



1920 Rosemont Avenue Frederick MD 21702 · Phone: 240-772-9200

Resident/Family/ POA Update re: COVID-19

May 10, 2021

Our latest outbreak has been closed by the Frederick County Health Department. We are allowed to resume indoor visitation. Please remember that although we are allowed to have indoor visitations there are still restrictions on the number of visitors in the building, length of visits, and locations of visits. Please be considerate of other family member who want to visit their loved ones and of staff who are required to follow the regulations.

As a reminder, visitors must be able to comply with the core principles of COVID-19 infection prevention. Visitors who are unable to comply with the core principles will be asked not to visit for the protection of our residents and staff.

The Core Principles of COVID-19 Infection prevention include:

- Screening of all who enter the facility for signs and symptoms of COVID- 19
- Hand Hygiene
- Face Covering or mask (covering mouth and nose) at all times
- Social distancing of at least 6 feet between persons, in accordance with CDC guidelines.
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The directives for Nursing Homes have been updated. Please review the following information carefully for changes regarding vaccinated residents and visitors

- Visits must be scheduled with Dana Croft [dcroft@citizensnf.com](mailto:dcroft@citizensnf.com) or (240)772-9296
- We request visitors schedule one appointment at a time, but there is no limit to number of visits permitted.
- Number of visitors in the building at once will be limited.
- Visitors' movements in the facility will be limited to visitation area. Visitors should not walk around in different areas in the facility. They should go directly to resident room or designate visitation area.
- Visits will be 30 minutes long for up to two visitors.
- Visits for residents who share a room may not be conducted in the resident's room.
- All visitors must adhere to Core Principles of COVID-19 Infection prevention
- Per MDH Guidance, we recommend unvaccinated visitors have a negative rapid antigen (RAT) test prior to indoor visitation. RAT will be conducted by facility staff prior to visitation. The test will take 20 minutes to complete, so plan to arrive 30 minutes prior to scheduled visitation
- Testing is not recommended for *fully vaccinated* visitors. Please be prepared to show documentation of vaccination.



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- Quarantine is no longer recommended for residents who are being admitted, if they are fully vaccinated\* and have not had prolonged contact with someone with SARS-CoV-2 infection in the prior 14 days.
- Residents who are fully vaccinated\* may dine and participate in activities without facemasks or social distancing if all participating residents are fully vaccinated.
- Residents who are fully vaccinated\* may choose to have close contact with their visitor.

We are asking for your support and patience as we are implementing the new procedures to ease restrictions while keeping your loved ones safe. We understand that there is frustration with the limited appointments available. We will continue to provide updates to you via telephone blast texts if you have subscribed or through mailings. You may email any questions to [covidquestions@citizensnf.com](mailto:covidquestions@citizensnf.com)

\*Fully vaccinated refers to a person who is at least 14 days following the second dose in a 2-dose series or at least 14 days following the receipt of one dose of a single dose vaccine, per the CDC's Public Health Recommendations for Vaccinated Persons.