

Update to Visitor Restrictions at Eastern Health Facilities

March 15, 2021 – St. John's, NL: As a result of changes in alert levels issued by the provincial Medical Officer of Health, Eastern Health is advising the public that visitor restrictions at facilities across the region have been updated.

At this time, temporary visitation/attendance restrictions remain in place at all provincially-operated acute care facilities, health centres and long-term care homes, as well as privately operated long-term care homes, personal care homes, community care homes and assisted living facilities. The following guidelines are in place:

In-patients

- In certain exceptional circumstances, inpatients may be permitted one essential visitor/support person for the duration of their stay, consistent with Eastern Health's Family Presence and General Visitation policy.
- In-patients with an extended admission, in consultation with their care team, may be permitted to identify up to two designated visitors in addition to the essential visitor/support person.
- Two designated visitors are permitted to visit one **ICU/CCU** patient at the same time. Visitation may begin immediately after admission, with visiting times determined in consultation with the care team.

Palliative care

- The guidelines for palliative care can vary and is individualized based on the patient's condition. Directions for visiting will be provided by the health-care team.

Labour and delivery

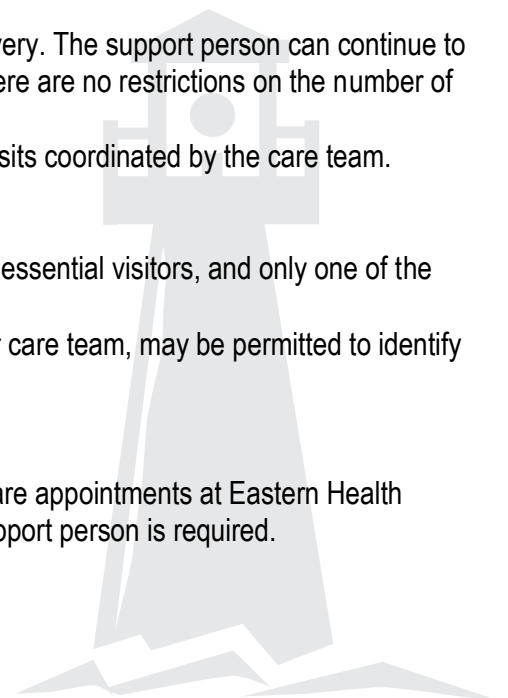
- Expecting mothers can have one support person during the delivery. The support person can continue to support the mother for the duration of the time in hospital and there are no restrictions on the number of visits per day.
- Additionally, two other visitors are permitted after delivery with visits coordinated by the care team.

Pediatric in-patients

- Children who are in-patients can have both parents identified as essential visitors, and only one of the parents may be present at a time.
- In-patients with an extended admission, in consultation with their care team, may be permitted to identify up to two designated visitors in addition to the parents.

Out-patients and emergency department

- All individuals who present to emergency rooms and to health-care appointments at Eastern Health facilities should do so on their own unless an essential visitor/support person is required.



- A patient who has specific challenges resulting in compromised comprehension, decision making or mobility, due to disability or onset of a medical condition will require an essential visitor/support person when attending out-patient/ambulatory clinics, or presenting at the emergency department.
- Approval of a visitor while a patient is in the emergency department is at the discretion of the patient care team and would be based on the specific case.
- One parent can accompany children in the emergency department or for other appointments.

Cancer care out-patients

- For cancer care patients, one essential visitor/support person is permitted for patients who have a clinic appointment with their health-care provider. For radiation, chemotherapy, or bloodwork treatment visits, we continue to ask that patients come alone unless they meet criteria set by the provincial guidelines.

Residential care settings (long-term care, personal-care homes, community care homes, and assisted living facilities)

- In certain exceptional circumstances, residents may be permitted one essential visitor/support person for the duration of their stay, consistent with Eastern Health's Family Presence and General Visitation policy.
- In residential care settings (long-term care, personal-care homes, community care homes, and assisted living facilities), in addition to any essential visitors identified previously, each resident can identify up to two designated visitors.
- Families of residents in residential care settings (long-term care, personal-care homes, community care homes, and assisted living facilities) should contact the home for information about visitation procedures as they may vary at each facility.
- Virtual visitation can be an alternate way to connect with loved ones during these visitor restrictions. To arrange for a virtual visit, please also discuss your request with the care team.

All visitors will be screened for COVID-19 and be provided a mask, which they must wear for the duration of their visit. For full guidelines, please refer to www.gov.nl.ca/covid-19/guidelines-for-support-person-designated-visitors/.

Visitor restrictions during the pandemic are critically important to the safety of our patients, staff and physicians. Eastern Health would like to thank the public for their understanding and co-operation during this time.

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