

**Allendale Community for Senior Living**  
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Keeping you  
safe.  
Keeping us  
safe.



**Allendale Community for Senior Living**



#### COVID-19 Visitation Guidelines

As we advance to phase 2 of “Resumption of services” pursuant to Executive Directive No. 20-026, the following guidelines must be strictly adhered to at all times during visitation at the Allendale Community for Senior Living:

1. No more than two visitors are allowed at one time per resident
2. Visitors must wear a cloth or facemask at all times. Visitors may be required to use additional forms of personal protective equipment as deemed necessary by the facility
3. Perform hand hygiene (handwashing or use of facility approved hand sanitizer) before entering, and upon leaving the facility and at any other time deemed necessary
4. Limit physical contact with anyone other than the resident while in the facility
5. Practice Social Distancing with no handshaking, kissing or hugging and remaining six feet apart
6. If the resident is in a single room, visitation can be provided in the resident’s room. If the resident is in a multi-bedded room, visitation will be accommodated in the designated visitation location
7. During visitation, movement will be limited to the resident’s room or designated visitation location
8. If unable to adhere to the guidelines or demonstrate proper use of infection prevention and control techniques, unfortunately visitation will not be facilitated



## Cough Etiquette

### Germs can be easily spread by:

1. Coughing, sneezing, or talking
2. Touching your face with unwashed hands after touching contaminated surfaces or objects
3. Touching surfaces or objects that may be frequently touched by other people

### To help stop the spread of germs:

1. Cover your mouth and nose with a tissue when you cough or sneeze
2. Throw used tissues in the trash
3. If you don't have a tissue, cough or sneeze into your elbow, not your hands

**Remember to immediately wash your hands after blowing your NOSE, coughing or sneezing.**

## HAND HYGIENE

### Using Hand sanitizer:

Use enough alcohol-based hand sanitizer to cover all surfaces of your hands. Run your hands together until dry. Your hands should stay wet for around 20 seconds.

When we do not perform hand hygiene, we put ourselves and our residents at risk for serious infections.

### Handwashing:

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



## SOCIAL DISTANCING

Social distancing, also called "physical distancing," means keeping a safe space between yourself and other people who are not from your household.

To practice social or physical distancing, stay at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.

Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing masks, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

