

Safe Visiting Practices

Risk of Unknown Exposure to COVID-19

- It is important for all persons to understand their risk of unknown exposure to COVID-19, based on their behaviour in the last 14 days, prior to entering the site and modify their behaviour accordingly (Refer to [Table 3](#)).
 - It is particularly critical that active *Health Assessment Screening* is completed at entry, is answered completely and accurately, and anyone with symptoms or recent known exposure to COVID-19 not enter the site at all.
 - While individuals do not need to disclose their assessed risk of unknown exposure to the operator, they must ensure the resident or alternate decision maker is aware of it and behave accordingly.
 - Individuals should limit the number of different sites they enter and provide in-person visits to only one site per day to the greatest extent possible.

Table 3. Risk of Unknown Exposure Assessment Guidance

Low Risk	Medium Risk	High Risk
<p>To be considered at low risk of unknown exposure, all the following conditions must be met:</p> <ul style="list-style-type: none"> • Does not work or live in an area of high COVID-19 exposure (refer to Risk designation of region) • Works from home • Part of a small cohort (15 or less) who consistently practices physical distancing and masks when cannot maintain distance • Not have had guests at home in the past 14 days • Visits resident(s) in one site in a day • Makes essential outings only • Uses own vehicle • Consistently maintains 2 metres of distance from those outside household in all activities • Mask worn when cannot maintain physical distancing • Consistent hand hygiene • No interprovincial travel within the last 14 days 	<p><i>There will be many variations that arise between the extremes of high and low risk of unknown exposure</i></p> <p><i>Individuals must use their best judgement to determine risk of unknown exposure where neither low nor high is appropriate.</i></p>	<p>To be considered at high risk of unknown exposure, any one or more of the following may be met:</p> <ul style="list-style-type: none"> • Works or lives in an area of high COVID-19 exposure (refer to Risk designation of region) • Works outside home in settings where distancing is not consistently maintained and masking is not consistently used • Worked at or visited a location with a declared COVID-19 outbreak in last 14 days • Part of a large cohort (more than 15) • Cohort inconsistently practices physical distancing and use of masks when cannot maintain distance • Have had guests in home in last 14 days • Visits resident(s) in multiple sites in one day • Outings where contact with others outside household is likely • Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used • Does not maintain physical distancing and does not wear a mask • Infrequent or inconsistent hand hygiene • Interprovincial travel within the past 14 days

Family Support/Visiting

Licensed supportive living, long-term care and hospice

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.

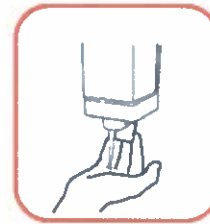
Use your best judgement to determine if your risk of unknown exposure is appropriate to protect the resident.

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.

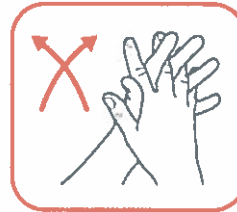
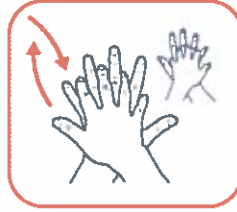
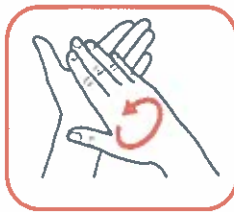
How to Use Alcohol-based Hand Rub

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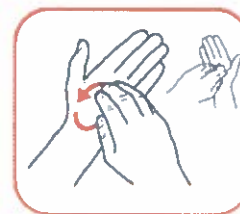
If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: Hand.Hygiene@ahs.ca



- Roll up long sleeves and push up wrist accessories
- Apply a palmful of AHS-provided ABHR to hands
- Rub all surfaces of your hands and wrists



- Include palms, fingers, fingertips and thumbs
- Rub until hands are completely dry



Periodically apply AHS-provided hand lotion for skin integrity.

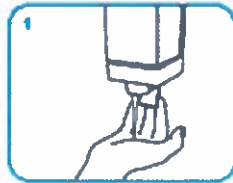
Adapted with permission from The World Health Organization

Original date: May 2017
Revised date: April 2019

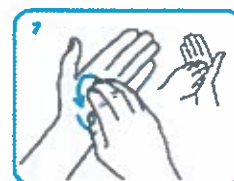
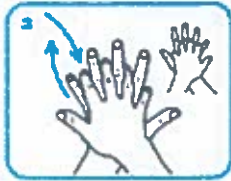
How to Hand Wash

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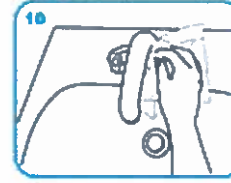
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- Roll up long sleeves and push up any wrist accessories
- Wet hands with warm water
- Apply enough soap to cover surfaces of the hands



- Vigorously rub soap over palms, backs of hands and wrists
- Include space between fingers, fingertips and thumbs
- Procedure should take 15 to 30 seconds



- Rinse under warm, running water
- Pat hands dry with disposable towel
- Turn tap off with the disposable towel

Periodically apply AHS-provided hand lotion for skin integrity.

Adapted with permission from The World Health Organization

Original date: May 2017
Revised date: June 2019

How to use a mask

Masks can become contaminated on the outside or when touched with hands.

It's important that masks are used and disposed of properly. If worn incorrectly, you can accidentally spread infection instead of preventing it.

What to do

- Wash or sanitize your hands:
 - before putting it on
 - before taking it off
 - after taking it off
- Tighten with ties or ear loops to reduce gaps
- Keep nose, mouth and chin covered at all times
- Remove if wet, torn or dirty and dispose in a lined garbage bin

What not to do

- Don't touch your face under the mask
- Don't touch the front of the mask – remove or adjust using the ties or ear loops
- Don't wear it under your nose or your chin
- Don't wear a wet, torn or dirty mask
- Don't wear the same mask for a long period of time – change when it becomes damp
- Don't share with another person

Vanch mask adjustments, donning and doffing



1 Clean hands before taking mask out of box.

2 Take mask out of the box. Pull open the pleats slightly, and keep the blue side facing outward, away from you.

3 Fold mask in half and give it a firm pinch along the fold. The blue side is always facing out.

4 Fold it again, making a W shape along one horizontal side; this will become the top of your mask, where it fits your nose.

5 Put on mask and position it over mouth AND nose.

6 To doff your mask, clean hands again.

7 Then pull it off from behind your ears and drop it straight into the garbage.

8 Complete your hand hygiene routine again, after removing your mask.