

Visiting a Loved One During a Pandemic

Here are some tips for making the process as safe as possible...

Covid-19 guidelines for social gatherings and visitation are ever-changing, and staying up to date is critical in making the safest decisions for you, your residents and your care team. We hope these tips serve as a starting point in helping you to facilitate safe and meaningful visits from resident's family and friends. For the most specific information on guidelines and/or mandates, check your state, local government and regulatory guidelines. You can also check the Centers for Disease Control (CDC) website.

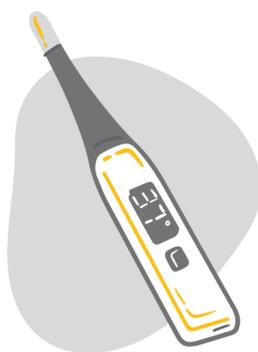
In-Person Visits

1. First, you should **reach out to the facility** to find out what their re-opening plan looks like and to determine whether in-person visitation is currently allowed. Communities may have restrictions that address everything from the number of visitor allowed, to designated hours for visitation, or visitation only in select areas of the facility.
2. See if you can **schedule a visit ahead of time**, based on the community's re-opening plan. Find out how long you will be allowed to visit, whether you need to use a specific entrance/exit to visit, where you will be during the visit, and ask any other visitation related questions you may have. For example, you may want to ask if your kids can accompany you or if you are allowed to bring a pet along.
3. See if you can hold your **visit outside**. An outdoor environment may be the safest spot to hold your visit due to better air-flow and not having to sit in a confined space. Find out if the community has an outdoor option that is available rain or shine. Have a back up plan if inclement weather could delay or cancel your plans.
4. Know what to expect when it comes to staying safe. **What personal protective equipment (PPE) is required?** You should wash your hands or use an alcohol-based sanitizer before and after your visit. You should only visit in designated areas and follow physical distancing protocols.
5. Be prepared to be **screened by the community**. You should be ready and willing to have your temperature checked, answer questions about your recent activity and contact with others, and whether or not you're experiencing any Covid-19 symptoms.

Just a reminder,

You Should Stay Home If...

- You are **feeling sick** with any of the following symptoms:
 - Fever or Chills
 - Cough or Sore Throat
 - Shortness of Breath
 - Headache
 - Fatigue
 - Muscle or Body Aches
 - Congestion or Runny Nose
 - Nausea, Vomiting or Diarrhea
- You should also avoid any visitation if you have a **sick family member** at home or have been traveling in the last 14 days.



Visitation Alternatives



Virtual Visits

Many communities are helping residents to connect via Skype, Facetime or Google Meet. Connecting through a video chat is one way to "see" each other with zero risk. If this is an option, take advantage and try connecting with a loved one on a regular basis.



Letters & Care Packages

The CDC considers opening mail to be low risk, which means that letters and care packages are an easy option when it comes to connecting. Rally family and friends to send cards, letters and packages that might brighten your loved one's day.



Video Messages

Videos can capture just a friendly hello, the grandkids playing around, or the family dog learning a new trick. Capture fun and happy moments and share them in an email, text message or post them to YouTube, where your loved one can easily watch them again and again.



Leave a Sign

Now's the time to put any creative skills you have to work. Check with the community to see if you can post a sign of endearment outside your loved one's window, or tie a big bow to nearby trees, chalk positive statements on the sidewalk, etc.



Window of Opportunity

Talk with the community about a "visit" through a window. Can you drive by and visit from your car or do a parade of cars to cheer up residents? Are you able to walk up to your loved one's window, and if so, can you visit that way while practicing physical distancing?

SOURCES:
CDC.gov

World Health Organization
Pennsylvania Dept. of Health