

May 5, 2022

Dear East Ridge at Cutler Bay Families, Visitors and Residents,

At East Ridge at Cutler Bay, the health and well-being of residents are top priorities. Every action and measure that is put into place reflects our commitment to our residents and their families.

Early in the pandemic, visitation restrictions were implemented to mitigate the risk of visitors introducing COVID-19 to the assisted living residence. Many of these restrictions were *required by state and federal orders*. *We are happy to say that today's practice at* East Ridge at Cutler Bay demonstrates that while residents and visitors should be made aware of the risks associated with visiting loved ones, visitation should continue for all residents at all times.

Additionally, the State of Florida has provided guidance to assisted living communities related to policy and procedure measures regarding visitation requirements. As you know, East Ridge at Cutler Bay has already opened its doors to families and visitors, and we continue to promote visitation while continually adjusting infection control protocols to also reduce to the risk of infection to those who reside and work within the residence.

In order to continue those efforts and inform you of the requirements set forth in the “No Patient Left Alone Act”, All assisted living facilities must comply with the regulations set forth in Chapter 408.823, Florida Statutes. We have outlined our policies and procedures related to visitation within the attached document with the sections listed below:

Infection Control and Education for Visitors

- Reducing the Risk of Transmitting COVID-19
- Instructions for Self-Screening
- Physical Distancing and Mask Requirements

General Visitation Requirements

- Visitation Spaces
- Modified Visitation
- Visitation Expectations
- Essential Caregivers

We will continue to keep you informed of any new developments that take place. We remain committed to efforts involving promotion of connectivity through visitation of loved ones within our community.

Thank you for your continued support and partnering with us through this journey.

Sincerely, David Kremer, Executive Director

Infection Control and Education for Visitors

Reducing the Risk of Transmitting COVID-19

There are certain core principles and best practices that reduce the risk of COVID-19 transmission. These core principles are consistent with CDC and other health authority guidance and can help prevent unknowing transmission of infection. We encourage you to join our efforts in reducing the risk of infection by practicing these measures both inside and outside of the community.

- Avoid visiting your loved one if you are ill or have been around someone who is ill in the last 14 days. Individuals can be exposed to COVID-19 and be able to transmit the infection to others even if they are without symptoms.
- Practice physical distance of a minimum of 6 feet or more within and outside of the community to reduce risk of exposure.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a mask.
- Avoid gatherings where physical distancing cannot be maintained before visiting a loved one within the community.
- When you cough or sneeze use the inside of your elbow.
- Clean and disinfect frequently touched surfaces. This includes tables, doorknobs, light switches, countertops, handles, sinks, faucets, desk, keyboards, phone.
- When surfaces are dirty, clean them with a disinfectant that is approved by the EPA to eliminate the virus that causes COVID-19.

Instructions for Self-Screening

Self-screenings can be used as the first line of defense to prevent the spread of COVID-19. Visitors should complete self-screening on the day of the visit prior to coming to the community and should not arrive at the community for visitation if you are experiencing or have experienced in the past 10 days, any of the below symptoms:

- Elevated temperature of 99.1° Fahrenheit or above
- Chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea
- Cough
- Fatigue
- Headache
- Sore throat
- Nausea or vomiting

Physical Distancing and Mask Requirements

What is Physical Distancing?

Physical distancing refers to the practice of keeping space between yourself and others to reduce the chance of contact with those who knowingly or unknowingly carry an illness.

Why is Physical Distancing Important?

Physical distancing is for your protection as much as those that may come into contact with places you have been and touched. The virus can have up to a 14-day incubation period where you may feel no symptoms at all. During this time when you feel fine, you could be spreading the virus to others unknowingly. Visitors should adhere to physical distancing recommendation during visitation when possible.

Why is Mask Adherence Important?

Per health authority guidance, wearing a face mask can greatly slow the spread of COVID-19. To be effective, the CDC states that a face mask should cover the mouth and nose and fit snugly against the face. Visitors are required to wear a mask even when vaccinated due to the potential of still contracting COVID-19 when vaccinated and possible risk transmission to others. Visitors are required to wear masks over their nose and mouth at all times when not eating or drinking.

General Visitation Requirements

Visitation can be conducted through different means based on the facility's structure and residents' needs, such as in resident rooms, dedicated visitation spaces, and outdoors. Regardless of how visits are conducted, certain core principles and best practices reduce the risk of COVID-19 transmission apply and are listed below:

- Regardless of vaccination status, visitors who do not pass screening criteria or who refuse to comply with any visitation requirements will not be permitted to visit.
- Visitors should refrain from visiting if they have been in close contact with anyone who has tested positive for or has symptoms consistent with COVID-19 for the duration noted by health authorities.
 - Visitors should alert the community if they develop fever or other symptoms consistent with COVID-19, or if they are diagnosed with COVID-19 in the 14 days following visitation.
- Visitors and residents are required to adhere to COVID-19 infection prevention measures during the visit. The community does reserve the right to suspend in-person visitation of a specific visitor if the visitor violates policies and procedures.
- Visitors must arrive through designated entrance to the community and confirm that they have performed a self-screening and are not experiencing any symptoms related to Covid-19 as outlined in the education document and self-screening instructions.
- Visitors who display symptoms when entering the community will be denied entry and should leave immediately.
- Visitors should clean their hands with alcohol-based hand sanitizer or perform hand washing upon arrival.

Visitation Spaces

There are several options and spaces for visitation to take place in such as in resident rooms, communal visitation spaces, and outdoor spaces.

Outdoor Visitation

Outdoor visitation is preferred as these visits generally pose a lower risk of transmission due to increased space and airflow.

Indoor Visitation

During indoor visitation within a resident's room or communal space, visitors should be aware of space available within room and coordinate visitation times and number of visitors based on the space available within the room that will be used for visitation.

Visitation Expectations

During visitation, visitors must agree to adhere to infection control guidelines to reduce the risk of spreading the infection by:

- Visitors should adhere to physical distancing of a minimum of 6ft from other residents and associates when moving to the space they will be visiting in.
 - Visitors do not have to maintain physical distancing with the person they are visiting unless the visitor or individual being visited prefers to not have physical contact and maintain distancing.
- Visitors will be required to wear a mask at all times.
- Visitors and residents must comply with any verbal instruction provided by staff and management in order to promote safety and reduce the risk of infection.

Modified Visitation

In order to promote the well-being of residents and associates, visitation could be temporarily modified during certain situations. Visitors will be notified of modifications by the Executive Director or designee if any of the following situations occur per health authority guidance:

- The resident being visited has symptoms of COVID-19.
- The resident is in isolation or quarantine due to COVID-19. If you are visiting a loved one and find a notice on their door with a red stop sign, please connect with a team member in healthcare.
- The residence has an active outbreak and or the residence has a recent COVID-19 case or outbreak of infections.
 - Visitation can still be allowed in the residence when an outbreak occurs. Visitors will be made aware of the potential risk of visiting during an outbreak investigation and asked to adhere to the core principles of infection prevention and or other guidance provided by health authorities.

- If residents or their representative would like to have a visit during an outbreak investigation, visits must occur in the resident's room to promote safety and reduce the risk of transmission.
- Statewide restrictions are implemented due to increased cases of COVID-19.
- Any other cause to modify visitation as determined by the Executive Director.

Essential Caregivers

A resident can designate a person who is a family member, friend, guardian, or other individual as an essential caregiver who can continue to visit even when visitation is modified as outlined above or unless the resident objects to visitation. Residents should notify the Director of Assisted Living or Assisted Living Manager if they are interested in designating an individual as an essential caregiver.