

As a designated support person, you are essential to the physical and mental health of your loved one. You also play a critical role in the safety of everyone at the site.

What you do inside and outside a healthcare facility can increase the risk of spreading COVID-19 here and in the community.

If you are at high risk of exposure to COVID-19, it is important to understand the risk of infecting your loved one, other patients, residents, and staff, as well as those in your household and cohort.

This pamphlet outlines activities and behaviours for you to assess your own risk of exposure and transmission of COVID-19.

Also see the Know Your Role During COVID-19 brochure for designated support persons.

To reduce the spread of COVID-19, Alberta Health Services (AHS) has limited the number of people entering our sites.

AHS may have to change designated support access on short notice. Visit [ahs.ca/visitation](https://ahs.ca/visitation) for the latest updates.

Immunized individuals are still required to follow all public health measures, including physical distancing, masking, isolation and quarantine requirements, as well as complete COVID-19 screening before entry.

Use your mobile device's camera to link directly to information about:

[COVID-19 Self-Assessment for Albertans](#) tool. Complete online before coming to a healthcare site.



[Tip Sheet for Designated Family/Supports during COVID-19 Pandemic](#). Safe practices to protect everyone's health.



[Staying Connected: Virtual Support and Visitation](#). Tips for deciding whether to visit a patient in person or virtually.



[Current guidelines, restrictions and resources](#) for visiting healthcare sites.



# Know Your Risk During COVID-19

## Designated Support Persons



## Know your risk of unknown exposure

Prior to entering a healthcare facility, consider your risk of exposure to COVID-19 during the previous 14 days, to determine if you may want to delay your visit.

## To be low risk, you must meet all of the following criteria:

- You work from home, or do not work or live in an area of high COVID-19 exposure (or live with someone who does).
- You, the people you live with and your cohort consistently physically distance and wear masks as required by current provincial restrictions.
- You have not had people outside of your cohort in your home.
- You wash or sanitize your hands regularly.
- You make essential outings only.
- You are not supporting or visiting others at different sites in the same day.
- You have not travelled to or from other provinces or countries.



## You are at higher risk of COVID-19 if your activities in the past 14 days include:

- Working or living in an area with a high number of cases or a declared outbreak of COVID-19 (or living with someone who does).
- Working or socializing outside your home in settings where physical distancing and masking are not consistently maintained.
- Not maintaining physical distancing or not consistently wearing a mask when around others outside your household.
- Having people outside your cohort in your home.
- Using public transit or carpooling where physical distancing and masking are not consistently maintained.
- Not washing or sanitizing your hands regularly.
- Visiting patients or residents in multiple sites in the same day.
- Travelling to or from other provinces or countries.



If you are at high risk, please consider a virtual visit or designating someone else.

## To protect yourself and your loved one while inside of a facility, we need you to:

- Complete a health screening when entering the site, including reporting if you have:
  - A fever, cough, shortness of breath, sore throat or runny nose
  - Tested positive for COVID-19 in the past 14 days or
  - Been tested for COVID-19 and are waiting for results.
- Follow all precautions as instructed by staff and physicians.
- Continuously wear the mask provided at the site over your nose and mouth.
- Minimize where you go.
- Wash or sanitize your hands when coming into or leaving the site and a patient's room, and when putting on or taking off your mask.
- Wear family/support identification label.

If you have questions or concerns, please speak with any member of your healthcare team.