



# Renew PEI Together

A Phased Approach to Relaxing COVID-19 Public Health Restrictions





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## A Phased Approach to Relaxing COVID-19 Public Health Restrictions

Over the past several weeks, Prince Edward Islanders have experienced the most challenging health, social, and economic circumstances in recent memory. Islanders have met the challenges posed by the global COVID-19 pandemic with determination and resolve. Communities have rallied together to provide for each other, and organizations and partners have adapted to protect and support our most vulnerable. We have all rapidly changed the way we live, learn, work, and play to protect ourselves and fellow Islanders.

Our efforts are working.

Preventive measures like social and physical distancing, school and early childhood centre closures, health system preparedness, travel controls and ports-of-entry restrictions, self-isolation requirements, ongoing surveillance, and the closure of non-essential services have saved lives. As of today, Prince Edward Island has the lowest number of cases among the ten Canadian provinces, the second-lowest number of cases per-capita, no evidence of community-spread, and no hospitalizations or deaths from COVID-19.

Now we are in a position where we can look to cautiously relax some of the public health restrictions that have been in place these past weeks. Yet, at the same time we must remain vigilant. We will implement this plan in measured phases, and evaluate each step along the way with expanded testing and ongoing monitoring to ensure we do not lose sight of our primary goals, which are to:

- minimize serious illness and mortality, and
- reduce societal disruption in the population.

### A Phased Approach

Renewing PEI will require a concerted and cautious effort by all Islanders. The plan will be implemented in four distinct phases, with a progressive lifting of restrictions on individuals, communities, and organizations. Progression through each phase will be gradual and constantly evaluated based on the latest public health information from PEI's Chief Public Health Office. If there are concerns about progressing into a next phase, progress will be slowed, halted, or even reversed to continue to protect the health of Islanders.

Decisions during each phase will be based on evidence and continuous monitoring to ensure that:

- COVID-19 transmission is controlled
- Public Health maintains capacity for testing, rapid case follow-up and contact tracing, with sufficient supports for Islanders required to self-isolate
- The health system has sufficient capacity to manage and treat cases, particularly in acute care and in the provision of personal protective equipment (PPE)
- Risks of an outbreak in vulnerable population settings (for example, long-term care facilities) are minimized
- Preventive measures are implemented in workplaces, schools, institutions, businesses, and gathering places
- The risk of importing COVID-19 into PEI is managed
- Islanders are engaged and empowered with the knowledge of what needs to be done and why, and understand their key role in controlling the transmission of COVID-19

For organizations, as we move cautiously yet optimistically forward, it is important to understand that this phased approach does not mean 'business as usual'. All services, businesses, and organizations are going to need to modify their operation in light of COVID-19 and will be required to create operational plans demonstrating how they will reduce risk. This will facilitate continuous monitoring and ensure adequate preventive measures are in place.

For individuals and communities, it is our collective action that will contribute to the success of this plan. Guidance we have become familiar with – physical distancing, good hand hygiene, staying home when ill, enhanced cleaning and disinfection of commonly touched surfaces, and more – will remain in place through each phase of the plan.

Together, we can safely renew PEI.



## Phased Renewal

The following phases outline a general plan for renewing some activities and services in PEI while we continue to manage the risk related to COVID-19.

COVID-19 is caused by a newly circulating virus and the evidence is still evolving. Our population does not have immunity at this time to the virus. We know that COVID-19 is highly infectious and spread by coughing or sneezing, close personal contact, or by touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands. Preliminary evidence and our knowledge of other respiratory viruses suggests that the potential for COVID-19 transmission is likely to be lower outdoors than it is indoors. The risk of spread increases exponentially with the number of contacts one has.

All plans are subject to change as the situation continues to evolve. Organizations and businesses are not required to re-open at the initiation of the relevant phase and may choose to continue operating virtually or online. Not all organizations and businesses have been identified in the respective phases. Those referenced represent the types of services and activities that fall within that phase. Organizations and businesses that are unsure under which phase they may re-open may seek direction from the Chief Public Health Office.

For the foreseeable future, border screening will continue at points of entry and all persons entering PEI will be required to self-isolate for 14 days. In addition, visiting restrictions will be maintained in facilities with high-risk populations.

Consultation with the Department of Education and Lifelong Learning, the Public Schools Branch and La Commission scolaire de langue française as well as post-secondary institutions will continue to ensure public health measures are in place to protect the health and safety of students and staff.

We will continue working with long-term care homes throughout the phases to determine innovative solutions to allow family and friends to connect with loved ones in long-term care.

