



Safe Visiting Practices

BEFORE YOUR VISIT

1. Understand your risk of unknown exposure to COVID-19, based on your activities over the last 14 days, by carefully reviewing “Risk of Unknown Exposure” prior to entering the site and evaluating whether it is advisable to visit. While you do not need to disclose your assessed risk of unknown exposure to Intercare, you must ensure the resident or alternative decision maker is aware and behave accordingly.

Table – Risk of Unknown Exposure to COVID-19

Low Risk	Medium Risk	High Risk
<p>To be considered at low risk of Unknown exposure, all the following conditions must be met:</p> <ul style="list-style-type: none"> • Does not work or live in an area of high COVID-19 exposure (refer to Risk designation of region) • Works from home • Part of a small cohort (15 or less) who consistently practices physical distancing and masks when cannot maintain distance. • Not have had guests at home in the past 14 days • Visits resident in one site a day • Makes essential outings only • Uses only vehicle • Consistently maintains 2 metres of distance from those outside household in all activities • Mask worn when cannot maintain physical distancing • Consistent hand hygiene • No interprovincial travel within last 14 days 	<p><i>There will be many variations that arise between the extremes of high and low risk of unknown exposure</i></p> <p><i>Individuals must use their best judgement to determine the risk of unknown exposure where neither low nor high is appropriate.</i></p>	<p>To be considered high risk of unknown exposure, any one or more of the following may be met:</p> <ul style="list-style-type: none"> • Works or lives in an area of high COVID-19 exposure (Refer to Risk designation of region) • Works outside home in settings where distancing is not consistently maintained and masking is not consistently used • Worked or visited a location with declared COVID-19 outbreak in last 14 days • Part of a large cohort (more than 15) • Cohort inconsistently practices physical distancing and use of masks when cannot maintain distance • Visits residents in multiple sites in one day • Outings where contact with others outside household is likely • Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used • Does not maintain physical distancing and does not wear a mask • Infrequent or inconsistent hand hygiene • Interprovincial travel within past 14 days

2. Familiarize yourself with the Active **Health Assessment Screening for Designated Family/Support Persons and Visitors**

3. Ensure that you have reviewed this **Safe Visiting Practices** document

4. Ensure **you have booked your visit** online

5. Make sure you bring **photo ID** and a **mask** for your visit

WHEN YOU ARRIVE TO VISIT

1. You will enter the building at our Screening Station, show identification and complete the Active Health Assessment Screening for Designated Family/Support Persons and Visitors. As above, please make sure are familiar with document and do not visit if you are having any symptoms as listed. At the Screening Desk you will also receive important information to keep our residents, staff and yourself safe. Please make sure you follow all rules presented and if you have any questions, please ask.

2. If you experience any COVID-19 related symptoms during your visit, inform a staff member and leave the building immediately.

3. Hand hygiene is critically important

Perform hand hygiene with soap and water or hand sanitizer:

- See “How to Hand Wash” and “How to Use Alcohol Based Hand Rub”
- Once you arrive at the screening station and before putting on your mask
- Before getting on an elevator
- Before entering the unit
- Before entering your loved one’s room
- As needed during your visit
- Before leaving your loved one’s room
- When exiting the unit

4. Personal Protective Equipment (PPE)

- Your mask must be worn at all times while inside.
- Masks may be removed for outside visits if social distancing can be maintained.
- See “How to Wear a Mask”
- Additional Personal Protective Equipment will be provided by the site if your loved one is newly admitted or on isolation precautions.
- We will also be asking you to wear a face shield as an extra measure of protection – this will be provided at the Screening Station and you will be shown how to put it on.

5. Physical Touch

The risk of transmitting COVID-19 increases with close proximity. If you and your loved one wish to include physical touch with your visit, please:

- Consider your Risk of Unknown Exposure to COVID-19:
 - If your risk is low, you may engage in safe physical touch
 - If your risk is medium, and your loved one is willing to accept the risk, you may engage in safe physical touch
 - If your risk is high, physical touch is not recommended (unless providing direct resident care and wearing all required Personal Protective Equipment)
- Perform hand hygiene before and after physical touch.

- Stop close contact and inform staff immediately if your loved one becomes symptomatic during your visit.
- Wear your mask and ensure that your nose and mouth are covered anytime you are within 2 meters of the resident. The resident is not required to wear a mask but may choose to do so.

6. Visiting Pets

Subject to the stipulations in Intercare's Visiting and In House Pet Policy (06-03-00), one animal is permitted to accompany the designated family/support person or visitor for indoor or outdoor visits. Animals must not display any signs of illness and must not come from a household with individuals at high risk of unknown exposure to COVID-19.

7. Gifts

Designated family/support persons and visitors are permitted to bring gifts, including homemade or purchased food or flowers/plants. Depending on the risk level of the individual, and at the discretion of Intercare, some items may be required to be cleaned and disinfected by the individual or quarantined for a period of time (when disinfection is not possible).

AFTER YOUR VISIT

- 1. If you have any COVID-19 related symptoms within 14 days of your visit, you must inform the care home immediately.**