



Margaret D. LaBrecque
Commandant

New Hampshire Veterans Home

139 Winter Street
Tilton, NH 03276



Telephone: (603) 527-4400
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May 21, 2021

Dear Residents and Families –

As a follow up to our letter last week, we are very happy to inform you that all COVID-19 test results from the National Guard response testing on Monday, May 17th, came back negative. This response testing was conducted as a result of the asymptomatic employee testing positive. The second week of response testing will take place on Monday (May 24th). Should we receive equally good news from those test results, we will transition back to surveillance testing monthly in June.

New this month, the NH Department of Health and Human Services' (DHHS) announced they will be referring long term care facilities to the Centers for Medicare & Medicaid Services (CMS) for updated guidance. As a result of updated guidance, we are once again **delighted** to revise our visiting guidelines with the information below and enclosed.

This new guidance provides us the ability to schedule social excursions for fully-vaccinated residents! You and your veteran can once again enjoy time together on a drive or a visit at your home. We prefer the visitor(s) be fully vaccinated, but it is not required. For all of the details, please see the enclosed information that includes a summary chart we created for ease of reference.

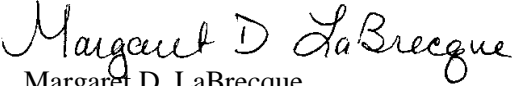
Also updated are criteria for visits with four-legged friends. Family pets may also come when scheduling an outside visit. Dogs who remain on a leash, are free from apparent infectious diseases, and never have resided in household of a confirmed COVID case are welcome. During the visit, we ask that pets be prevented from face-licking. To remain vigilant, residents and staff will wash or sanitize their hands after petting.

Social Excursions will be scheduled with Nursing as medications may need to be prepared for residents' outings. Visits and excursions are scheduled in advance by completing and submitting an 'N-G 157 Limited Visitation Declaration Form'. A new form is included with this letter and an electronic copy is available on our website at www.nh.gov/veterans under "News, Events, and Publications." Completed forms can be submitted using the option most convenient for you, including email, postal service, or hand delivery to the NH Veterans Home (NHVH) reception desk. After completing the form, our team is here to help you schedule a visit to connect you with your loved one:

- For **social excursions**, at least *three business days* prior to the excursion, call the main NHVH number at (603) 527-4400, Monday to Friday, 7 a.m. to 3 p.m., and ask for the Resource Nurse
- For **visits at the NH Veterans Home**, indoors or outdoors, call Sarah Wildermann at (603) 527-4816 or email visits@nhvh.nh.gov
- For **video calls**, contact our Recreation Therapists:
 - Tarr residents: Jill Clark, (603) 527-4834, Jill.A.Clark@nhvh.nh.gov
 - LEDU residents: Jennifer Mitchell, (603) 527-4815, Jennifer.S.Mitchell@nhvh.nh.gov or Duain Cook, (603) 527-4835, Duain.J.Cook@nhvh.nh.gov

We know you, your veterans, and our staff are so excited for these new visiting guidelines. We continue to keep abreast of the latest CMS and CDC guidance and will continue to keep you informed, as well.

Sincerely,


Margaret D. LaBrecque
Commandant

Enclosures



New Hampshire Veterans Home

Limited Visitation Declaration Form

N-G 157

INSTRUCTIONS: Primary visitor must complete a copy of this form for each intended visitor and submit it to NHVH using the contact information listed at the bottom of this form. A copy of this form will be kept for future reference.

Pre-Visit Screening:

I agree to complete the NHVH screening (below) for each visitor and answer follow up questions if needed. In addition, I will ensure all visitors understand and agree to receive a second screening on the day of the visit which includes having temperatures taken prior to our resident visit.____(initials)

1. I, and all visitors associated with me, have not had any of the following symptoms:

Y or N Fever (feeling feverish or a documented temperature of 100° degrees Fahrenheit or higher);

Y or N Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough or shortness of breath;

Y or N Whole body symptoms such as muscle aches, chills and severe fatigue;

Y or N New gastrointestinal symptoms such as nausea, vomiting or diarrhea;

Y or N Changes in sense of taste or smell or the severity of headaches.

2. Please respond to the following questions to identify potential COVID-19 exposure:

Y or N Have you, or any of the visitors associated with you, been in close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days? (Note: healthcare workers caring for COVID-19 patients while wearing appropriate PPE should answer 'No' to this question.).

Y or N Are you, or any of the visitors associated with you, isolating or quarantining because you may have been exposed to a person with COVID-19?

