



GENERAL VISIT GUIDELINES

Welcome back to visiting at the LLDH Home. We are excited to have you as our guests once again. The following information was explained to you on the phone at the time you made your appointment and is also available on our website. Please take a moment to read over this information to assure that you understand what will take place during your time with us.

Expectations and Requirements for Visits.

All our lives have been significantly impacted by the COVID-19 pandemic. It may seem obvious but please take a moment to understand that visits to the Home will be significantly different than you might have experienced in the past. We take all of these precautions to ensure that both you and the resident you visit will be safe and avoid any avoidable spread of the virus during your time here.

Only two visitors will be allowed at a time. The visitors must live in the same household. You may bring a child under 18 with you but they count as one of the two allowed visitors and must be able to wear a mask and face shield during the visit. The child must also be capable of remaining in the designated visitor area and should be able to remain seated for the duration of the visit.

By scheduling your visit, you agree to the following:

- Please plan on only a 20 minute visit and be prepared to end your visit at its designated time.
- Please plan to remain in the designated visitor area within the Home's Drawing Room. You will not be able to go to the resident's room or enter other areas of the facility. Unfortunately, this limits your access to a public restroom so please plan accordingly.
- A mask and face shield will be provided at the time of your visit. Please plan to wear it at all times.

- The resident will also be wearing a mask. Please do not ask the resident to remove their mask for any reason.
- A staff member must be on hand to assist with your visit. They will remain present during your scheduled time. Please do not ask them to exit the room for any reason.
- Please plan to maintain 6 ft of distance from the staff member and the resident. Although this might be difficult, please emotionally prepare to remain physically distanced at all times. The floor in the Drawing Room will have a Social Distance marker on the floor by your chair. Please do not move the chair from the marked area.
- If for any reason your resident does not wish to visit or is not able to visit, you may not request to see another resident for whom you do not have an appointment.

In order to visit, you must meet the following requirements:

- For the 72-hours prior to the visit, you must be free of all symptoms related to COVID-19 including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- Please do not come to the Home if you have been tested for COVID-19 and are awaiting the results.
- Please do not come if you have been exposed to anyone with a positive diagnosis in the last 14-days.
- Please do not come to the facility if you have traveled in the last 72-hours and have not had a negative test for COVID-19 post-travel.

You will be asked the pre-screening questions again upon arrival. The pre-screening form is included with this information. We will also take your temperature upon arrival. If your temperature is elevated higher than 99.9, you will not be allowed to visit. The Home also reserves the right to administer a rapid test for COVID-19 at the time of your visit. If required, you will be asked to wait 15 minutes for results prior to your visit. If asked to wait, staff will assure you will still have the allotted 20 minutes of time with your resident.

Arrival, Entry and Visit: Step by Step

1. Call in advance to schedule your appointment! Visitors must have a scheduled appointment to enter the building.
2. Park or arrive as usual but do not enter the building. Call the receptionist at (202)966-6667 and let her know you have arrived. She will ask you to make your way to the entrance located across from the Handicapped parking that goes directly into the Drawing Room. Signs will be posted and if weather permits, a small canopy will be set up with a table.
3. A staff member will greet you in this location shortly after your arrival and take your temperature. You will also be asked to use hand sanitizer, complete a screening form, put on a mask and face shield provided to you.
4. You will enter the Drawing Room and be asked to sit in the designated area. A staff member will bring in your resident and help the resident to sit in the resident designated area.
5. The staff member will discreetly remain in the Drawing Room to assist and will politely remind you of the 20-minute time limit.
6. You will exit out the same door you came in at the conclusion of your visit.
7. If you become ill in the 72-hrs following your visit, please notify a member of the Home's staff immediately so we can take steps to protect your loved one and the community.

If you have any questions, please do not hesitate to call or ask at the time of your visit. We hope you will enjoy your visit!



COVID – 19 INFORMATION SHEET

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to [spread mainly from person-to-person](#).

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

What can you do to prevent the spread of COVID-19?

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.

- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Cover your mouth and nose with a face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces daily.](#)** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.**

Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19.](#)
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet.](#)
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.



Welcome to the LLDH Home and please enjoy your outdoor visit today. The LLDH Home is coordinating with DC Health, CMS and CDC to prevent the spread of COVID – 19. Guidelines for prevention require your cooperation in completing this form prior to an outdoor visit with a resident. The LLDH Home reserves the right to cancel any visit that does not meet the recommended guidelines or that poses a risk to the residents or staff of the Home.

RESIDENT AND VISITOR INFORMATION		
Resident Name: _____		
Date of Visit: _____ Time of Visit: _____		
<p>The following information is required and will be used for infection prevention purposes only. One form is required for each visitor.</p>		
Visitor Name: _____ (print clearly)		
Address: _____		
Phone #: _____ E-mail Address: _____		
VISITOR TEMPERATURE		
Visitors may not participate in an outdoor or indoor visits if the temperature reads 100.3 or above.		
Temperature: _____ (To be completed by LLDH staff.)		
REPORTING REQUIREMENTS		
YES	NO	Have you had any of these symptoms? Cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, headache, sore throat, new loss taste or smell.
YES	NO	Have you had direct contact with someone with or under investigation for COVID-19? Have you been asked to quarantine due to exposure in the last 14 days?
YES	NO	I have traveled out of the area in the last 30 days. If yes, please list where: _____ <i>Please note that you were asked about travel in the last 30 days at the time your appointment was scheduled. If this information has changed, please provide it here so a staff member can review with you.</i>

INDOOR VISITATION RULES

I understand and agree to the following during my visit:

- I must schedule my visit in advance and report any health concerns or COVID-19 exposure at the time of scheduling this visit.
- If possible, I will call upon my arrival and inform staff I am approaching the door so that I am clear where to go. I will not socialize with staff or other visitors in the parking area. I will not approach anyone other than the front desk receptionist or my designated staff member.
- Only two visitors may visit at a time to allow for appropriate social distancing. Visitors must reside in the same household.
- I must wear a mask and face shield at all times (this includes children under my supervision). The resident I am visiting must remain masked at all times. If I remove the mask or the resident cannot keep the mask in place, the visit will promptly end.
- Because we must remain masked, the visit will not include the exchange or sharing of food or drink. I should not bring anything to exchange with the resident during this visit unless I have made pre-arrangements. Pre-arrangements can be made to leave non-perishable items for the resident with the staff member at the time I schedule my visit.
- To avoid prolonged exposure, my visit will last approximately 20 minutes.
- My visit will not take place and must be rescheduled if I am more than 15 minutes late.
- I will be escorted to the designated visitor area and offered a seat in a designated location. I must remain seated during my visit. If I leave the designated area/my designated seat, the visit will promptly end. I will not be allowed to approach the resident physically.
- My visit may be canceled without warning. My visit may also be shifted to an outdoor visit without warning (weather permitting).
- A restroom may not be available to me during my visit. If I need to use the restroom, I should ask the designated staff member assisting my visit who will escort me to the bathroom.
- I will be escorted while in the facility and must remain with the designated staff member. I will not be allowed to go to the resident room.
- A designated staff member will be assisting with my visit and will be in the visitor area during my visit.
- I will be asked to use hand sanitizer prior to entering the visitor area and when exiting the visitor area.

I understand that should I develop symptoms of COVID-19 or test positive for COVID -19 in the 14 days following an outdoor visit, I MUST CONTACT the LLDH Home and report this information to Lisa Harfoot, Director of Social Services, 202-966-6667 ext 3354, or lharfoot@lldhhome.org.

Visitor Initials _____