



## COVID-19 Information, Visitation Guidelines & Acknowledgment for Visitors

### Stay Up to Date with COVID-19 Vaccines Including Boosters

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Solaris recognizes the hardship that our residents and families are experiencing due to COVID-19 and the spread of the Omicron variant. We remain committed to helping residents stay connected with you, their families and loved ones. Together, we can make this possible. Below is information to keep our residents, you, and our staff safe during in-person visits.

While it is safer for visitors not to enter the facility during an outbreak investigation, you may visit. Visitation can be conducted through different means based on a facility's structure and residents' needs, such as outdoors, in resident rooms, and dedicated visitation spaces. Regardless of how visits are conducted, certain core principles and best practices reduce the risk of COVID-19 transmission.

### Core Principles of COVID-19 Infection Prevention

- Visitors who have a positive viral test for COVID-19, symptoms of COVID-19, or currently meet the criteria for quarantine, should not enter the facility. You will be asked to sign an acknowledgment at the time of your visit confirming that you completed a self-assessment before your visit.
  - Do not visit if you are sick or exhibiting symptoms of an illness in the last 48 hours:

Cough	Tiredness	Fever or Chills
Loss of Taste or Smell	Headache	Body Aches
Runny Nose	Sore Throat	Shortness of Breath
Vomiting	Nausea	Diarrhea
  - Do not visit if you are not up to date with your COVID-19 vaccinations (includes booster) if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19 in the last 14 days.
    - If you are up to date with your COVID-19 vaccinations, you may visit; however, you should get tested 5-7 days after your exposure, even if you don't have any symptoms and wear a mask indoors in public for 14 days following exposure.
      - Solaris suggests an outside visit as an added precaution if you must visit.
  - Do not visit if you have traveled in the past 10 days and you are not up to date with your COVID-19 vaccines (includes booster).
    - Includes travel that was overnight AND on public transportation (plane, train, bus, Uber, Lyft, cab, etc.,) OR any trip that is overnight AND with people who are not in your household.
      - Solaris suggests an outside or virtual visit if you would like to visit.
- Hand hygiene (use of alcohol-based hand rub is preferred).
  - Wash your hands at the beginning and end of your visit as well as during the visit if they become soiled or contaminated.
  - Cover any coughs and sneezes. Use tissues and discard in the trash, then wash hands immediately after use.
- Face covering or mask (covering mouth and nose) and physical distancing at least six feet between people, in accordance with CDC guidance



## COVID-19 Information, Visitation Guidelines & Acknowledgment for Visitors

- Wear a mask during the entire visit; your mask must cover your nose and mouth.
  - Cloth masks will not be permitted
  - You may be offered an approved mask to wear during your visit
- Instructional signage is posted throughout the facility with visitor education on COVID-19 signs and symptoms, infection control precautions, use of face covering or mask, specified entries, exits and routes to designated areas, hand hygiene in addition to other important COVID-19 announcements
  - Please take a few minutes to review the signage
- Solaris cleans and disinfects frequently touched surfaces and designated visitation areas in the facility often
  - Please refrain from using resident bathrooms and remain in designated visitation areas
- Appropriate staff use of Personal Protective Equipment (PPE)
  - Staff providing care for residents with COVID-19 or in quarantine on transmission-based precautions are wearing a face mask, face shield or goggles, gown, and gloves
    - If you are visiting residents in these specific areas, you may be asked to wear this personal protective equipment as well
    - Your family member may be in separate areas dedicated to COVID-19 care
- Resident and staff testing conducted as required at 42 CFR § 483.80(h)
  - Solaris staff follow testing policy and procedures consistent with regulatory requirements
  - As a visitor, it is strongly encouraged that you complete a COVID-19 home test BEFORE visiting your loved one
    - Anyone with a positive test should NOT visit until 10 days have passed with an improvement in symptoms and no fever for 24 hours without fever reducing medication
- The CDC recommends being up to date with COVID-19 vaccinations. Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19. Vaccines can also help prevent serious illness and death.
- If you already had COVID-19, you should still get a COVID-19 vaccine for added protection.
- When you are up to date on COVID-19 vaccination, you can resume many activities with proper precautions (e.g., mask wearing in indoor public spaces).
- Getting sick with COVID-19 can have serious consequences.
  - Can cause severe illness or death and those who will have mild or severe illness can't be reliably predicted.
  - May have long-term health issues after COVID-19 infection.
    - Even people who do not have symptoms when they are initially infected can have these ongoing health problems.
  - People who are sick with COVID-19 may spread COVID-19 to others including friends and family who are not eligible for vaccination and people at increased risk for severe illness from COVID-19.
- COVID-19 vaccines were developed quickly, all steps have been taken to ensure their safety and effectiveness
  - Hundreds of millions of people in the U.S. have received COVID-19 vaccines under the most intensive safety monitoring program in U.S. history.
  - A growing body of evidence shows that the benefits of COVID-19 vaccination outweigh the known and potential risks.
    - CDC recommends an mRNA COVID-19 vaccine based on an updated risk-benefit analysis
  - Common side effects:
    - After COVID-19 vaccination, some people may feel ill, with symptoms like fever or tiredness for a day or two after receiving the vaccine. These symptoms are normal and



## COVID-19 Information, Visitation Guidelines & Acknowledgment for Visitors

are signs that the body is building immunity. Some people have no side effects. Others have reported common side effects after COVID-19 vaccination such as:

Tiredness	Fever	Headache
Nausea	Muscle pain	Chills
Swelling, redness, and pain at the injection site		

- Benefits of vaccination outweigh the risks. Serious safety problems are rare:
  - In rare cases, people have experienced serious health events after COVID-19 vaccination. Any health problem that happens after vaccination is considered an adverse event. An adverse event can be caused by the vaccine or can be caused by a coincidental event not related to the vaccine.
    - Anaphylaxis is a severe type of allergic reaction with symptoms such as hives, difficulty breathing, low blood pressure, or significant swelling of the tongue or lips. Anaphylaxis after COVID-19 vaccination is rare. Learn more about COVID-19 vaccines and allergic reactions, including anaphylaxis <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>
    - Thrombosis with Thrombocytopenia Syndrome (TTS). Thrombosis with thrombocytopenia syndrome (TTS) is a rare but serious adverse event that causes blood clots or issues with clotting. TTS after COVID-19 vaccination is rare. Learn more about COVID-19 vaccines and myocarditis and TTS at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>
    - Myocarditis and Pericarditis. Myocarditis is inflammation of the heart muscle, and pericarditis is inflammation of the outer lining of the heart. Myocarditis and pericarditis after COVID-19 vaccination are rare. Learn more about COVID-19 vaccines and myocarditis and pericarditis at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>
    - Guillain-Barré Syndrome (GBS). GBS is a rare disorder where the body's immune system damages nerve cells, causing muscle weakness and sometimes paralysis. GBS after COVID-19 vaccination is rare. Learn more about COVID-19 and GBS at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

**Acknowledgement:** Your safety and the safety of our residents, visitors and our staff are our main concern and the reason for which visiting guidelines have been established. Please bring your mask to visit. If you do not have a mask, one will be provided to you. If you refuse to adhere to established guidelines your visit may be shortened or canceled.

**My signature acknowledges my receipt of COVID-19 information and visitation guidelines.**

<b>Date</b>	
<b>Visitor Acknowledgment Signature</b>	
<b>Visitor Printed Name</b>	
<b>Resident Name</b>	