

# Hospital Visitor Guidelines

## for visiting a patient with COVID-19

### Before Your Visit

When visiting with your loved one in the hospital, it is important that you understand your personal risk for COVID-19 before you arrive.

- **You should be healthy with no symptoms of COVID-19 at the time of your visit.**
- You are strongly discouraged from visiting your loved one while they are infectious, especially if you are at high risk for severe illness with COVID-19, or if you have an underlying medical condition.
- You will be asked to wear a clean, well-fitting medical grade mask at all times.

### During Your Visit

- Two visitors are allowed at one time. Please check in at the nurse's station in the unit when you arrive.
- All visitors must wear a medical grade mask over their nose and mouth throughout the visit.\* Your loved one is also encouraged to wear a mask if possible. When everyone is masked, the risk of spreading COVID-19 is greatly reduced.
- Clean your hands often with hand sanitizer or by washing with soap and water for 20 seconds. Make sure to clean your hands when entering your loved one's room and again when you leave.
- Avoid touching your face or eyes.
- Stay in your loved one's room throughout your visit, keeping the door closed. Use of the shared waiting areas and cafeterias is highly discouraged to prevent exposure to others.

*\* A gown, gloves and eye protection are recommended for visitors if assisting with your loved one's care (such as helping them use the bathroom). These items should be removed before exiting the room.*

### After Your Visit

- If you or your loved one were not masked at any time during your visit, you are considered to have close contact exposure.
- Watch for symptoms of COVID-19: temperature higher than 100° F, new cough, loss of taste or smell, shortness of breath, sore throat, chills, muscle or headache, fatigue, new diarrhea.
- Take a COVID-19 test if you develop symptoms within 10 days after your visit.

Scan for current public health guidelines for where you live.

