Visiting family in a long-term care facility

Life has to continue even where COVID-19 is spreading.

Here’s how to stay safe.

Visiting family members is important. Your support can play an important role in their mental and physical well-being.

**HERE’S HOW TO PROTECT THEM AND YOURSELF**

1. **IF UNWELL**
   - **Cancel your visit** if you feel unwell or have had contact with someone diagnosed with or suspected of having COVID-19. Talk to facility administrators if there are unusual circumstances, such as a gravely ill family member.

2. **CHECK IN ADVANCE**
   - **Ask about the time and conditions of visits**, such as required testing, mask and hygiene advice.

3. **STAY SAFE DURING YOUR VISIT**
   - **Wear a mask.**
   - **Use sanitizer at the building and room entrance.**
   - **Keep at least 1 metre from others.**

4. **EXPLAIN**
   - Help your family members understand any changes or procedures, such as vaccinations for influenza and COVID-19, or why wearing a mask or isolation may be needed.

5. **STAY IN TOUCH**
   - Continue to keep in touch by phone or video calls, especially if your visit is postponed.

**REMEMBER, IT’S ALWAYS SAFER TO**

**KNOW YOUR RISK. LOWER YOUR RISK.**