

## Care Guidance for Resident Outings

# PHEASANTS RIDGE



ASSISTED LIVING AND MEMORY CARE

*Pheasants Ridge is excited to announce that the Centers for Medicare & Medicaid Services (CMS), the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH), has released a new guidance that has incorporated positive changes resulting from our COVID-19 vaccinations!*

After carefully reviewing guidance,  
**Pheasants Ridge has now opened its doors for our residents to go on non-medically necessary outings!**

*We recognize that COVID-19 is still a danger to our residents and family. We want everyone to be highly educated in the safety measures that can be taken to prevent the infection and spread of COVID-19. Pheasants Ridge has provided our residents with the latest safety guidance's and new social practices of being in the public.*

Below is information and resources for all to stay safe:

### Information for Families:

#### *Plan ahead*

- Take steps to lower the risk that anyone in your house, or visiting your house, has contact with COVID-19.
- If you are unvaccinated, limit chances for contact. For two weeks before your gatherings, avoid indoor settings with people who do not live with you and where you cannot stay at least 6 feet away from others or consistently wear a well-fitting mask (e.g., indoor social events, bars, restaurants, carpooling).
- Wear a well-fitting mask when you are inside at locations outside of your house or at outdoor events where you cannot stay at least 6 feet away from others.  
[www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html)
- Wash your hands regularly and thoroughly: As recommended by the CDC, regularly wash your hands, or use hand sanitizer and ask people coming in your house to do the same.

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- Physically distance: Follow CDC guidelines and keep a distance of at least 6 feet from others who live outside your household, whenever you can.

### Create a Safe Setting:

*Create a safe setting for those visiting.*

- Screen: Ask anyone entering or staying in your house if they have had a fever, cough, body aches, fatigue, runny nose, or other symptoms, or if they have recently been near someone with COVID-19.
- People with symptoms should stay home and away from all others. They should be tested for COVID-19 as soon as possible.
- People who have spent time near a person with COVID-19 should stay home and away from others. They should be tested five to seven days after the contact.
- Testing: If possible, get yourself and your household members tested for COVID-19 in time to get the results before bringing a long-term care resident into your home.
- Mask: When at-risk people are visiting, wear a well-fitting mask that covers your mouth and nose while visiting with them inside your house. In addition, you should wear a well-fitting mask while in the car with them. Avoid riding in cars with people outside your household whenever possible. If people staying with you can also wear a mask, ask them to do so as well.
- Socially Distance: Set your house so people can keep a physical distance between themselves and others. [www.health.state.mn.us/diseases/coronavirus/indoorair.html](http://www.health.state.mn.us/diseases/coronavirus/indoorair.html)
- For current recommendations about creating a safe space for visitors see: [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

### Contact the Facility

*Long-term care facilities follow strict regulations and guidelines to prevent the entry and spread of COVID-19 in their buildings. Before taking someone out of a long-term care setting, make sure you contact the facility and you understand the current guidelines.*

- Visitation: MDH guidance is available for window visits, outdoor visitation, and for indoor visits again, based on CMS recommendations.
- Updated CMS visitations guidance: [www.cms.gov/files/document/qso-20-39-nh-revised.pdf](http://www.cms.gov/files/document/qso-20-39-nh-revised.pdf)
- COVID-19 Guidance: [www.health.state.mn.us/diseases/coronavirus/hcp/itcindoor.pdf](http://www.health.state.mn.us/diseases/coronavirus/hcp/itcindoor.pdf)

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- Vaccination for COVID-19 is ongoing. We look forward to the day when more restrictions can be removed. We continue to learn more about whether vaccinated individuals can transmit the virus. [www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html)

### The key elements of the CMS and CDC guidance documents include:

- *People are considered fully vaccinated for COVID-19 two weeks after their second dose of a vaccine that requires two doses (like Pfizer or Moderna), or two weeks after they get a single dose of a vaccine that requires one dose (Johnson & Johnson)*
- *Residents who leave the building to gather with others should watch for symptoms for 14 days once they return. This applies to all residents, regardless of whether they are fully vaccinated.*

### Fully Vaccinated Residents should continue to:

- Take steps to prevent contact with COVID-19 in public settings. Examples include wearing a well-fitted mask over their mouth and nose, and physical distancing.
- Follow infection control practices, such as wearing masks, practicing social distancing, and perform hand hygiene to lower their risk when visiting with unvaccinated people who are at higher risk for severe COVID-19 disease or who have a household member who is at increased risk for severe COVID-19 disease and is not vaccinated.
- Wear masks, practice social distancing, and perform hand hygiene to lower their risk when visiting with people from multiple households who are not vaccinated.
- Comply with any current state mandates or restrictions on group size at the time of the outing.
- Get tested if you have any symptoms or signs [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)
- Follow CDC and health department travel requirements and recommendations.