

Anyone who enters a facility risks bringing COVID-19 in or out with them. The more people who enter, the higher that risk becomes.

To reduce the risk, designated support persons, patients, residents, staff and physicians need to work together.

Your role is essential, but may not always need to be in person. Before coming to a site, please check with the healthcare team:

- If the patient's or resident's needs can be met without you being on site; can you connect virtually instead?
- When is the best time for you to be at the site; how often and for how long?
- Can you reduce the number of times you visit the site?

Additional site restrictions may be necessary depending on the COVID-19 outbreak status (including Variants of Concern), requirements to limit the overall number of designated support persons at a given time per site/unit, as well as physical distancing constraints.

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.

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

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 Role During COVID-19

Designated Support Persons





A patient's or resident's designated support person can be a:

- Relative, intimate partner or close friend
- Legal guardian
- Formal or informal caregiver

You play a role in the safety, health and recovery of a patient or resident as someone they:

- Identify as important to their well-being.
- Want involved in their health matters.



Designated support persons assist with:

- Providing information to the healthcare team about a patient or resident.
- Supporting the mental well-being of a patient or resident.
- A patient's or resident's feeding and mobility.
- Personal care such as hygiene, laundry and needed belongings.
- Communicating for a patient or resident with hearing, visual, speech, cognitive, intellectual or memory impairments.
- Regulating emotions and behaviours.
- Making care decisions, transitions and plans.

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

- Complete a COVID-19 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.
- Always wear the mask provided at the site over your nose and mouth.
- Remain in the patient's room while on site.
- 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.