
FAMILY VISITATION AND HOLIDAY GUIDELINES (Updated November 6, 2020)

Since Monday, September 28, Westminster Canterbury Richmond is open to family visitation in all areas of living from 10 a.m.-9 p.m. daily. Seniors are among the populations most vulnerable to the coronavirus, so we must continue with an abundance of caution when making decisions about how and when to visit loved ones. As circumstances change or positive cases of COVID-19 are confirmed, visitation guidelines in specific areas may change quickly. **Please check www.WCRICHMOND.org for the latest information when planning your visit.** Mary Morton Parsons Health Center is temporarily closed to visitors until Thursday, November 19.

Holidays

As we enter into the holiday season, we must consider the realities of the global pandemic and how they will affect our activities. It is critical that we continue to follow the core principles of COVID-19 Infection Prevention that keep us safe. Because of the risks and in collaboration with Virginia Department of Health, Westminster Canterbury discourages in-person holiday gatherings and meals. Our current Visitation Guidelines and limitations on the number of visitors will apply throughout the holiday season. Parsons Health Center residents who leave our community for holiday gatherings will be required to quarantine for 14 days upon return.

Holiday Season Safety Tips from the Richmond City and Henrico County Health Districts include:

- If traveling for the holidays, drive your own vehicle to reduce exposure to the coronavirus.
- If using commercial or public transportation, avoid the busiest travel times. Travel during non-peak times when there are likely to be fewer people.
- Reconsider travel during the holiday season and consider holding special remote gatherings.
- Limit the length of your visits. Be mindful of the new CDC definition for close contact to someone within six feet of an infected individual for 15 minutes or more cumulatively over a 24 hour period. If you have close contact with someone who tests positive for COVID-19, you will have to quarantine.

Family Visitation

Do not visit if you have any of these symptoms: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, diarrhea or other new signs of illness.

All Visitors

- Enter through the left lane of the Gatehouse.
- All Visitor Screening now takes place at the Avalon Entrance (*see map*). Visitors should pull up to the Avalon Entrance, be screened, return to their vehicle, park near the location of their visit and proceed directly to their visit. Please check in at the Lobby Desk or nurses station in the area of your visit.
- For Screening: Visitors are required to have a temperature check and question screening upon arrival. If visitors have a temperature above 100 degrees Fahrenheit or have COVID-19-related symptoms, they will not be permitted to visit that day. Please answer screening questions honestly. After question screening and temperature check, you will receive a wristband indicating you have been screened.
- Visitors must wear a mask at all times, wash hands frequently or use hand sanitizer and always maintain social distancing of at least six feet.

- Children are only permitted if they are able to wear a mask and maintain proper social distancing.
- Family Visitation is only permitted in resident apartments and outside. Visitation in public spaces, dining rooms and lobby areas is not permitted. Please follow signage and take the most direct path to the location of your visit.
- Outdoor visitation is encouraged when possible as there is reduced risk of transmission with increased space and airflow.
- Visit only one household per visit to our community.
- Clergy are not able to visit at this time, except for end-of-life situations.
- If you develop symptoms or test positive within two weeks after your visit, please contact us.

Independent Living Visitation

Please check in at a Lobby Desk on arrival and departure. Independent Living family may visit in residents' apartments or homes. A maximum of two visitors per resident or resident couple is allowed. Overnight visitation in Independent Living residences must be prearranged through Resident Services by calling (804) 264-6082. Please refer to the Independent Living Overnight Visitation Guidelines for more details.

Assisted Living Visitation – Avalon, Pavilion, The Gables and Monticello

Please check in on arrival and departure. Visitation in residents' apartments is limited to one person at a time to ensure social distancing. If there is more than one guest, you may visit outside. If guests do not follow visitation procedures, they will be required to return to scheduling structured visits.

Mary Morton Parsons Health Center Visitation

Please check in at the nurses station upon arrival and departure. Visitation in residents' rooms is limited to one person at a time to ensure social distancing. Reservations for groups of two or more may be scheduled in the Rice Assembly or outdoors by contacting Carrie Martin at (804) 264-6276 or cmartin@wcrichmond.org.

Guidelines for Independent Living Residents Traveling Off Campus Overnight

Independent Living residents may travel off campus and are encouraged to continue masking and social distancing. If time away includes traveling by plane, train or bus, there are precautions that must be taken upon return.

- On the first day back in the community, you must be tested for COVID-19. You may call and schedule a time to be tested by our Clinic staff. You may also be tested offsite before returning to the community, including at sites that offer rapid COVID-19 tests, and bring results to the Clinic.
- For the 14 days following return or until negative test results are received, residents should self-quarantine in their apartment.
- If you traveled by other means but return and feel unwell, please stay home and self-quarantine until you can be seen by the Clinic or your physician.
- If you return from travel and have concerns that you might have been exposed or been traveling in a region with high infection rates, we recommend getting tested and following these quarantine guidelines.
- If you did not travel by plane, train or bus, and have no symptoms upon return, you may resume normal activities.

Follow the Core Principles of COVID-19 Infection Prevention

These principles are key to keeping us safe and healthy. Please remain vigilant in following these guidelines.

- Wear a mask at all times when around others.
- Wash your hands frequently and use hand sanitizer.
- Always maintain social distancing of at least six feet.
- Everyone must be screened before entering our community.
- Follow enhanced safety and disinfection recommendations from the CDC, CMS and VDH.
- Stay home if you do not feel well and contact your physician. Visitors will not be permitted to enter if they have any signs or symptoms of COVID-19.