



### Checklist for Resident Out of Building Visits

**Resident Name** \_\_\_\_\_

**Date** \_\_\_\_\_

	Initial	Comments		
<b>Ask Family Member</b>				
Have you been vaccinated?		Yes	No	Refused to answer
Will you take a Covid test prior to leaving the facility?		Yes	No	Refused to answer
<b>Educate the family</b>				
Provide the family with the education packet.				
Encourage family to avoid large crowds.				
Encourage family to take resident home and eat outside if possible.				
Encourage family to minimize the resident's exposure to unvaccinated individuals.				
Due to State regulations in the Long Term Care setting, we are still required to wear masks within our Facility. We highly recommend that both Resident and family wear them while outside the Facility.				
<b>Prior to Leaving the Facility</b>				
Have family member sign the LOA book.				
<b>When the resident returns:</b>				
Have the family sign the resident back in in the LOA book.				

Family/Visitor signature \_\_\_\_\_

Date \_\_\_\_\_

Nurses Signature \_\_\_\_\_

Date \_\_\_\_\_



# COVID-19

## IF YOU ARE FULLY VACCINATED

Find [new guidance for fully vaccinated people](#). If you are not vaccinated, [find a vaccine](#).

# Choosing Safer Activities

Updated May 13, 2021

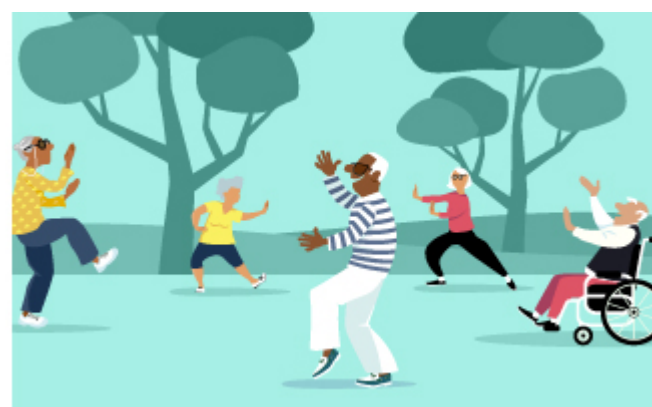
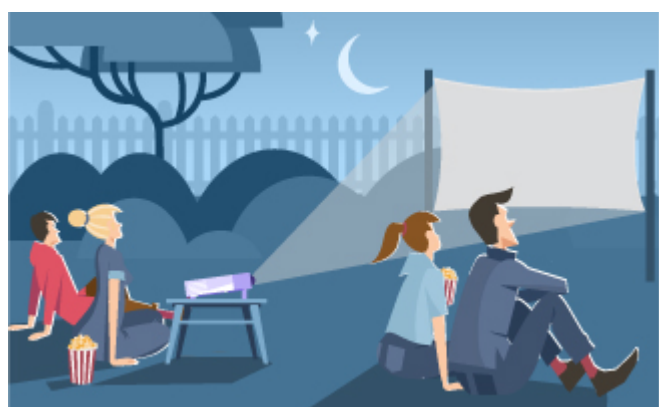
[Print](#)

## What You Need to Know

- If you are fully vaccinated, you can resume activities that you did before the pandemic.
- Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you haven't been vaccinated yet, [find a vaccine](#).



## Examples of Outdoor Activities



Unvaccinated People

Example Activities

Fully Vaccinated People



Safest

Walk, run, wheelchair roll, or bike outdoors with members of your household



Safest

Attend a small, outdoor gathering with fully vaccinated family and friends



**Safest**



**Safest**



**Safest**

Attend a small, outdoor gathering with fully vaccinated and unvaccinated people



**Safest**



**Less Safe**

Dine at an outdoor restaurant with friends from multiple households



**Safest**



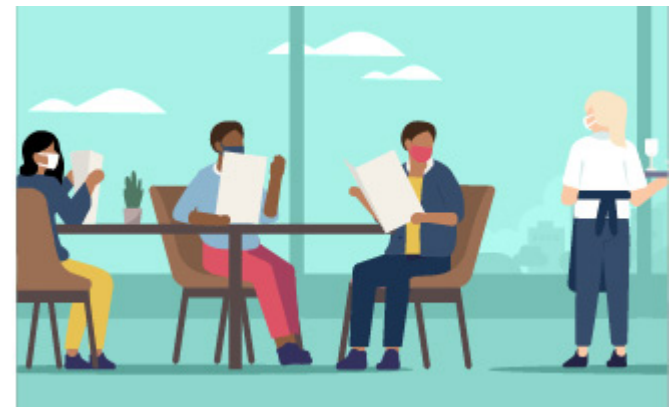
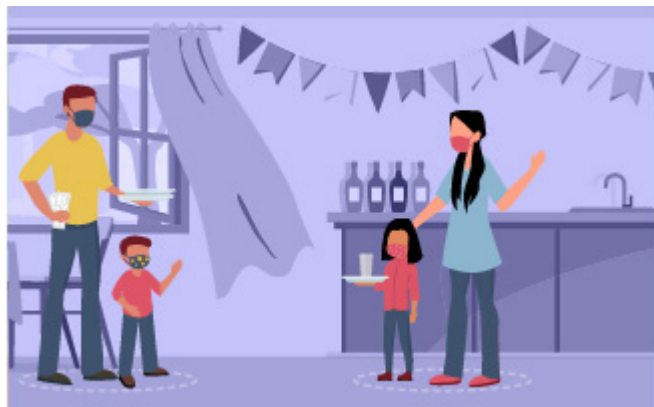
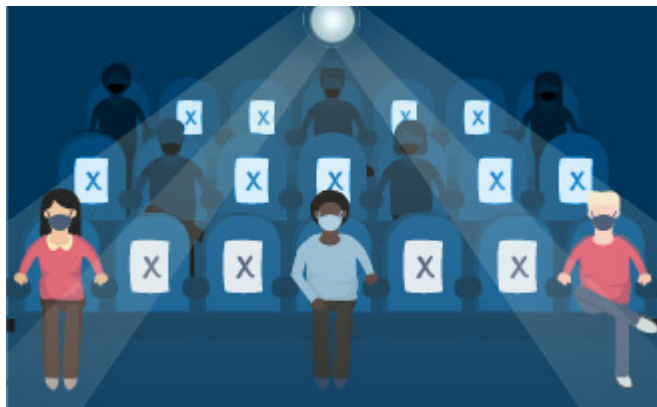
**Least Safe**

