



# Visiting a Loved One in the Hospital during the COVID-19 Outbreak

## How can I connect with my loved one?

For everyone's safety, only a limited number of visitors are allowed at our hospitals during the COVID-19 outbreak:

- Visiting hours are 8 a.m. to 8:30 p.m.
- Adult patients can have 1 named visitor. A different person can visit each day.
- Emergency Department patients can have 1 named visitor.
- Children (under age 18) can have 2 named visitors. They may change daily.
- Patients having a baby can have 2 named visitors and a doula with them.
- Adult surgical and procedural patients can have 1 visitor wait in the surgery waiting lounge if there is space for social distancing. Children can have visitors throughout the surgery process.
- 1 visitor allowed for adult and child mental health and addiction patients, must be scheduled in advance.
- **No** visitors under the age of 12 are allowed for hospital patients.
- Visitors are **not** allowed for patients who are confirmed or suspected to have symptoms of COVID-19.
- Patients with disabilities can have a support person with them. Family members, service providers or those well informed about the needs of the person with a disability can serve as a support person
- People who are sick or showing symptoms of COVID-19 are not allowed to visit patients.

Exceptions are only made in special situations.

## What should I do if I'm allowed to visit?

Please follow these guidelines for your visit:

- Arrive wearing a mask over your mouth and nose. Keep it on during your visit. If you **don't** wear a mask, we'll ask you to leave.
- Clean your hands with alcohol hand sanitizer. Do this when you arrive at and leave the building and patient room, and again after you touch your mask or anything in the room.
- We will ask screening questions to check if you are healthy. You **can't** visit if you have a fever, cough, shortness of breath, muscle aches, headaches, sore throat or diarrhea (loose, watery stools).
- Stay 6 feet away from others during your visit and between visits.
- Go directly to and from the room you are visiting.
- Stay in the patient's room during your visit. Limit going to other places in the hospital as much as you can.
- Leave bags and jackets at home or in the car.
- For everyone's health, please **don't** come and go during your visit. That includes for smoking.

## What should I do after my visit?

- If you **didn't** follow **all** of the above safety advice, then take these steps for the next 14 days:
  - Avoid contact with people at a higher risk of getting sick, such as people over 65 years old, those who live in a nursing home or long-term care facility and those with a medical condition
  - Check your temperature two times a day
- **Call your doctor if you have any COVID-19 symptoms:** fever, cough, shortness of breath, muscle aches, headaches, sore throat or diarrhea (loose, watery stools).

For more information, visit [cdc.gov](https://www.cdc.gov) or [mhealthfairview.org/covid19](https://mhealthfairview.org/covid19).