

COMPASSIONATE CAREGIVER / FAMILY EDUCATION

As a regular visitor / compassionate caregiver, please follow infection control protocols and safety guidelines to protect our residents and staff during your visit. Our staff is available to assist you and answer any questions that you may have.

During your visit, we request the following:

- Remain in the designated visiting area
- Practice frequent hand hygiene using the alcohol gel that is provided
- Maintain social distancing from other residents and staff
- Please refrain from congregating in the corridors and common areas
- Wear your mask and eye protection at all times

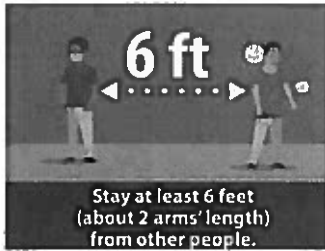
SYMPTOMS

People with COVID-19 report having a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

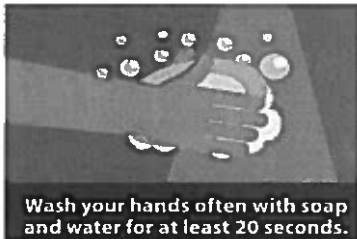
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Recent loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

HOW COVID-19 SPREADS

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.



Maintain good social distance (about 6 feet). This is very important in preventing the spread of COVID-19.

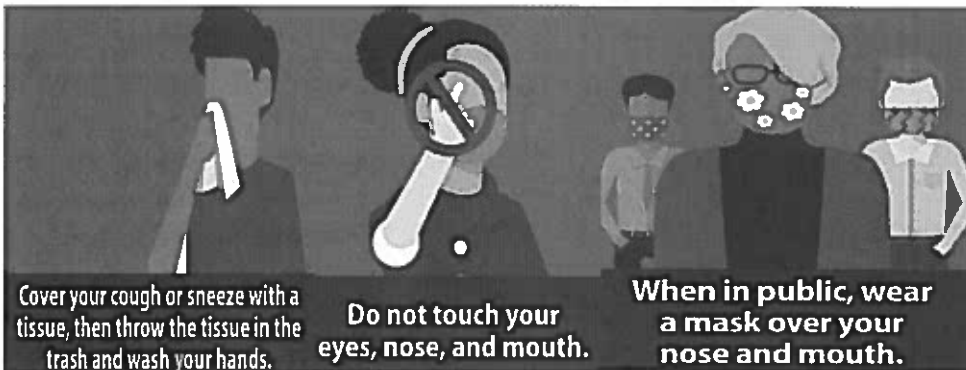


Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.



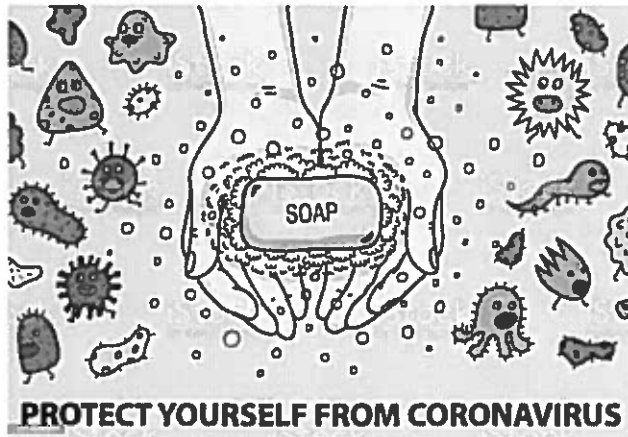
Routinely clean and disinfect frequently touched surfaces.

Cover your mouth and nose with a mask when around others.



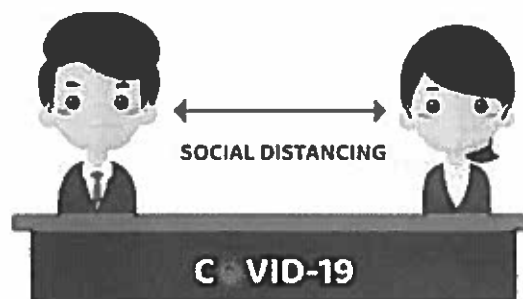
Get vaccinated when the vaccine is available to you

- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.



Cover your mouth / nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.

WHAT TO DO IF YOU ARE SICK

Stay home except to receive medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**

Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

- **This includes the facility – please notify us immediately upon developing any symptoms.**

MASKS