

Eastern Health Eases Visitor Restrictions in Alert Level 2

March 26, 2021 – St. John's, NL: Following the announcement by the Provincial Chief Medical Officer of Health to move to COVID-19 Alert Level 2, Eastern Health advises that effective March 27, 2021 visitor restrictions have been eased for all in-patients in a hospital setting and residents of long-term care. Visitation hours will be determined by facility and designated visitors/support persons are advised to contact the patient's/resident's care team for further information.

These temporary visitation restrictions remain in place provincially to reduce the risk of possible transmission of COVID-19. During Alert Level 2, the following restrictions are in place at Eastern Health facilities:

- **Hospital patients** can identify one support person and five identified visitors. Patients and residents will be limited to two visitors per day who may visit separately once a day.
- **Long-term care residents** can identify one support person and five identified visitors. Please connect with the care team to discuss visitation hours.
- **Obstetrics patients** may have one support person and one doula during delivery, and four additional designated visitors are permitted after delivery up to the time of the patient's discharge.
- **Pediatric patients in hospital** may have both parents/guardians visit at the same time and there are no restrictions on the number of visits per day. Additionally, four individuals can be identified as designated visitors.
- **Intensive care unit/critical care unit** patients are permitted two designated visitors who can visit at the same time.
- **Out-patients and Emergency Department** patients can be accompanied by one person for emergency, outpatient and ambulatory care clinics, appointments or procedures. In keeping with public health guidance to reduce the number of contacts wherever possible, patients are asked to carefully consider the necessity of an attendee when visiting these areas. To support that guidance, patients who can safely manage their interaction for out-patient care without assistance/support should attend unaccompanied.
- **Palliative care and end-of-life** visitation should be discussed with the health-care team.

Please note that approval of a travel exemption does not grant approval for a traveller to visit a loved one at an Eastern Health facility. An exemption must be granted to the traveller by Eastern Health. Individuals seeking an exemption are advised to contact the health-care team to request the exemption. Support persons/visitors are advised that if they show any signs or symptoms of COVID-19, they should not enter a health-care, or long-term

care/residential care site, and contact 811 by visiting www.811healthline.ca/covid-19-self-assessment/ or by calling 811. All support persons/visitors must be able to wear the mask provided at point of entry.

For updates pertaining to Eastern Health's ongoing services, please visit Eastern Health's Facebook page and Twitter feed. General contact information for Eastern Health's programs and services is available at: www.easternhealth.ca/contactus.

Eastern Health thanks the public for their cooperation during this time.

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