



## **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.

Due to space limitations, we recommend the resident and three visitors use our visitation space at one time. You may bring a child under 18 with you but they count as one of the visitors. Unvaccinated children must be able to wear a mask during the visit and remain in the designated visitor area for the duration of the visit.

By scheduling your visit, you agree to the following:

- Please plan a 30 minute visit so that others can use the visitation space before or after you. If you would like a longer visit, please speak directly to a member of our social work staff.
- Visits in our designated visitor area are preferred over visits in the resident room. As most of our rooms are shared rooms and our community is very small, we encourage you to use the designated visitation space for the comfort of your visit and your resident's roommate. If you wish to have more than three guests, you may make a request to a facility social worker who will attempt to accommodate this request based on infection prevention requirements and space availability. These requests must be made in advance.
- Under the new health guidance, we are willing to consider an in-room visit if you make this request at least 48 hours in advance. The in-room visit will be scheduled if the resident's roommate has the ability to leave the room and agrees to do so at the time of the visit.
- Visits in the resident room should be kept to 30 minutes out of courtesy to the roommate. Due to the space in a resident room, no more than one visitor may visit in a resident room. Exceptions to the number of guests allowed in the resident room may be made by making a

request to a facility social worker. Exceptions are made based on resident condition, roommate condition and the space available in the resident room.

- In room visitors must adhere to the following health guidance:
  - Visitors must comply with appropriate cloth face coverings or masks and social distancing requirements as required by DC Health.
  - Visitors must stay on the designated side of the room of the resident they are visiting using the privacy curtain to note each resident's space.
  - Visitors must visit only the resident they intend to visit and remain in the resident room at all times unless escorted by a staff member. Please do not approach the nursing station or a nursing staff member other than your designated host.
  - The roommate must remain outside of the room and your visit may end if the roommate needs to return to their designated space.
  - The resident you are visiting must give permission for you to come to their room for a visit.
  - Visitors may not sit or lay on the resident's bed.
  - Visitors may not use residents' facilities including restrooms.
  - Visitors may not use or eat off of the resident's over the bed table. It is preferred that food not be shared during the visit.
  
- If for any reason the resident does not wish to visit or is not able to visit (in-room or in the visitation space), you may not request to see another resident for whom you do not have an appointment.
  
- A mask will be provided at the time of your visit. We will follow DC Health guidance for close resident contact and the wearing of masks. Fully vaccinated residents and fully vaccinated guests who are not immunocompromised may have the ability to remove their masks and have close contact. Please ask a staff member for the current specific guidance regarding masks and close contact. A copy of the current guidance can be sent to you on request.
  
- Sharing your vaccination status is a key part of helping us protect our community and helping to create an enjoyable visit. Your vaccination status and the vaccination status of the resident significantly impacts how your visit will proceed. Unvaccinated or immunocompromised persons may still visit but will be required to maintain certain infection prevention protocols. Please bring your vaccination record to the visit to help us record your vaccination status.
  
- Immunocompromised conditions may exist that will require the wearing of masks despite vaccination. Your resident's physician will make this determination.

- A staff member must be on hand to assist with your visit. Please do not leave the room or visitation area without your host staff member to assist you.

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.

#### **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, share your vaccination status if you wish and discuss any infection precautions that will apply to your visit.
4. You will be seated in the visitation area. A staff member will bring in your resident and help the resident to sit in the resident designated area.
5. Please do not leave the designated area or the resident's room without this staff member to assist.
6. At the conclusion of your visit, 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.