

VISITING FAMILY IN A LONG-TERM CARE FACILITY



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.



Visiting family members is important. Your support can play an important role in their mental and physical well-being.



HERE'S HOW TO PROTECT THEM AND YOURSELF

1 IF UNWELL

Cancel your visit if you feel unwell or have had contact with someone diagnosed with or suspected of having COVID-19. Talk to facility administrators if there are unusual circumstances, such as a gravely ill family member.



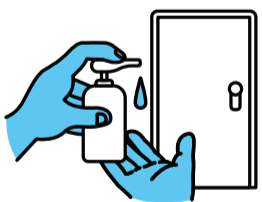
2 CHECK IN ADVANCE

Ask about the time and conditions of visits, such as required testing, mask and hygiene advice.



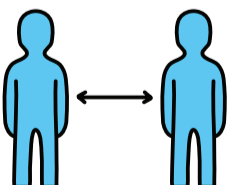
3 STAY SAFE DURING YOUR VISIT

Wear a mask.



Use sanitizer at the building and room entrance.

Keep at least 1 metre from others.



4 EXPLAIN



Help your family members understand any **changes or procedures**, such as vaccinations for influenza and COVID-19, or why wearing a mask or isolation may be needed.

5 STAY IN TOUCH



Continue to keep in touch by phone or video calls, especially if your visit is postponed.



REMEMBER, IT'S ALWAYS SAFER TO

KNOW YOUR RISK.
LOWER YOUR RISK.