Non-governmental organizations (NGOs) play an important role and represent a diverse landscape of services and activities. They should try to find alignment with the appropriate phase and seek guidance if uncertain.

For the most up to date information, please visit: [www.princeedwardisland.ca/renewPEI](http://www.princeedwardisland.ca/renewPEI)

	Current	PHASE 1 Starting May 1, 2020	PHASE 2 Starting May 22, 2020	PHASE 3 Potential June 12, 2020	PHASE 4 Looking ahead
Border screening and self-isolation	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Further relaxation of measures as situation permits
Gatherings	Stay home as much as possible and only essential interactions	Limited outdoor gatherings of no more than 5 individuals involving people from different households	Limited indoor gatherings of no more than 5 individuals and outdoor gatherings of no more than 10 individuals involving people from different households	Potential: Gatherings of no more than 15 people indoor and 20 people outdoor; including religious gatherings	
Recreation	Interaction between members of a household only	Non-contact outdoor recreational activities	Non-contact indoor recreational activities	Potential: Organized recreational activities, recreational facilities and services, public spaces	
Business and NGOs	Focus on essential services serving the public; non-essential services able to operate by phone, virtual services, delivery or pick-up	Select outdoor and construction services	Retail businesses and select indoor services	Potential: Additional personal services, in-room dining, and accommodations for PEI residents only	
Child care services	Child care for essential service workers	Child care for essential service workers	Unlicensed and licensed child care centres	Unlicensed and licensed child care centres	
Health care	Essential services only	Priority non-urgent health care services	Additional non-urgent health care services	Continued transition to increased non-urgent health services	
Public services	Essential services only	Priority public services	Additional public services	Further public services	
Education	Home-based learning options	Home-based learning options, with some limited activities	Home-based learning options, with some limited activities	Home-based learning options, with some limited activities	
Long-term care	Visitor restrictions in place	Visitor restrictions in place	Visitor restrictions in place	Visitor restrictions in place	

Phases build on one another and following public guidance is essential for each phase



## Public guidance for all phases

- Stay informed, be prepared and follow public health advice
- Maintain physical distancing of 2 m (6 ft) with individuals who are not part of one's household
- Adhere to mass gathering limits (see Phases)
- Stay home when ill and call 811 promptly if experiencing symptoms of COVID-19
- Wash your hands often with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
- Don't touch your face with unwashed hands
- Cough or sneeze into a tissue or your sleeve, and wash your hands directly after
- Ensure enhanced cleaning and disinfection of commonly touched surfaces
- With employer's support, continue working from home and encourage others to do the same
- Continue to use online, home delivery, and curbside pick-up shopping options where available
- Co-workers and neighbours can carpool or share drives if physical distancing is maintained
- Vulnerable individuals should exercise caution and minimize high-risk exposures
- Avoid interaction with immune-compromised and vulnerable populations
- Limit personal non-essential travel
- Consider wearing non-medical masks in certain situations e.g. public transit
- Keep a log of interactions to self-monitor and to facilitate contact tracing should a case be detected

# PHASE 1

Starting May 1, 2020



### Re-introducing limited outdoor gatherings and non-contact outdoor recreational activities of no more than five individuals involving people from different households, while maintaining physical distance (e.g. deck and driveway visits, walks)

- Allow recreational activities including, for example:
  - Walking, hiking, cycling and motorcycling
  - Golf courses, driving ranges and shooting ranges
  - Current PEI residents going to their own seasonal properties on PEI
  - Recreational fishing, including inland and tidal water fisheries and all recreational shellfish
  - Marinas and yacht clubs
- Do not share food, plates or cutlery
- Do not share equipment among people from different households for recreational purposes

### Re-opening select outdoor and construction services

- Services that will now be able to serve the public include, for example:
  - Landscaping, outdoor construction (e.g. decks, roofing, fencing), new construction including roads, and indoor projects as per physical distancing guidelines, watershed clean-up and stream maintenance, pool maintenance and construction, outdoor photography, etc.

