

How to keep yourself safe when visiting Unity Health Toronto

Information for patients and families

Unity Health Toronto is committed to a safe environment for all those entering our sites. Read this information on what to expect when you arrive and what you need to know to stay protected during your visit.

Wearing a mask

Everyone entering Unity Health must wear a medical mask. You will get a medical mask when you enter.



- If you are wearing your own mask, you can change your mask at the entrance, or wear the medical mask over your own.
- Your mask must always cover your nose and mouth completely.

When you enter

- We will ask questions to find out if you have any symptoms of COVID-19 or were exposed to anyone who has COVID-19. It is very important that you answer accurately. This information is important to protecting your loved ones, patients, and staff.
- We will give you a sticker that says “I am an Essential Care Partner” and the date of your visit. Please wear the sticker where it can be seen during your visit.

During your visit

- **Food and drink:** Because you are required to wear your mask at all times, you cannot eat or drink. If your visits are **longer than 3 hours**, please speak to our staff for instructions on eating and drinking safely.

- **Using the washroom:** You cannot use the washroom in a patient room. Ask our staff about the nearest washroom for visitors.
- **Physical distancing:** Make sure you stay 6 feet (2 metres) away from others, including the patient you are visiting.

Clean your hands

Hands can carry germs, even if they look clean. It is important to clean your hands during your hospital visit. Clean your hands using alcohol-based hand sanitizer or soap and water:



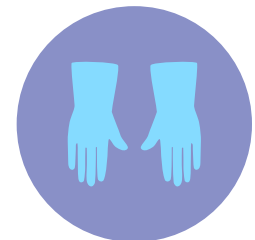
- When you enter the building
- Before you enter any patient room
- Before you exit any patient room
- After using the washroom (use soap and water)
- When you leave the building

Visiting a patient who has COVID or may have COVID

If you are visiting a patient who has COVID, may have COVID, or has a known COVID exposure, you must wear Personal Protective Equipment (PPE). This includes a face shield, gown and gloves in addition to your mask. It is important that you wear these items to protect yourself and others.



- Before you enter the room, you must be wearing a face shield, gown, and gloves in addition to your mask.
- Cleaning your hands and putting on and taking off protective equipment are important to maintaining safety.
- A member of the care team should be present to help you put on the protective equipment and assist in taking it off.
- Training will be provided by staff to all visitors for COVID patients.



For more information on the hospital's current visitor policies and guidelines, follow the link: <https://unityhealth.to/visiting-a-patient/>