Attend a crowded, outdoor event, like a live performance, parade, or sports event



**Safest**

## Examples of Indoor Activities



Unvaccinated People

Example Activities

Fully Vaccinated People



**Less Safe**

Visit a barber or hair salon



**Safest**



**Less Safe**

Go to an uncrowded, indoor shopping center or museum



**Safest**



**Less Safe**

Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households



**Safest**

Go to an indoor movie theater



Least Safe



Safest



Least Safe

Attend a full-capacity worship service



Safest



Least Safe

Sing in an indoor chorus



Safest



Least Safe

Eat at an indoor restaurant or bar



Safest



Least Safe

Participate in an indoor, high intensity exercise class



Safest

## Key to Prevention Steps



Prevention measures not needed



Take prevention measures

- **Unvaccinated People:** Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

## More Information

[When You've Been Fully Vaccinated](#)

[Getting Your Vaccination](#)

[Find a Vaccine](#)

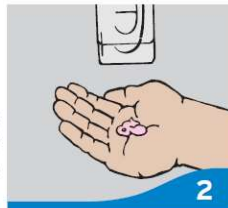
# Proper Hand-Washing

## PROCEDIMIENTOS DE LAVADO DE MANOS



**Wet your hands with hot, running water (at least 100°F/38°C).**

Mójese las manos con agua corriente caliente (al menos, a 100°F/38 °C).



**Apply soap.**

Apíquese el jabón.



**Scrub hands and arms for at least 20 seconds. Clean under fingernails and between fingers.**

Lávese las manos y los brazos por lo menos veinte (20) segundos. Lávese debajo de las uñas y entre los dedos.



**Rinse thoroughly under running water.**

Enjuáguese las manos completamente con el agua corriente.



**Dry hands and arms with a single-use paper towel.**

Séquese las manos y los antebrazos con una toalla de papel descartable.



**Turn off faucet using paper towel.**

Cierre el grifo con la toalla de papel.

- **Remember to wash your hands at these moments...**
  - **When entering the building**
  - **If you touch your facemask or face shield**
  - **Before leaving a residents room**
  - **After touching another person**
  - **After using the restroom**
  - **After personal hygiene such as brushing your teeth, blowing your nose, or coughing**
  - **Before and after eating**
  - **After touching garbage**
  - **After touching a pet**



## Five Hand washing moments at Home



Before and After  
PREPARING  
FOOD



After using  
THE TOILET



After  
BLOWING  
YOUR NOSE,  
COUGHING  
or  
SNEEZING



After  
TOUCHING  
AN ANIMAL



After  
TOUCHING  
GARBAGE



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# Cover Coughs and Sneezes

Stop the spread of germs  
that can make you and others sick!



Cover your  
mouth and nose  
with a **tissue**  
when you  
sneeze or cough.



If you don't  
have a tissue,  
use your  
**elbow**.



Wash hands  
often, **especially**  
after coughing  
or sneezing.

# WEAR IT CORRECTLY

TO PROTECT YOURSELF AND OTHERS



Completely cover the nose and mouth with the face covering.

Be sure it fits snugly against the side of the face.



Nose & mouth are not covered.

Nose is not covered.

Mask is too loose.



ORANGE COUNTY  
HEALTH DEPARTMENT

[orangecountync.gov/Masks](https://orangecountync.gov/Masks)

## MASK UP!

Reduce Risk of Transmission

COVID-19 Carrier

Others



**HIGHEST RISK**



**HIGHER RISK**



**LOWER RISK**



**LOWEST RISK**



NEW JERSEY DEPARTMENT OF  
ENVIRONMENTAL PROTECTION

**If you have any of these, please notify us immediately:**

- **Body Aches**
- **Sore Throat**
- **Cough**
- **Shortness of Breath**
- **Chills**
- **Headache**
- **Runny Nose**
- **Congestion**
- **Nausea, Vomiting, or Diarrhea**
- **Loss of Taste or Smell**