



Indoor Visitation Policy for the Lyngblomsten Care Center

Revised: 7/6/2021, 3/1/2021

Effective Date: 1/29/2021

Background:

Lyngblomsten Care Center believes in the importance of resident engagement in all circumstances—including during the COVID-19 pandemic, espousing the ideals of person-centered and holistic care in its mission. To that end, Lyngblomsten upholds socialization activities and visitation to the extent practical and safe.

Lyngblomsten will follow applicable federal and state government guidelines directing long-term care facilities in order to establish and maintain a safe and healthy environment.

The pandemic has caused prolonged physical separation from loved ones. Family members, special friends, and outside caregivers play an important role in the care and support of residents. To help alleviate the side effects of this extended isolation, Lyngblomsten has instituted an Indoor Visitation Policy, in addition to compassionate care visits, virtual visits, outside visits, window visits, and Essential Caregiver visits.

Lyngblomsten recognizes the dynamic nature of this pandemic and has issued this policy statement with the facts that are at hand at the moment, knowing that evolution of the policy is likely as variables change. For example, limitations on the number of visitors in the building and/or the frequency or duration of visits may be adjusted either up or down based on availability of Personal Protective Equipment (PPE), facility staffing levels, etc.

Lyngblomsten will need to suspend Indoor Visits if the latest guidance from federal and/or state agencies indicates we should. Other types of visits that occur inside the care center building will not necessarily need to be stopped if/when Indoor Visits are suspended. These other types of visits—including compassionate care visits, Essential Caregiver Visits, and Indoor Chapel Visits—are separate from Indoor Visits, and they have their own policies.

The facility will communicate changes to this policy to all appropriate parties. Changes that have been communicated may not immediately be updated in this policy document. The facility looks to its staff, its residents, and their caregivers to be patient and understanding as evolutions in visitation policies are amended to reflect current circumstances and needs.

Definitions:

Visitor – A non-staff individual (e.g., family, friend) who schedules a time to participate in an Indoor Visit with a care center resident.

Indoor Visit (or a “Visit”) – A visit between a care center resident and family, friend, or other individual conducted at a scheduled time inside the Lyngblomsten Care Center. A single Indoor Visit may have a maximum of 2 visitors who do not need to be from the same household.

Fully vaccinated – An individual is fully vaccinated after having (a) received both doses of a two-dose vaccine (e.g., Pfizer, Moderna) or one dose of a single-dose vaccine (e.g., Johnson & Johnson) and (b) two or more weeks have elapsed since receiving the final dose. The Centers for Disease Control and Prevention defines unvaccinated individuals as those “who [do] not fit the definition of ‘fully vaccinated,’ including people whose vaccination status is not known” (see <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>).

Don/Donning – To put on, as in to put on personal protective equipment.

Doff/Doffing – To take off, as in to take off personal protective equipment.

Policy:

Facility staff will:

- 1) Create a schedule for Indoor Visits between care center residents and visitors.
 - a. Scheduling of Indoor Visits must consider the number of visitors in the building or in one neighborhood at the same time.
 - b. Time limits may be set as needed to maintain safety.
 - c. Indoor Visits are being held seven days a week from 9 AM–9 PM (meaning all visitors will have exited the building by 9 PM).
 - d. Indoor Visits may only take place during time slots designated by the facility. Visitors may sign up for a time slot in advance (recommended) or when they arrive at the facility. Visitors who sign up when they arrive at the facility are able to participate in a visit at that time only if there are open time slots; if there are no open time slots, they will need to schedule a time in the future.
 - e. Each visit may last for up to 1 hour. A maximum of 2 visitors may participate in a single visit.
 - f. Individuals may sign up for more than 1 visit each day with a resident, including 3 visits that are held back-to-back (i.e., a 3-hour time period). Individuals may not schedule more than 3 visits back-to-back with the same resident.
 - g. The facility reserves the right to adjust the timing of visits for individual visitors in order to allow as many residents to have Indoor Visits each week.
 - h. Children may participate in Indoor Visits, although they need to be able to follow required safety protocols, including practicing social distancing and wearing personal

- protective equipment. A child is counted as one of the 2 visitors allowed during an Indoor Visit.
- i. Residents in shared rooms cannot both have visits scheduled at the same time. This includes Indoor Visits, Essential Caregiver Visits, and compassionate care visits.
- 2) Notify visitors when Indoor Visits are temporarily suspended and when they restart.
 - a. The facility will need to suspend Indoor Visits if the latest guidance from federal and/or state agencies indicates it should.
 - b. When Indoor Visits need to be temporarily suspended, the facility will post this announcement on its website at www.lyngblomsten.org/IndoorVisits. Visitors should check this website the day of their visit to confirm Indoor Visits are available. The facility will also share this news with residents and their family contacts in the next COVID-19 communication.
 - c. The facility will provide individuals whose Indoor Visits needed to be cancelled with information on scheduling other types of visits.
 - d. When Indoor Visits are restarting, the facility will post this announcement on its website at www.lyngblomsten.org/IndoorVisits. The facility will also share this news with residents and their family contacts in the next COVID-19 communication.
 - 3) Establish and maintain a central point of entry where the visitor signs in and is actively screened for symptoms of COVID-19 prior to entering the building.
 - a. The Care Center Reception Desk is the central point of entry for visitors seven days a week.
 - 4) Provide a surgical mask to the visitor.
 - a. It is acceptable for the visitor to provide their own PPE that meets the same infection control protection as that which the facility provides.
 - 5) Periodically monitor Indoor Visits to confirm that visitors are complying with the expectations set forth in this policy.

