

Last reviewed: 07/15/2020

Re: **Limited Visitation Guidelines**

The Seasons @ Alexandria remains committed to our prime objectives of “Keeping COVID-19 out of our facility and subsequently containing the spread in the event of a positive case”.

The Seasons @ Alexandria recognizes how the effects of isolation can have serious impacts on the health and well-being of residents in Skilled Nursing Facilities. At this time, we believe the risk of COVID-19 transmission in Skilled Nursing Facilities and the need for family interaction can be balanced under certain conditions. This document contains The Seasons @ Alexandria’s most up to date limited visitation policy. Family will continue to sign up by contacting our receptionist at our main phone number 859-694-4450. Please help us accommodate the limited visitation by scheduling appointments 24 hours in advance.

General facility guidelines:

- The Seasons @ Alexandria has completed baseline testing of all residents and staff members, and reported the results to the Department of Health and CDC.
- The facility must remain without a positive COVID-19 case for a minimum of 28 days prior to permitting limited visitation.
- Any visitor must acknowledge and sign an **Attestation Form**.
- Visits are scheduled in advance, **limited to two people** for each facility resident, and visits will be allowed only during select hours of each day. [Monday – Sunday 6:00am – 6:00pm]
- The facility will screen every visitor, vendor and employee before allowing their entrance.
- The screening process includes: a questionnaire to record the identity of the resident, date, name, and phone number of the visitor; a declaration regarding signs and symptoms of infection, contact and/or exposure to known covid-19 positive persons, and any previous testing for covid-19; and a statement that the visitor will inform the facility immediately if they develop symptoms within 72 hours of the visit or test positive for covid-19 after visiting.
- Visitors must wear masks at all times.
- Hands must be sanitized with an alcohol-based hand rub or by hand-washing with soap and water when entering or exiting.
- Due to the risk of exposure, holding hands, hugging, kissing, or other physical contact is not allowed during visitation.
- Pets are not permitted at this time.
- The facility monitors all visits to ensure that masks are worn and visitation policies are followed. [one may be asked to end the visit if non-compliance is observed]

Outdoor family visitation is encouraged when possible. The visitation guidelines include the general requirements for visitation, as outlined above, as well as additional measures including:

- The facility must monitor the outdoor temperature in all outdoor visitation areas.
- Visits should occur only on days when there are no weather warnings that would put either visitors or residents at risk.

- The visitation area must be wiped down between visitations using an approved antiviral disinfectant.
- Outdoor spaces must allow appropriate social distancing of at least 6 feet between visitors and loved ones.
- Residents should wear masks during the visit if they are able.
- Visitors must stay in designated outdoor visitation locations.
- Visitors should be restricted to children 12 years or older. Special family circumstances warranting children under age 12 to visit can be approved by facility Administrator in rare cases.

Indoor congregate visitation in a designated area will be allowed on a limited basis. The requirements include:

- Visitation must be staggered throughout the day to accommodate the visitation space and appropriately limit the overall number of individuals visiting at one time.
- The visitation area is wiped down between visitations using an approved antiviral disinfectant.
- Indoor visitation spaces must allow appropriate social distancing of at least 6 feet between visitors and loved ones.
- Residents should wear masks, if able to do so.
- Visitors must remain in their vehicles until their scheduled visitation time.
- Visitors must stay in the designated areas and are not permitted to go into resident rooms or living areas.
- Visitors are restricted to children 12 years or older. Special family circumstances warranting children under age 12 to visit can be approved by facility Administrator in rare circumstances.

Booth visitation

- Visits should occur only on days when there are no weather warnings that would put either visitors or residents at risk.
- The visitation area must be wiped down between visitations using an approved antiviral disinfectant.
- All individuals must remain behind the plastic barrier.
- Children and pets are permitted, but at no time may any individual interact.

Factors that are also utilized in relaxing restrictions at The Seasons @ Alexandria include:

- Community spread status in county.
- Case status in the Skilled Nursing and/or Personal Care centers.
- Access to adequate staffing.
- Access to adequate testing.
- Universal source control.
- Adequate access and appropriate use of PPE for staff, residents, and visitors.
- Local hospital capacity to care for symptomatic individuals.
- Facility's ability to schedule, staff, and provide for visitation areas to ensure appropriate precautions.

