



South Cove Manor at Quincy Point Rehabilitation Center

Long-Term Care Visitation Letter



CHARLES D. BAKER
Governor

KARYN E. POLITO
Lieutenant Governor

MARYLOU SUDDERS
Secretary

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
One Ashburton Place, Room 1109
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www.mass.gov/eohhs

January 26, 2022

Dear Families,

As the Commonwealth continues to manage the pandemic, and the presence of the highly transmissible Omicron variant that has spread across Massachusetts and the country, we are providing guidance to families to help keep your loved ones residing in long-term care facilities

providing guidance to families to help keep your loved ones feeling as safe as possible during visits. Of course, the very best way to minimize COVID-19 risk for you, your loved ones and friends is to get vaccinated and boosted and to not visit if you are not feeling well. As a reminder, the vaccines are effective against severe illness, hospitalization, and death.

People who reside in long-term care facilities are uniquely vulnerable to COVID-19 infection and may have health conditions that place them at a higher risk of becoming sick, or even severely ill, with COVID-19 despite being fully vaccinated.

We **strongly** recommend that you please follow these recommendations when visiting with your loved one in order to protect yourself, our long-term care residents, and their caregivers.

1. **Get vaccinated and boosted.** Individuals five years of age and older are eligible for COVID-19 vaccines and those 12 years and older are eligible for vaccine boosters. The best protection is to get vaccinated.
2. **Get tested prior to your visit regardless of your vaccination status.** Take advantage of the free, rapid point-of-care testing our long-term care facilities are offering prior to visiting your loved one in a long-term care facility. These tests are very accurate at determining if an individual is positive and in the contagious period of COVID-19 and can help prevent the spread of COVID-19 to your loved one. It takes only a few minutes to add another level of protection.
3. **Follow all COVID-19 protocols in place while visiting your loved one.** These include:
 - If you are sick or have COVID-like symptoms, do not visit your loved one.
 - If you have recently been in close contact with someone who has COVID-19, you should get tested and/or consider postponing your visit.
 - Wear a well-fitting facemask the entire time you are visiting your loved one.
 - Perform hand-hygiene before your visit, prior to and after any physical contact with your loved one, and upon leaving the building.



- Visit your loved one in accordance with the long-term care facility's policy. This may mean your visit takes place in a designated visitation area or your loved one's room depending on the circumstances at the facility.
- Go directly to your loved one's room or designated visitation area upon entry and directly exit the building after the visit. Do not visit other parts of the building or other

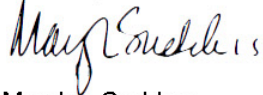
residents.

The latest guidance on visitation for long-term care facilities can be found on the Department of Public Health's website. <https://www.mass.gov/info-details/covid-19-public-health-guidance-and-directives#health-care-organizatio->

In addition to discussing with your loved one's facility, families of loved ones in long-term care settings can contact the Nursing Home Family Resource at 617-660-5399 for additional information.

Thank you for making the safety and well-being of your loved one and all of our long-term care residents a priority as we continue our efforts to combat the COVID-19 virus.

Sincerely,

A handwritten signature in black ink that reads "Marylou Sudders". The signature is written in a cursive style with a large, looped initial "M".

Marylou Sudders

关于探访長期護理机构的一封信



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2022 年 1 月 26 日

親愛的家人，

隨著州政府持續管控疫情，以及已在馬薩諸塞州和全國蔓延的高度傳染性 Omicron 病毒變體的存在，我們正在為家庭提供指導，以幫助確保居住在長期護理機構中的親人在探訪期間安全。當然，為您、您的親人和朋友最大程度地降低 COVID-19 風險的最佳方法是接種疫苗和加強，如果您感覺不適則不要去探視。提醒一下，這些疫苗對嚴重疾病、住院和死亡有效。居住在長期護理機構的人特別容易感染 COVID-19，並且儘管已完全接種疫苗，但他們的健康狀況可能使他們感染 COVID-19 的風險更高，甚至出現重症。

我們強烈建議您在探訪親人時遵循這些建議，以保護您自己、我們的長期護理居民及其護理人員的安全。

1. 接種疫苗並注射加強針。5 歲及以上的個人有資格接種 COVID-19 疫苗，12 歲及以上的個人有資格接種疫苗加強劑。最好的保護是接種疫苗。
2. 無論您的疫苗接種狀態如何，請在您探訪前接受檢測。在探訪長期護理機構中的親人之前，利用我們的長期護理機構提供的免費、快速的護理點進行檢測。這些

測試在確定個人是否呈陽性以及是否處於 COVID-19 的傳染期時非常準確，並且可以幫助防止 COVID-19 傳播給您所愛的人。只需您幾分鐘的時間便可添加另一層保護。

3. 在拜訪您親人時遵循所有 COVID-19協議。這些包括：
 - 如果您生病或有類似新冠病毒的症狀，請不要探望您的親人。
 - 如果您最近與 COVID-19 患者有過密切接觸，您應該接受檢測和/或考慮推遲探訪。

- 在您拜訪親人的整個過程中，佩戴合身的口罩。
- 在您來訪之前、與您親人進行任何身體接觸之前和之後以及離開大樓時，都要進行手部衛生。
- 根據長期護理機構的政策拜訪您親人。這可能意味著您的訪問將在指定的訪問區域或您所愛的人的房間進行，具體取決於設施的情況。
- 進入時直接前往親人的房間或指定的探視區，探視後直接離開大樓。不要訪問建築物的其他部分或其他居民。

可以在公共衛生部的網站上找到有關長期護理機構探視的最新指南。

<https://www.mass.gov/info-details/covid-19-public-health-guidance-and-directives#health-care-organizatios->

除了與您親人的設施進行討論外，長期護理機構中的親人的家人還可以致電 617-660-5399 聯繫療養院家庭資源以獲取更多信息。

感謝您在我們繼續努力與 COVID-19 病毒作鬥爭時，將您親人和我們所有長期護理居民的安全和福祉作為優先事項。

真摯地，



Marylou Sudders

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