



# VISITING YOUR LOVED ONE

at Riverside Long Term Care

## COVID-19 CORONAVIRUS

COVID-19 is a very contagious illness.

It spreads quickly from one person to another through contact and droplets. We have done our very best to keep your loved ones and those caring for them protected and safe which unfortunately meant closing to visitors. This has been a challenging and stressful time for everyone.

It is important to consider the safest way to begin visits again. Please know we all have a role to play in responding to the pandemic and each of our actions has an impact on many other people.

## WHAT TO EXPECT REGARDING YOUR VISIT:

- Contact the home to schedule your visit. Visits will be 30 minutes in length. Please arrive only 5 minutes ahead of your scheduled visit.
- Only one (1) visitor at a time per resident.
- Pets are NOT allowed at this time.
- You will be screened at your visit. This will involve taking your temperature and answering questions.
- You will be required to bring and wear a clean cloth mask made of at least 2 layers of tightly woven fabric (cotton or linen)
- You will be asked to use hand sanitizer . Please follow directions given on proper technique. ( steps 1-7 from How to hand wash- see back page)
- You must maintain a 2M(6feet) physical distance from your loved one at all times.
- Your visit will be supervised.

## CONTACT DETAILS:

Rainycrest:  
**EXT. 2500**

**807-274-3261**

Emo Health Centre:  
**EXT: 5500**

Rainy River Health Centre:  
**EXT: 6500**

## YOUR RESPONSIBILITY AS A VISITOR:

- Respect all guidelines that have been put in place. Please ask if you do not understand them.
- Confirm you have had a COVID-19 test with a negative result in the last 2 weeks.
- Answer the screening questions honestly.
- Your visit is limited to your loved one, no other residents.
- Be considerate and respectful when interacting with individuals as this is a very stressful time for everyone.
- Maintain a 2m(6feet) physical distance from your loved one at all times.

## THINGS TO REMEMBER:

- Check with your home regarding what gifts or items you can bring, if any. Flowers and Plants are NOT permitted at this time.
- Minimize jewelry, accessories e.g. purses (you may want to leave your coat in the car). The fewer items you bring, the lower the risk of virus transfer.
- You may be required to wipe down all personal items you do bring with a disinfectant ( ie. cell phone, keys)
- Avoid touching your mask, face, eyes or ears, or adjusting your glasses during your visit.
- Ensure long hair is tied back.

## HOW TO HAND RUB

### RUB HANDS FOR 20 SECONDS

