

# Family Support/Visiting

Licensed supportive living, long-term care and hospice

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## Designated family/support persons

- Each resident or alternate decision maker may designate up to 2 adults who are essential to maintaining mental and physical health.
- Multiple residents may have the same designated family/support persons.
- Designated persons have site access.
- Talk to your site contact about establishing a consistent schedule.

## Other visitors

- The residents' health and circumstance, and the site's risk tolerance assessment, will determine if you can visit. Talk to your site contact for more information.

## All persons must:

- Coordinate visits with site contact.
- Have your health screened at entry.
- Read and follow site policies and **Safe Visiting Practices**.
- Only visit with the resident(s) you are supporting or visiting.
- Wear a mask indoors. Wear one outdoors if you can't maintain physical distancing.
- Check yourself for symptoms during the visit.
- For more information talk to your site contact.

## Safe visiting practices

- Assess your risk of unknown exposure to COVID-19.
- Use personal protective equipment and maintain physical distancing.
- Ensure consistent hand hygiene.
- Use additional safety precautions for safe touching and when wearing a mask interferes with the visit.
- Know the site's guidance for visiting pets and bringing gifts.

### What is a risk tolerance assessment?

This is a site-level approach to match the number of visitors to the residents' needs and preferences.

Factors that may affect a site's risk tolerance include: layout and type of site, room types, residents' health status, and the risk tolerance of people on site.

Risk tolerance will vary between sites and may change.

## Know your risk of unknown exposure to COVID-19

An individual with a **low risk** of exposure must meet all the following conditions:

- You do not work or live in an area of high COVID-19 exposure (refer to [risk designation of region](#))
- You work from home (if applicable)
- You are part of a small [cohort](#) (max. 15 people) who consistently practice physical distancing and wear masks when they can't
- You had no guests at home in the past 14 days
- You only visit one site in a day
- You make essential outings only
- You travel by your own vehicle
- You maintain two metres distance outside your home for all activities
- You wear a mask when you can't maintain physical distancing
- You wash or sanitize your hands often.
- You have not travelled outside Alberta in the past 14 days

An individual with a **high risk** of exposure meets any one or more of the following:

- You work or live in an area of high COVID-19 exposure (refer to [risk designation of region](#))

- You work outside home where physical distancing and wearing masks are not consistent
- You worked at or visited a location with a declared COVID-19 outbreak in last 14 days
- You belong to a large [cohort](#) (more than 15 people) that is not consistent with physical distancing and using masks
- You had guests in your home in the past 14 days
- You visit resident(s) in multiple sites in one day
- You go on outings where it is likely you will make contact with people outside your household
- You use public transit or a carpool where you can't maintain physical distancing
- You don't maintain two metres distance outside your home for all activities
- You don't wear a mask when you can't maintain physical distancing
- You don't often wash or sanitize your hands
- You travelled outside Alberta in the past 14 days

Any person with known exposure to COVID-19 will not be permitted entry.

Your assessed risk of unknown exposure to COVID-19 is an awareness tool. High and low risks are extremes. There are many variations in between.

Use your best judgement to determine if your risk of unknown exposure is appropriate to protect the resident.

If you have a high risk of unknown exposure to COVID-19, you won't be denied entry to visit, but you may need to take additional precautions.