Visitors to the Lyngblomsten Care Center will:

- 1) Sign in at the start of their visit.
- 2) Sign out at the end.
- 3) Sign a statement upon arrival acknowledging their intent to abide by all the protocols established for safety and public health.
- 4) Before starting their visit, undergo screening for symptoms of COVID, including having their temperature taken and answering symptom screening questions, as well as any other screening that Lyngblomsten employees use.
- 5) Put on and keep on at all times during the visit all necessary Personal Protective Equipment (PPE), which at minimum includes a surgical face mask.
 - a. It is acceptable for the visitor to provide their own PPE that meets the same infection control protection as that which the facility provides.
- 6) Perform hand hygiene for at least 20 seconds with soap and water at the sink nearest the central point of entry.

- 7) Wear a visitor badge on their bodies in a visible location at all times.
- 8) Frequently use hand sanitizer and/or wash hands using soap and water.
- 9) Maintain social distancing of at least 6 feet from staff, other residents, and other visitors.
Visitors from the same household may interact within 6 feet of one another.
- 10) Not visit with anyone for a prolonged period of time other than their designated resident.
While in the facility, visitors may greet others briefly and may speak with members of their resident's clinic team about their resident's condition and/or care.
- 11) Fully vaccinated visitors may choose not to practice social distancing or wear a face mask when visiting with their resident if the following two conditions are met: (1) the visitors *and* resident are in the resident's room and (2) all visitors and the resident are fully vaccinated.
- 12) Fully vaccinated visitors may assist fully vaccinated residents with tasks that involve being within 6 feet of a resident for more than 15 minutes (e.g., assisting with feeding). Visitors who are not fully vaccinated may not assist a resident with tasks that would involve being within 6 feet of a resident for more than 15 minutes.
- 13) Unvaccinated and fully vaccinated visitors may not assist residents with personal cares that could involve contact with residents' bodily fluids. Visitors who wish to assist with these types of personal cares need to be designated as an Essential Caregiver by a resident.
- 14) Visitors may go with a resident to activities and appointments held outside their room, such as beauty shop appointments and meals in the dining room. Residents and visitors, however, must abide by all required safety protocols when interacting with others. These safety protocols include practicing social distancing and wearing personal protective equipment. The facility may suspend an individual from visiting if they do not follow this policy when travelling or visiting outside a resident's room.
- 15) Remain just outside the resident room if staff are providing cares for the resident.
- 16) Keep pets on leashes or contained if they are brought as part of a visit, following the protocols in the visiting animal policy (available upon request).
- 17) If outdoor walks are desired, the visitor and resident will wear all necessary PPE.
- 18) Avoid the use of resident or facility restrooms whenever possible, unless urgent needs arise.
In that case, the private room resident's restroom can be used, while shared rooms' restrooms cannot (use public restroom near check-in point). It is best to use a restroom before arriving at Lyngblomsten or after leaving campus.
- 19) Agree and understand that facility staff will periodically monitor visits to confirm that visitors are complying with the expectations outlined in this policy.
- 20) Consider their own personal responsibility for public health and campus safety by following all requirements and recommendations from federal, state, and local health agencies related to the COVID-19 pandemic.
- 21) Notify the facility immediately if they develop fever or other symptoms consistent with COVID-19 within 14 days of a visit with their resident.

Training for Visitors:

At or before their first visit, visitors will view an educational video that covers safety and infection control topics such as:

- 1) Hand hygiene,
- 2) Social distancing of at least 6 feet from staff, other residents, and other visitors not in one's household,
- 3) Limitations on visiting with those other than their designated resident,
- 4) PPE donning / doffing / usage,
- 5) Use of visitor name badge at all times,
- 6) Special indications for shared rooms (privacy curtain drawn during the course of the visit and social distancing adhered to even when the privacy curtain is drawn. For example, visitors should not sit / stand next to the privacy curtain whenever possible.),
- 7) Liberal and frequent hand hygiene / use of alcohol-based hand sanitizer during the course of the visit,
- 8) Requirements that they notify the facility if they develop a fever or any symptoms consistent with COVID within 14 days of a visit to a resident,
- 9) Guidelines for visiting with one's resident outside of their room, including how to travel from the resident's room to another location, needing a reason for traveling outside of the resident's room (e.g., going to a beauty shop appointment, watching the birds in the aviary), and continuing to practice all infection control measures (especially practicing social distancing),
- 10) Instructions for how to take their loved one outside for a walk,
- 11) Instructions to stand just outside the resident room if staff are providing cares for the resident for which the visitor does not remain inside the room,
- 12) Instructions that restroom use should be avoided while on campus. In cases of emergency, the private room resident's restroom can be used, while shared rooms' restrooms cannot (use public restroom near check-in point).

Other Guidelines:

- 1) Shared rooms have special considerations:
 - a. Visitors are not scheduled at the same time as a roommate's visit (which includes Essential Caregiver and compassionate care visits).
 - b. Privacy curtains must be drawn during the course of the visit.
 - c. Social distancing must be adhered to, even when the privacy curtain is drawn. For example, visitors should not sit/stand next to the privacy curtain whenever possible.
- 2) Residents in a 14-day quarantine, residents who are positive for COVID-19, or residents who are symptomatic cannot have an Indoor Visit during their quarantine.
- 3) Lyngblomsten may restrict or revoke individuals' visiting abilities if they fail to follow social distancing, use of PPE, or other elements of this policy. Prior to restriction/revocation, the facility, visitor(s), and resident will discuss in an attempt to mediate the concerns.