Visiting family in a long-term care facility

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

Here’s how to stay safe.

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.
   - Keep at least 1 metre from others.
   - Use sanitizer at the building and room entrance.

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:

- Wear a mask.
- Keep at least 1 metre from others.
- Use sanitizer at the building and room entrance.

Know your risk. Lower your risk.

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