Ways to Prevent COVID-19 Spread While Visiting a Loved One

- **Clean your hands** with hand sanitizer. Cover all surfaces of your hands and rub them together until dry.
- **Wear a well-fitting facemask over your nose and mouth for the entire visit** and ask the person you are visiting to also wear a mask during the visit if they can.
- **Avoid touching your eyes, nose, and mouth** during the visit.
- **Maintain at least 6 feet of physical distance** during the visit.
- **If you are not feeling well do not visit** and if you feel sick after a visit, get tested for COVID-19.
- **If you have been in close contact with someone who tested positive for COVID-19 in the past 14 days, please do not visit.** People can be contagious and spread the virus without having any symptoms.
- **If asked to do so, wear gloves and a gown** (in addition to a facemask) while visiting your loved one.
- Remove gloves and gown and throw them into the trash can in the room before leaving the visit. Then clean your hands right away before you leave.
- **Close contact with someone who is positive for COVID-19 increases your risk of becoming infected whether you are vaccinated or unvaccinated.**
- **If you learn that you are positive for COVID-19** following a visit in the past 2 weeks, please **notify our community right away** so we can monitor your loved one for symptoms.
- **Get Vaccinated** – COVID-19 vaccines are effective at keeping you from getting COVID-19, especially severe illness, and death. Vaccines are safe, effective, and free!

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html

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