



Family Information for Indoor Visits at Congregate Care Facilities

You have scheduled an indoor visit at a Horizons long-term care facility. During this visit, you will be required to follow all requirements laid out by the Colorado Department of Public Health and Environment (CDPHE). These include:

1. Self-screening the day of the visit. Do not come to the facility for your visit if you have, or have had in the past 24 hours: a fever of 100 degrees or greater, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new taste or smell disorders, sore throat, congestion/runny nose, nausea/vomiting, and diarrhea. Do not come to the facility if you have in the past 14 days: traveled internationally, or to a COVID-19 "hot spot" with rising cases, been on a cruise or airplane, attended a medium or large event (wedding, funeral, family reunion, etc...) or had known contact with someone with COVID-19.

You can check the risk status of any areas you may have traveled at <https://globalepidemics.org/key-metrics-for-covid-suppression/>

Upon arrival at the facility, you will call the home to alert them to your arrival. Staff will meet you at the entrance of the facility and you will:

1. Be screened for symptoms, have your temperature taken, and provide your contact information.
2. Perform hand hygiene with provided hand sanitizer.
3. Don a mask. If you do not have one with you, the facility will provide a surgical mask.
4. Be escorted to the designated indoor visiting area.

During your visit, you must:

1. **If the individual you are visiting is unvaccinated:**
 - a. Wear your mask covering both your mouth and your nose.
 - b. The individual must wear a mask covering both their mouth and nose unless it would inhibit the individual's health.
 - c. Maintain social distance by remaining at least 6 feet away from the individual.
 - d. Rely on staff to provide all assistance and hands on care for your family member.
 - e. Only interact with the individual you are scheduled to visit.
 - f. Remain in the designated indoor visiting area.
 - g. From the designated indoor visiting area, inform staff that the visit is over, so they can escort you out of the home.
2. **If the individual you are visiting is fully COVID-19 vaccinated** (2 weeks after both COVID-19 vaccinations for Pfizer and Moderna and single COVID-19 vaccination for Johnson and Johnson):
 - b. Wear your mask covering both your mouth and your nose.
 - c. The individual must wear a mask covering both their mouth and nose unless it would inhibit the individual's health.
 - d. The individual can choose to have close contact (including touch) with their visitor while wearing a well-fitting face mask and cleaning their hands before and after.
 - e. Only interact with the individual you are scheduled to visit.
 - f. Remain in the designated indoor visiting area or bedroom of the individual.
 - g. From the designated indoor visiting area or bedroom, inform staff that the visit is over, so they can escort you out of the home.

It is extremely important that you follow all of these requirements. Failure to do so may result in a suspension of visiting privileges during COVID-19.

Your visit may be cancelled or rescheduled if:

1. The individual you are scheduled to visit has symptoms of COVID-19 regardless of vaccination status.
2. The individual you are scheduled to visit is in isolation or quarantine regardless of vaccination status.
3. The facility you are scheduled to visit has an active outbreak.
4. The facility you are scheduled to visit has had a recent outbreak and is still completing the required 14-day isolation period.
5. The county or the city where the facility is located has a covid-19 positivity rate above 10% per the CDPHE dial dashboard at <https://covid19.colorado.gov/data/covid-19-dial-dashboard>.
6. The county or the city where the facility is located is under the stay-at-home orders related to COVID-19.
7. Statewide restrictions are implemented due to increased cases of COVID-19.
8. Local Public Health Offices advise or impose restrictions.

If you are not prepared to follow the above guidelines, please do not schedule to visit your family member. Instead, please reach out to the staff at their residential facility to coordinate other ways to connect. We are happy to set up phone or video calls, mail letters, or facilitate other ways to help you stay connected during this time.

For information about Horizons and our COVID -19 requirements please visit www.horizonsnwc.org

For information about COVID-19 and how it spreads please visit <https://covid19.colorado.gov/about-covid-19>

Things to remember

It is normal to be scared, distressed or angry when you hear about a disease outbreak. Be careful not to turn fear and anger towards people who have become sick. Ask yourself:

- Would you think or do the same thing if this was a different infectious disease, like the flu?
- Does what I'm doing make people safer or does it create more fear or harm?

The risk of COVID-19 is not at all connected with race, ethnicity, or nationality. **Blaming others will not help fight the illness.** Seeking and sharing accurate information will.

Recognize signs of stress in yourself. Identify what you are afraid of. Figure out if what you fear is something that you can address right now. If not, know what activities help you release energy from stress and fear, such as physical activity, listening to music, or talking with someone you trust. Do something that puts you in a positive mood.

[COVID-19 Reducing Fear and Taking Care of Yourself](#)

[Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)

How COVID-19 spreads

The disease most likely spreads the same way as similar respiratory illnesses.

- Person-to-person contact:
 - To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet (2 meters) of someone with a confirmed infection for a prolonged period of time.
 - Exposure can occur through respiratory droplets -- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- Infected surfaces or objects:
 - It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly your eyes.
- For these reasons, people at increased risk of infection are:
 - People who have been to areas where widespread community transmission is occurring.
 - People who had direct close contact with someone who has COVID-19.

Symptoms and severity

- Symptoms of COVID-19 include fever, cough, and shortness of breath.
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.

Higher-risk people

- Certain people are at higher risk of getting very sick from COVID-19, including:
 - Older people (over age 60), especially those over 80.
 - People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.

- Older people with chronic medical conditions are at the highest risk.
- People at higher risk should take action now to be prepared for this virus if there is an outbreak in their community. CDC has the [information you need to prepare](#).
- Everyone's daily preventive actions are important in reducing spread to people who may experience more severe illness.

[CDC: If You Are At Higher Risk](#)

If you are sick

It is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a place that is experiencing community spread.

Coloradans perceptions of COVID-19

The Colorado Department of Public Health and Environment (CDPHE) released [results from a survey asking Coloradans about their perceptions and attitudes related to the COVID-19 pandemic](#). Nearly 45,000 Coloradans completed the survey between March 22 and March 24, 2020.