

## Wellness Recovery Center COVID-19 Policies for Consumers

These guidelines are meant to reduce the exposure and spread of COVID-19. The COVID-19 virus can spread through individuals who have no symptoms, and while many individuals recover without difficulty, a percentage of infected people go on to develop serious and/or life-threatening symptoms.

### **COVID-19 Symptoms**

If you experience any of these symptoms, please let our staff know immediately so that we can take steps to protect your health.

- Fever greater than or equal to 100.4° F
- Cough
- Shortness of breath
- Sore throat
- Congestion/Runny Nose
- Chills
- Muscle Aches
- Headache
- Fatigue
- Nausea/Vomiting
- Diarrhea
- Loss of taste or smell

### **Masks**

We understand that wearing masks can be uncomfortable. However, we ask that all consumers and staff wear masks when in public spaces. Masks are not necessary in your assigned room. Masks are also not required while outdoors (including the patio), though you must maintain six feet of physical distance. We will provide masks if you do not have any available.

### **Hand Washing and Respiratory Etiquette**

Some of the best ways to reduce exposure risk are simple.

- Wash your hands for at least 20 seconds with soap and water:
  - before and after meals,

- after using a better life, a better community the bathroom, or
- after using high-use objects (such as the phone and computer keyboard).
- Avoid touching your face.
- Sneeze and cough into the crook of your elbow.

## Visiting Hours

Visiting hours are suspended for now. In order to keep you in touch with your friends and families, we will offer access to cell phones or laptops to be used in your room during our normal visiting hours (**Weekdays:** 5:30pm-7:00pm **Weekends:** 12:00pm-1:30pm). Please plan ahead and bring technology that will allow you to connect. If you do not have access to these devices, WRC will provide laptops with teleconferencing apps during visiting hours.

## A couple of other things

- Starting 11/15/21, Wellness Recovery Center will become a 10-bed facility. This means that there may be at least two double rooms at any given time. WRC staff will consider length of stay, gender identity, vaccination status, and other factors when assigning a roommate. You may have a chance to room with someone at your request – talk to your assigned clinician if you have any questions.
- Starting 12/15/21, Wellness Recovery Center will become a 12-bed unit.
- You do not have to wear a mask in your room, even if you have a roommate.
- WRC staff do a full-unit disinfection several times per day. We ask that you assist us by cleaning up after yourself, particularly in shared spaces like the kitchen.
- ALWAYS wear gloves in the kitchen, particularly when handling food.
- No more than two people are allowed in the kitchen area at once.
- We ask that you maintain the recommended six feet from others at all times.
- Stay hydrated and eat healthy foods to keep your immune system in good shape.
- Please be patient with our systems as we continue to work towards keeping both consumers and staff as safe as possible.