



### **CONTACT INFORMATION**

If you have any further questions, please ask the receptionist or nurse.

**THANK YOU  
FOR YOUR  
COOPERATION**

### **COVID INFORMATION**

[www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19).

**VISITING  
LONG-TERM CARE  
FACILITIES IN  
EASTERN HEALTH  
DURING COVID-19  
PANDEMIC**

## ***BACKGROUND***

These have been very challenging times and we understand the importance of being able to have visiting within our Long-Term Care facilities.

While visiting you must be aware that keeping our residents, visitors, and staff safe is our number one priority.

We understand that some of our rooms are small and some areas have wandering residents that make it difficult to allow for adequate physical distancing. This creates challenges as we resume normal operations.

We all have to work together to ensure that all of our spaces remain as safe as possible for all residents, visitors, and staff in our facilities.

To help ensure that everyone is safe, we ask that you follow these few simple guidelines. We appreciate your patience and cooperation.

## ***DURING YOUR VISIT...***

- Do not visit if you are sick or have symptoms - reschedule your visit.
- Wash/sanitize your hands. There are alcohol-based hand sanitizers located on the walls throughout the facility.
- You will be screened by staff upon entering the facility.
- Wear a mask for the **entire** duration of your visit at the long-term care facility.
- Avoid touching your eyes, nose, and mouth.
- Cover sneezes or coughs.
- Practice physical distancing where space allows (i.e., try to stay at least 6 feet away from others unless they are in your bubble).
- Visit only with the resident that you have been approved to visit.
- Remain in the area that staff have directed you for your visit.
- Do not wander throughout the facility or visit kitchenettes located on the units.

## ***HOW TO WEAR A MASK***

To help lower the risk of COVID-19 transmission and for everyone's added safety, we are providing masks to visitors entering our facilities. Please wear this mask for the duration of your stay.

1. Clean your hands with hand sanitizer/soap and water.
2. Apply the mask, colored side facing out, so it fully covers your mouth and nose.
3. Do not wear your mask under your nose. Ensure your nose is covered.
4. Ensure the wire piece is secured at the top of your nose.
5. Once the mask is on, do not touch your face or the mask.
6. Clean your hands with hand sanitizer/soap and water before and after removing the mask.