### Child care services

- Child care for essential service workers

### Priority non-urgent health care services

- A phased approach of both a) certain elective surgeries and b) other priority services (e.g. cardiac supports, cancer screening, immunizations) identified and assessed as able to mitigate long term significant health impacts while maintaining capacity to treat COVID-19 patients
- Select health service providers, including, for example:
  - Physiotherapists, optometrists, opticians, chiropractors, foot care providers, occupational therapy, naturopaths
- Health care delivery to continue virtually where possible and feasible
- Personal protective equipment as recommended by point of care risk assessment and/or as recommended depending on your practice/location

### Public services

- Priority public services

### Education

- Home-based learning options, with some limited activities

### Long-term care

- Visitor restrictions in place

# PHASE 2

Starting May 22, 2020

**Re-introducing limited indoor gatherings of no more than five individuals and outdoor gatherings of no more than 10 individuals involving people from different households, as well as non-contact indoor recreational activities, while maintaining physical distance**

- Re-introducing indoor gatherings, for example:
  - Watching a movie, socializing
- If sharing food, no buffet style serving and no sharing of utensils
- Do not share equipment among people from different households for recreational purposes

**Re-opening retail businesses and select indoor services**

- Allow additional businesses to serve the public including:
  - Retail outlets, greenhouses and nurseries
  - All remaining construction, maintenance and repair services, cleaning and restoration services, extermination and pest control, car washes and bottle depots
  - Select personal services: hairdressers/barbers, pet grooming
- Businesses open to the public must take every reasonable step to minimize interaction of individuals within 2 metres
- No trying on clothing in stores

**Re-opening unlicensed and licensed child care**

- Allow all unlicensed child care providers and licensed child care centres to operate under the guidance set by the Chief Public Health Office

**Re-opening additional non-urgent health care services**

- Continued phased approach of both a) certain elective surgeries and b) other priority services identified and assessed as able to mitigate long term significant health impacts while maintaining capacity to treat COVID-19 patients
- Health care delivery to continue virtually where possible and feasible
- Additional health service providers: registered massage therapists, acupuncturists, and acupressurists
- Emergency dental care services to be done in the office
- Personal protective equipment as recommended by point of care risk assessment and/or as recommended depending on your practice/location

**Public services**

- Additional public services

**Education**

- Home-based learning options, with some limited activities

**Long-term care**

- Visitor restrictions in place

## **PHASE 3**

Potential June 12, 2020 start date

Potentially re-introducing gatherings of no more than 15 people indoor, and 20 people outdoor (e.g. religious gatherings, large families having visitors, playing frisbee in the park)

- Still maintaining physical distancing with individuals who are not part of one's household
- Sharing of equipment among individuals from different households permitted when necessary and with precautions (e.g. soccer ball, library book, trying on clothes)

Potentially re-introducing organized recreational activities, recreational facilities and services, and public spaces while following physical distancing and mass gathering guidance

- Organized recreational activities permitted to be re-introduced may include:
  - Soccer, baseball, football, tennis, and day camps
- Recreational facilities allowed to re-open may include:
  - Swimming pools, hot tubs and outdoor spas, arenas, wellness recreational centres, bowling alleys, gyms and fitness facilities, yoga and pilates studios
- Public spaces permitted to re-open may include:
  - Art galleries, libraries, youth centres, and community centres

Potentially re-opening additional personal services, in-room dining, and accommodations for PEI residents only

- Personal services permitted to re-open may include:
  - Nail and other salons, spas, tattoo and piercing studios
- In-room dining at food premises may recommence, provided:
  - No recreational spaces can be open (e.g. pool tables, dance floor, VLTs)
  - No buffet style serving and no sharing of utensils
  - Only members of a household can dine together
  - Occupancy guidelines will be forthcoming following consultation with industry
- Allow campgrounds, hospitality homes, inns, and bed and breakfasts to re-open for PEI residents only

#### Child care services

- Unlicensed and licensed child care centres

#### Health care

- Continued transition to increased non-urgent health services
- Urgent dental care services to be done in the office

#### Public services

- Further public services

#### Education

- Home-based learning options, with some limited activities

#### Long-term care

- Visitor restrictions in place

# PHASE 4

Looking ahead

The global COVID-19 pandemic has changed how we live, learn, work, and play. These changes may be with us for some time as we learn to live with COVID-19. Though it's difficult to predict what lies ahead, we know that it's likely that Phase 4 and beyond will be a new way of life, a new "normal".

Eventually we will be able to spend time with our family members in long-term care and others at greatest risk of severe illness, to have large gatherings of friends and family, to enjoy festivals and events, and to connect with those from other provinces and countries.

At this point in time, we do not know exactly what this will look like or when we will get there. But in the interim, we will continue to seek innovative solutions to help us adapt and live with COVID-19.

There is hope. Prince Edward Island is resilient and full of caring, intelligent and hard-working people. Together, we will cautiously and deliberately take these first few steps in response to the global pandemic: Renew PEI.



