

As a designated family/support person you are essential to the physical and mental health of your loved one. You also play a critical role in the safety of everyone at the site. What you do outside a healthcare facility can increase the risk of bringing COVID-19 into the facility. This pamphlet outlines activities and behaviours for you to assess your risk of exposure and of spreading COVID-19.

If you are at high risk of exposure to COVID-19, it is important to understand the risk of infecting your loved one, other patients, residents, and staff, as well as those in your household and cohort.



Also see the Know Your Role During COVID-19 pamphlet.

If you think you may be experiencing symptoms, complete the online [COVID-19 Self-Assessment for Albertans](#) before you come to a site.



For more safety information, see the AHS [Tip Sheet for Designated Family/Supports during COVID-19](#)



Discuss with your loved one if you need to be with them in person, or if a virtual visit would work instead.



Check out the [ahs.ca/visitation](https://www.ahs.ca/visitation) webpage for designated/family support resources and any site restrictions that may be in effect.



Designated Family and Support Persons

Know Your Risk During COVID-19



Know your risk of unknown exposure

Before entering a healthcare facility, consider your risk of exposure to COVID-19 based on your activities during the previous 14 days, to determine if you need to delay your visit.

To be **low risk**, you must meet all of the following criteria:

- ❖ You work from home, or do not work or live in an area with high COVID-19 exposure (or live with someone who does).
- ❖ You have a cohort of 15 people or less and everyone consistently practises physical distancing and masking when around those outside of your cohort.
- ❖ You have not had guests outside of your cohort in your home.
- ❖ You and those you live with practise physical distancing of at least two (2) metres from others and consistently wear a mask outside the home.
- ❖ You wash or sanitize your hands regularly.
- ❖ You make essential outings only.
- ❖ You are not supporting or visiting others at different sites in the same day.
- ❖ You have not travelled to or from other provinces or countries.

Activities considered to put you at a **high risk** of exposure to COVID-19 based on your activities during the previous 14 days include:

- ❖ You work or live in an area with a high number of cases or a declared outbreak of COVID-19 (or live with someone who does).
- ❖ You work or socialize outside your home in settings where physical distancing and masking are not consistently maintained.
- ❖ You have not maintained physical distancing or have not consistently worn a mask when around others not in your household.
- ❖ You have guests outside your cohort in your home.
- ❖ You use public transit or carpooling where physical distancing and masking are not consistently maintained.
- ❖ You do not wash or sanitize your hands regularly.
- ❖ You visit patients or residents in multiple healthcare sites in the same day
- ❖ You travel to and from other provinces or countries.

If you are at *high risk* please try and lower your risk. Consider connecting with your loved one virtually, or

To protect yourself and your loved one while inside of a facility, we need you to:

- ❖ Complete a health screening before entering the site.
- ❖ Follow all precautions as instructed by the staff.
- ❖ Continuously wear the mask provided at the site over your nose and mouth.
- ❖ Minimize movement throughout the facility.
- ❖ Practice hand hygiene when you enter/exit your loved one's room; enter/exit the facility; and before and after touching your mask.
- ❖ Wear designated family/support person identification.

If you have questions or concerns, please speak with any member of your healthcare team.

