

Visitor Guidelines for **Independent Living Only** as of August 10, 2020

Dear Residents,

As we enter our 22nd week of restrictions due to COVID-19, we are concerned about the intersection in the government directives for physical distancing that protect you from the virus and other health concerns from social isolation. There are current articles and studies discussing the negative impact of being isolated resulting in loneliness due to the pandemic. Research (prior to COVID-19) has linked social isolation and loneliness to higher risks for physical and mental conditions such as high blood pressure, heart disease, obesity, weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.

We are beginning to hear more regularly from residents expressing a desire for visits from loved ones. We understand this plight and recognize as independent living residents, you should be able to make decisions about receiving visitors at your home. You know from previous communications that our primary goal is to protect the safety and well-being of the residents and team members. We believe that by following the guidance provided to us through our health agencies, we can welcome limited visitors to our campus. It is up to you to determine if you are ready for visitors and if so, we are adopting the following protocols.

- All guests will be screened by security at the main entrance and will have their temperature taken. If the visitor has a temperature above 100.4 they will be asked to leave. They should notify their physician to let them know they are running a fever and follow the direction of their physician.
- Security will record the visitors' names and who they are visiting.
- It will no longer be necessary for visitors to obtain a 15-minute pass.
- Limit visitors to those who are essential to maintaining your health, well-being, and safety. Social interaction is important. However, in-person social interactions are associated with increased risk of infection.
- We are not encouraging large gatherings. If possible, limit to no more than two visitors at a time.
- It would be best to avoid serving food but if you do:
 - Dining services is a good option to consider. Our team is well versed in preparing and delivering food in a safe manner. Please contact Dining Services in advance to be certain they can accommodate your request.
 - Remind guests to wash their hands before serving or eating food.
 - Use single-use hand towels or paper towels for drying hands so guests do not share a towel.
 - Encourage guests to bring their own food and drinks.

- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.
- COVID-19 can be spread to others even if the person does not feel sick or have symptoms.
- You and your visitors should wear masks as they are meant to protect others in case you are infected.
- Continue to keep at least 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Visit outdoors, when possible. If not, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate social distancing.
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and do not need to be 6 feet apart.
- Try to avoid close contact with your visitors. For example, do not shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- Consider keeping a list of visitors. This will help with contact tracing if someone becomes sick.
- Wash your hands after any visit with soap and water for at least 20 seconds and if soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Visitors are only permitted in your home. No visitors or group gatherings will be permitted in our indoor common spaces.
- While your visitors are at your home, do not share dishes, drinking glasses, cups, or eating utensils.
- If you live in an apartment and your guest can enter through your patio entrance safely, please do so to minimize the number of individuals walking through our hallways.
- People should not visit if they had contact with someone who has symptoms of COVID-19 or have been diagnosed with COVID-19 within the past 14 days. Most importantly, they should not enter the community if they are sick.
- If you are interested in an overnight guest, please contact Resident Services prior to the visit so they may review with you the additional protocols.
- **Please remember that the health and safety of our residents and team members are our priority so if for any reason we are faced with an increased risk of COVID-19 spread, we may need to pull back on allowing visitors. If this becomes the case, it will be clearly communicated.**