

## **INFORMATION TO KNOW IN ADVANCE OF OUTDOOR VISITATIONS IN OUR LOCATIONS TO BE PROVIDED TO FAMILY MEMBERS/VISITORS**

Due to the Corona Virus, all of our buildings and homes remain closed to the public. In compliance with orders from the Governor's Office and the Colorado Department of Public Health and the Environment, we are limiting visitors at our locations. Some accommodations may be made for special circumstances. We ask your compliance and patience with us as we enforce these orders.

If you need to gain entry into the main agency or greenhouse located at 700 Mount Sopris Drive, in Glenwood Springs, call ahead and ask to speak to the party with whom you wish to meet: 970-945-2306.

If you need to gain entry into the Minturn Day Program, call ahead and ask to speak to the party with whom you wish to meet: 970-470-4128.

If you need to gain entry into the Silt Day Program, call ahead and ask to speak to the party with whom you wish to meet: 970-876-2770.

If you wish to visit an individual living in one of the homes we operate, please call the home directly or the main agency at 970-945-2306 to make arrangements. Visits are limited to the designated outdoor space only.

### In advance of your visit to our locations:

If you have a loved one living in a home operated by MVDS, please call the home well in advance of your desired visit.

You will be expected to follow the guidance provided by the Colorado Department of Public Health and the Environment regarding how the virus spreads and the symptoms of the illness. This information can be found at: <https://covid19.colorado.gov/about-covid-19> and is attached to this form.

You will need to conduct a self-screen on the day of the visit and will participate in a similar screening upon arrival.

Additionally, you will not be allowed to enter the home or leave the visitation area to interact with any other residents or employees.

You will need to acknowledge your understanding of these requirements when you make the appointment to visit.

Upon arrival for your visit at our HOMES:

You will need to go to the designated outside area (as instructed by the employees of each home), and wait for staff to greet and symptom screen you.

You will need to bring your own chair.

You will be escorted or directed to the designated visitation area, and after your family member has been screened, he/she will join you.

You must follow all applicable orders from the state, county, and city in which the visitation occurs.

MVDS will not allow outdoor visitation or access at any location if:

The resident or visitor has symptoms of COVID 19 or is in isolation or quarantine;

The home has an active outbreak and has not completed the 14 day isolation period;

The county or city is restricting such interactions; or

The State of Colorado has implemented restrictions due to increased cases of COVID 19.

## **How COVID 19 Spreads:**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to [spread mainly from person-to-person](#).
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## **Activities to curb the spread:**

### **WASH YOUR HANDS OFTEN**

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After blowing your nose, coughing, or sneezing
  - After handling your cloth face covering
  - After changing a diaper
  - After caring for someone sick
  - After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

## AVOID CLOSE CONTACT

- Inside your home: Avoid close contact with people who are sick.
  - If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
  - Remember that some people without symptoms may be able to spread virus.
  - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

## COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVER WHEN AROUND OTHERS

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a [cloth face cover](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

## COVER COUGHS AND SNEEZES

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.

- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) will work.

### Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
  - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- Take your temperature if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

**Before the visitation begins you will be required to self-report the following information about your health:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue

- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat (not allergy related)
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you are demonstrating a temperature of 99.9 or over, or any of the above listed symptoms, the visitation will not be allowed to occur.