



December 20, 2021

Dear Residents and Families,

We hope the holiday season is treating you well and that your Christmas preparations are going smoothly. We want to share with you some information regarding the availability of rapid COVID-19 self-testing kits for Sherbrooke family members/support persons.

Starting this week, all Sherbrooke family members/support persons will be able to pick up rapid COVID-19 self-testing kits from Sherbrooke to use in their own homes. These Point of Care Test (POCT) kits are free and provide results in 15 minutes.

We strongly encourage you to pick up a POCT kit and test yourself 2-3 times a week at home. Frequent testing at home will provide an extra layer of safety for Sherbrooke residents, families, staff and you. Please note that a rapid test cannot be used as proof of a negative COVID-19 test as they are not completed in a lab and no written result is generated.

If you are interested in picking up a free POCT kit, please talk to the manager or nurse in the neighbourhood where your loved one lives and they will arrange for you to receive a kit. We also ask that you please read all of the educational attachments that accompany this letter prior to requesting a kit.

If you are not familiar with how to perform a rapid test, we invite you to watch this educational video from Sherbrooke's Leader of Professional Practice Deb Schick. Deb does a fantastic job of clearly explaining the steps required to perform a rapid test.

<https://www.youtube.com/watch?v=OBzH-JHJAZs>

A reminder that, in order to enter Sherbrooke, all essential family/support persons or visitors must show proof of full vaccination or a negative PCR or rapid antigen test performed in the past 72 hours by an approved provider.

We are excited to offer you free POCT kits as they create another layer of protection against the spread of COVID-19 in our home and the greater community. Please feel free to contact your neighbourhood manager if you have any questions and don't forget to check our website and Facebook page for the latest information from Sherbrooke.

Sincerely,

A handwritten signature in cursive script that reads 'Kim Schmidt'.

Kim Schmidt – Chief Operating Officer