

Guidelines for Light of the Prairies Centre regarding Covid-19

For individual stays:

The following preliminary questions will be asked upon arrival:

1. Have you travelled out of province in the past 14 days?
2. Have you been in contact with an individual showing signs of COVID-19 or who has worked in a laboratory setting involving COVID-19?
3. Do you have ANY of the following symptoms?
 - Fever > 38 degrees C or subjective fever
 - Cough
 - Sore throat
 - Shortness of breath/breathing difficulties
 - Headache or unusual headache
 - Sore muscles not related to overexertion or exercise

In the Centre – for overnight stays:

1. There can only be one person staying upstairs and one person staying downstairs for a maximum of 2 staying at the Centre at the same time.
2. During their stay, guests will only be able to stay on their floor and/or outside except to pick up their meals at the kitchen.
3. Social distancing as recommended by the province of Manitoba will be respected at all times between guests and residents of the Centre.
4. A clean washroom is provided for each guest, and alcohol-based hand cleansers are made available in multiple locations throughout the Centre.
5. For their meals: guests will come to the kitchen where their plate will be filled for them. They will then take their plate to their living quarters for their meal.
6. After their meal, they will put their empty plates and cutlery directly in a designated bin containing water and javex. Kitchen staff will then run the dishes through the dishwasher.
7. At the end of their stay, guests will be asked to pile all their sheets and towels in one bundle on the floor of their room.
8. For payment of services, cashless transactions are encouraged either e-transfer or credit card or cheque if need be. Cash will be accepted if there is no other way.
9. Once guests have left, house residents with gloves will clean and sterilize all areas the guest or guests touched.

In the Blue House:

1. The Blue House is available for one guest or 2 guests who already share living space.
2. Guests will go directly to the Blue House when they arrive. No need to come to the Centre.

3. Alcohol-based hand cleansers are made available in the Blue House
4. Guests will bring their own food. If they have requested a meal from the Centre, they will come to the kitchen at the Centre where their plate will be served for them. They will then take their plate back to the Blue House for their meal.
5. They can wash their plate and cutlery themselves and leave them at the Blue House.
6. At the end of their stay, guests will be asked to pile all their sheets and towels in one bundle on the kitchen floor.
7. Once guests are gone, house residents, with gloves on, will clean and sterilize all areas the guest or guests potentially touched.

For groups:

1. No more than 6 persons can meet in the large room.
2. For proper social distancing (2 metres apart) the Centre will be responsible to ensure it is respected between the residents and the group. The person responsible for the group will ensure proper distancing between its members.
3. Two clean washrooms are provided. Alcohol-based hand cleansers will be made available in multiple locations throughout the Centre.
4. If participants have brought their lunch, the Centre will provide areas where participants can eat it while respecting proper social distancing. Depending on the weather, participants will be encouraged to go eat outside.
5. If lunch is to be served by the Centre, participants will line up to the kitchen counter while ensuring proper social distancing. Their plate will be filled for them and they will be able to choose where they eat (either inside or outside) in areas that respect social distancing.
6. Specific bins with javex water will be provided for dirty plates and cutlery.
7. The Centre can only allow 3 persons to stay overnight if the group would like to meet for more than one day – one upstairs and one downstairs in the Centre and one in the Blue House.
8. Once guests have left, house residents, with gloves on, will clean and sterilize all areas the guests potentially touched.

The kitchen:

1. All personnel working in the kitchen will work with gloves and masks for the preparation of meals.
2. Only kitchen staff will handle dirty dishes.
3. No guests are permitted in the kitchen area.
4. Kitchen staff will sterilize all areas between meals.