Terms:

Universal source control – residents, those facility staff with no resident contact, and visitors wear a cloth face covering or facemask. All visitors should maintain social distancing and perform hand washing or sanitizing upon entry to the facility and when leaving.

Family – refers to any support person defined by the resident as family, including friends, neighbors and/or relatives.

Compassionate care situations – including but not limited to an end-of-life situation.

Residents and family may contact the facility with questions about visitation. The Seasons @ Alexandria is ensuring access to the Office of Ombudsman for Long-Term Care is made available:

Northern KY District Ombudsman

22 Spiral Drive
Florence, KY 41042
(859)-283-8185
(866)-766-2372
Fax: (859)-283-8178
Bethany Breckel 859-283-8185
Paula Wigger 859-980-1984

State Long-Term Care Ombudsman

1530 Nicholasville Road
Lexington, KY 40503
(859)-277-9215
(800)-372-2991
nhoa@ombuddy.org
www.ombuddy.org

Additional Resources

- CDC COVID-19 Guidance:
 - Retirement Communities and Independent Living – Plan, Prepare and Respond, at <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/>
 - Considerations for Preventing Spread of COVID-19 in Assisted Living Facilities, at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/assisted-living.html>
 - Considerations for Memory Care Units in Long-term Care Facilities, at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/memory-care.html>
 - Resources for Businesses and Employers, at <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>
 - Risk-Assessment Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html/>
- OSHA Guidance on Preparing Workplaces for COVID-19, at <https://www.osha.gov/Publications/OSHA3990.pdf>
- KY COVID-19 Updates: <https://govstatus.egov.com/kycovid19>

ATTESTATION FORM

Purpose: Our organization is committed to a safe and secure environment.

Policy: All team members, employed or contracted, pledge to self-monitor and self-report to avoid exposures to communicable diseases such as COVID-19.

Rationale: COVID-19 virus is extremely dangerous for older adults. Many populations outside of older adults do not show symptoms, but they may be able to transmit the virus to others. Because of this, we are asking for the following commitment from you:

We ask the following of staff and others who are entering and interacting within the facility to commit to the following precautions and practices:

1. Handwashing: While you are here but also while you are not here, we ask you to wash your hands frequently. For example, before you leave one area and enter another wash your hands with soap and friction. Use hand sanitizer when soap is not available.
2. Avoid individuals who have any of the following COVID-19 symptoms:
 - i. Feeling of fever
 - ii. Cough
 - iii. Shortness of breath
 - iv. Difficulty breathing
 - v. Chills
 - vi. Rigors
 - vii. Headache
 - viii. Sore throat
 - ix. Muscle aches
 - x. Change in sense of smell or taste
3. Avoid individuals who have traveled internationally within the last 14 days to areas where COVID 19 cases have been confirmed.
4. Avoid individuals who have been in a setting where COVID 19 cases have been confirmed.
5. Avoid gatherings of people.
6. Not visit our facility if you or someone in your household is ill or has been diagnosed with COVID-19.
7. Not visit our facility if you been in contact with anyone who is ill or has been diagnosed with COVID-19.
8. Wear a mask when in our facility and when out in the community
9. Observe social distancing when visiting with our residents and when out in the community.
10. Report contact with any individual with suspected or confirmed infection with COVID-19 to the director of the facility.

There is an inherent risk of exposure to COVID-19 in any place where people are present. Residents are potentially at high risk of becoming seriously ill with COVID-19. Our policies and procedures are based on what is currently known about the transmission and severity of COVID-19. Compliance with these policies and procedures will reduce the risk of transmission of COVID-19, but will not eliminate the risk to the residents, staff or visitors. By entering the facility, the undersigned acknowledges the inherent risk of exposure to COVID-19 to himself/herself, other residents, staff and other visitors.

As a part of our protection activities, we ask for these practices to be attested to by your signature. In addition, we will be asking you to submit to having your temperature taken when you report to work. We appreciate your professionalism and your commitment in protecting our community.

Signature _____ Date _____