



COVID-19 HOLIDAY GATHERING PRECAUTIONS

Plan Ahead and take proactive steps to reduce the risk that anyone in your home, or visiting in your home, develops or is exposed to COVID-19:

- **DECREASE EXPOSURES:** For two weeks prior to your holiday gatherings, avoid indoor settings with people you don't live with where you cannot socially distance or wear a mask (e.g., indoor social events, bars, restaurants, carpooling).
- **WEAR A MASK:** Wear a cloth mask at all times when you are in indoor locations outside of your house or at outdoor events where you cannot socially distance from others.
- **WASH YOUR HANDS:** As recommended by the CDC, regularly wash your hands or use hand sanitizer and ask those coming in your house to do the same.
- **PHYSICALLY DISTANCE:** Follow CDC guidelines and socially distance at least 6 feet from others outside your household when possible.

Create a safer environment for those visiting you:

- **SCREEN:** Ask anyone entering or staying in your house if they have had symptoms (e.g., fever, body aches, fatigue, runny nose, and cough) of COVID-19 or if they have had a recent exposure to someone with COVID-19. Anyone in your house with symptoms should be isolated and anyone with exposures should be quarantined. If possible, get you and your household tested for COVID-19 in time to receive the results before having high risk individuals in your home.
- **MASK:** When at-risk individuals are visiting, you should wear a mask while visiting with them inside your house. In addition, you should wear a cloth face covering while in the car with them. If individuals staying with you can also wear a mask, ask them to do so as well.
- **SOCIALLY DISTANCE:** Set up your house so you can physically distance with individuals who have high-risk health conditions while they are visiting you and during meals or other times when a mask cannot be worn. If at all possible, have a separate bedroom and bathroom specifically for the long-term care resident. If weather allows, visit outdoors.
- **WASH YOUR HANDS:** Make sure plenty of hand sanitizer is available and ask all those in your house to use it or to wash their hands regularly as recommended by the CDC.

- **CLEAN SURFACES:** Designate someone to regularly clean high touch surfaces in your house (e.g., tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.). Make sure you have an approved COVID-19 cleaning solution available and know the appropriate cleaning procedures. Also plan for the safe storage of cleaning solutions to prevent children or those with cognitive deficits from getting into them.
- **AIR FLOW:** Make environmental changes to decrease the indoor spread of COVID-19. This includes cracking windows, use of room HEPA filters, humidifiers and opening blinds.

Please check the Timbercrest website www.timbercrest.org or call administration (260-982-2118) for the current status any time you consider taking your loved one off campus. While Timbercrest is in Outbreak status you and your family risk exposing yourself to COVID-19. Exposures might then affect your ability to visit with family and friends, and could affect the ability of your loved one to return to Timbercrest. Any gathering through the holiday season, Nov. 22 through Jan. 10, will result in a 14-day isolation period regardless of how long the resident will be gone from the Manor. Note: There is no guarantee of availability for observation rooms in Health Care for residential residents requiring assisted services.

The information provided is based on the Holiday Guidance issued by the Indiana State Department of Health, and the Centers for Disease Control and Prevention