers. These caregivers will be required to complete the rapid antigen testing twice per week and report results to the home. The rapid antigen tests will be given to essential caregivers for self-administration on a weekly basis. Please see reception for information on how to self-administer a rapid antigen test.
- To avoid delays in essential caregiver visits, we ask all residents/caregivers to contact reception as soon as possible to let us know who the two essential caregivers will be. At this time, we can make arrangements for those individuals to get their tests.
- If there are any fully vaccinated family members with 3 doses of the vaccine that would like to be volunteer screeners, please contact the General Manager of your home for more information.



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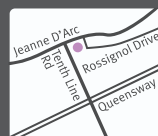
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Visitors:

- We now require rapid antigen testing for general visitors and support workers prior to entering a retirement home, regardless of vaccination status.
- We ask that all general visitors planning to visit our homes call reception 24 hours beforehand to book an appointment and organize the required rapid testing.
- Visiting hours be restricted to 7am – 7pm on a daily basis, so our associates can properly manage screening and safety requirements. We appreciate your understanding in this.
- We have been strongly encouraged to restrict general visitors to only those who are fully vaccinated and will be implementing additional requirements for essential visitors and general visitors who are not fully vaccinated when entering any of our homes.
- This will include requiring a rapid antigen test upon entry, and any essential caregiver or visitor who is not fully vaccinated will be required to wear full PPE upon entry (mask, eye protection, gown, gloves); these individuals will not be permitted to enter common areas in the homes.
- We will be limiting the number of visitors and group sizes for social activities and events. We are getting clarification from Ottawa Public Health with this guideline, but for the time being we will be asking to limit visitor group sizes in our common areas to four (4) visitors.
- If residents are planning private group dinners and have reserved the private dining room, these visitors must have proof of double vaccination, provide a rapid antigen test prior to coming into the home, and must wear a mask in the building, and take it off once they are seated in the private dining room.
- We hope that we can maintain the numbers of our social activities, provided that residents wear masks during activities and are able to socially distance in the activity space (2 metres).
- Please note that children over twelve (12) who are fully vaccinated may come in the homes to visit, with proof of vaccination and a negative rapid antigen test upon arrival.
- Children under 12 years of age are not permitted to enter our homes at this time, regardless of vaccination status.



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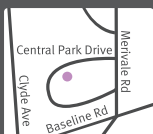
Resident Absences:

- We will be implementing additional testing and isolation requirements for residents when they return from an overnight absence.
- We are seeking clarification from Ottawa Public Health with the guidelines for this. At this time, we will be requiring any resident who is away over night or for over 12 hours at one time to complete a rapid antigen test upon arrival and isolate in their suite for 48 hours, and provide a second rapid antigen test prior to coming out of isolation.
- Please note that these guidelines are subject to change based on changing Public Health measures. The testing measures will take effect no later than Wednesday December 22nd. All other measure will be effective immediately.

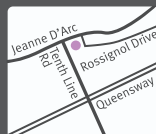
Thank you for your understanding in this situation. We so appreciate the perseverance of our residents, families, friends, and associates. If you have any questions, concerns, or would like clarification on any of these new guidelines, please don't hesitate to reach out to the General Manager at your home. These Guidelines will be in effect on December 22, 2021

Sincere Regards,

The Alavida Team



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