

Information for residents and visitors.

If you are a resident in a nursing home or other residential care facility this leaflet is written for you. This gives you the main points about the advice from the HSE about how to manage the risk of infection with **COVID-19 or Influenza Symptoms** in Nursing Homes and other residential care facilities. At the end of the leaflet you will find a short explanation of why HSE-AMRIC advises that things should start going back towards normal.

Living in a Nursing Home

It is good for you to be active in mind and body. Nursing Homes staff should support you to be active. The Nursing Homes should provide activities for you and other residents. It is hard for most people to be on their own for most of the time. If you have gotten used to spending a lot of time alone you might want to get back to meeting other people at your own pace and that is OK. If you are immune compromised or if you decided not to take the vaccine there is more risk for you in meeting other people and you might prefer to take things more slowly. The Nursing Home staff should support you to move around in the Nursing

Home and to meet and chat with other residents in the Nursing Home if you want to do that.

It is OK to have meals with other residents if you want to.

The Nursing Home should support you and other residents you to go on outings and visits to the home of families and friends.

If you get sick with COVID-19 or or Influenza Symptoms

If you get symptoms of COVID talk to the staff right away. You will be asked to stay in your room as much as possible and to have a test. Depending on the result of the test you may be asked to stay in your room as much as possible for 7 to 10 days. This is to allow time for your body to clear the virus so as to prevent the virus spreading to other people. If you have COVID staff will take extra precautions to protect themselves from infection with the virus when they are taking care of you.

If you have contact with someone who has COVID-19 or Influenza Symptoms

If you are in close contact with someone who has COVID **or Influenza Symptoms** you will be asked to stay in your room as much as possible for 10 days and to take some tests. If you get symptoms of COVID **or Influenza Symptoms** talk to the staff.

If you are a new resident

If you are a new resident in a Nursing Home you will be asked to stay in your room as much as possible for 7 days. Try to keep active If you are staying in your room most of the time because you are a contact or new resident or because there is an outbreak it is good to go for a walk down the hall or to go outside if you can. If you go for walk down the hall try to do it a quiet times. At times like this it is best not to stop to chat with other people. The staff will tell you when you need to wear a mask and remind you about cleaning your hands.

Seeing family and friends

You have a right to see family and friends if you want to. It is for you to decide who you would like to see or not see. It might suit you to name a person as a nominated support person. This is like a “lead visitor” who can spend a good part of each day with you in normal times. This might suit you if there is one person who is able to spend a lot of time with you. If you prefer not to have a nominated support person that is up to you. Usually you should be able to see two people together every day. If you have a nominated support person that could be the nominated support person and one other person. You can see as many different people as you want to on different days. It is OK to have visits from children if they are supervised and able to follow the steps needed to manage the risk of

infection. The visitors should be able to stay for a least an hour. HSEAMRIC does not advise any upper limit on the length of a visit or on the amount of visiting if the Nursing Home are able to manage that. Some Nursing Homes may be able to manage more visiting. We do still need to take care Anyone who has symptoms of COVID or other infectious disease should not visit in a Nursing Home until they are no longer infectious. The Nursing Home will ask people is they have symptoms when they come to visit but they do not need to ask for a vaccine pass. Visitors should clean their hands on the way in to the Nursing Home and should wear a mask when asked to do so by the staff. Your visitors do not need to wear a mask when they are alone with you but if you are more comfortable wearing and mask and you would like them to wear a mask you should feel free to say that.

What happens if there is an outbreak?

If there is an outbreak of COVID or **or Influenza Symptoms**

in the Nursing Home you will be asked to stay in your room most of the time for a week or more. You can still go for walk down the hall on your own at quiet times or go outside if you can. If this happens the staff should explain to you what is happening and how long they expect it to last. Even if there is an outbreak in the Nursing Home you should still be able to see your lead visitor or some other for some time every day if

they understand there is an outbreak and they are OK with taking that chance. Even if there is an extra limit on visitors coming into the Nursing Home for short period during an outbreak other people should be able to come to the window to see you and you should be able to see people outside if you are able to go outside.

Common Questions How many different people can visit?

There is no limit to the number of different people who can visit you, but no more than two people at a time. If there are a lot of people you want to see they will need to take turns to visit you.

Can children visit?

Yes, but an adult needs to be with the child and needs to make sure the child keeps to the rules in the nursing home.

How long can the visits be?

The visit can usually be as long as you want unless the nursing home is getting very crowded or the visit is causing a problem or a risk for other residents. If there are times when visits need to be a bit shorter, nursing home staff will be able to tell you about this.

If I have not had the vaccine yet is it OK for me to see visitors?

Yes. It is OK to see visitors if you have not had the vaccine but it is safer for you and for the people who visit you if you both had the vaccine and booster.

Are there times when people should not visit?

Your friends and family will need to stay away from the nursing home:

- if they have any symptoms of COVID-19 infection or of any other infection
- If they have been told they have to restrict their movements or self-isolate. People with symptoms should not visit a nursing home even if they have had the vaccine.

What do visitors have to do? Can visitors bring in things for me?

Yes. They can bring books, papers, magazines pictures, keep-sakes or a favourite food.

Is it OK to go out for a drive or a visit home with a visitor? Yes, but it is safer if you and the person driving you have had vaccination and booster.

Is it OK to go to visit the house of a friend or family member?

Yes, but it is safer if you and the people you visit have had vaccination and booster. If anyone in the house is sick with COVID or any other infection or if anyone in the house is a **COVID or Influenza Symptoms**

contact it is safer to delay the visit.

If I am very sick or upset can I see ask for more visits than usual?

If you become seriously ill or are very upset or worried you should tell the staff if you feel you need to spend extra time with visitors. In that case the Nursing Home staff should do everything that can to help you see the people you need to see.

Why is it safer to see people now than it was last year?

The advice for residents in Nursing Homes is very different now. This is because most residents have been vaccinated and have had the booster. Most of the people who visit Nursing Homes have also been vaccinated and have had the booster. We know that people who have had vaccination including the booster can still get infection but most of those people who have had the booster do not get very sick with COVID infection. Some people have very serious problems with their immune system. They are still at risk of serious disease after vaccination. People who have not had the vaccine and have not already had COVID-19 **or Influenza Symptoms** are also at risk of serious disease. There are some new treatments reduce the risk of harm of for those people at high risk if they get infected. All of this means that is time to take steps to get back towards normal life in a Nursing Home. If you started living in a

Nursing Home in the last two years, you may not know how different life in a Nursing Home used to be. The changes will help you more chances to enjoy life and see more of your family and friends. If you want to talk to someone other than friends or family or the Nursing Home staff about visiting these are some people who may be able to support you.