Y or N Have you or any of the visitors associated with you, traveled within the past 14 days? If a visitor has traveled internationally in the past 14 days they may only visit if:

- They are fully vaccinated; OR
- They have completed a 14 day quarantine; AND
- They screen negative for symptoms of COVID-19; AND
- They deny any exposure to known or suspected case within the previous 14 days.

Y or N Have you had COVID-19? If you or any of the visitors associated with you, have, please ensure at least 24 hours have passed since the fever has subsided without the use of fever-reducing medicines and improvement in symptoms (e.g., cough shortness of breath,); and at least 10 days have passed since symptoms first appeared. Note: for visitors who tested positive for COVID-19 but showed no symptoms, the question is formulated as follows: have you isolated at home for at least 10 days since the last positive test result?_____(initials)

Additional Declarations:

1. If you will be accompanied by a service animal, please perform the pre-visit screening on the animal and attest that the animal has not exhibited any signs and symptoms of COVID-19 or been exposed to COVID-19.

Revised 05/21/21

Extra copies of this form can be downloaded from the NHVH website at www.nh.gov/veterans.

Page 1 of 2



New Hampshire Veterans Home

Limited Visitation Declaration Form

N-G 157

NOTE: A service animal is defined as a dog that is individually trained to do work or perform tasks for a person with disabilities. _____ (initials)

2. I, and all visitors associated with me, agree to comply and adhere to the requests made by the NHVH Screener/Monitor at the time of and during visit to protect and safeguard all parties involved with the scheduled visit. If I do not comply with requests, my visit and further visits may cease. _____ (initials)
3. I, and all visitors associated with me, will notify Screener/Facilitator if I become ill anytime during the visit. _____ (initials)
4. I, and all visitors associated with me, agree to notify NHVH if I develop any signs and symptoms of COVID-19 as outlined above in my screening within 2 days after visiting (Notify: Angela Hawthorne, Infection Prevention Nursing Specialist at (603) 527-4864 or Angela.C.Hawthorne@nhvh.nh.gov). _____ (initials)
5. I have received the educational information about COVID-19 from NHVH and will ensure all the visitors associated with me are educated and understand the risks of transmission. _____ (initials)

Signature & Submission

Resident Visiting: _____
Please Print

Primary Visitor Name: _____ Fully Vaccinated: Y or N Date of Vaccine: _____
Please Print Service Animal's Name _____
Please Print

Associated Visitor Name: _____ Fully Vaccinated: Y or N Date of Vaccine: _____
Please Print Service Animal's Name _____
Please Print

Associated Visitor Name: _____ Fully Vaccinated: Y or N Date of Vaccine: _____
Please Print Service Animal's Name _____
Please Print

Associated Visitor Name: _____ Fully Vaccinated: Y or N Date of Vaccine: _____
Please Print Service Animal's Name _____
Please Print

Primary Visitor Signature: _____ Date: _____

Primary Visitor Address: _____

Phone Number: _____

Submit this form to Sarah Wildermann, Recreation Secretary, at visits@nhvh.nh.gov or by mail at 139 Winter Street, Tilton NH 03276. Should you have any questions, Sarah can be reached at (603) 527-4816.

Symptoms range from mild to severe and may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 include fever / chills, cough, shortness of breath, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If you develop symptoms, you should isolate and contact your Primary Care Provider (PCP) for evaluation and testing, despite vaccination.

The Risk Increases:

- with moderate, substantial or high level of community transmission
- in settings with higher percentage of unvaccinated people (including children), or people at risk for severe COVID-19
- in indoor settings with poor ventilation
- with long visits
- attending activities that involve behaviors such as singing, shouting, physical exertion or heavy breathing, inability to wear a mask, or inability to maintain physical distancing.

How can you help?

You can avoid getting infected by:

- staying away from crowds and people who are sick
- avoiding touching your face
- washing your hands often with soap and water for 20 seconds
- getting vaccinated
- cleaning and disinfecting surfaces often
- avoiding sharing objects with others
- maintaining physical distancing
- wearing a face mask

You can avoid transmitting the virus by:

- staying away when sick
- covering your cough and sneeze
- wearing a well-fitted mask and physically distancing from others

For more information visit:

www.covidguidance.nh.gov
www.cdc.gov/coronavirus/2019-ncov



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www.nh.gov/veterans
www.facebook.com/nhveteranshome

The mission of the New Hampshire Veterans Home is to provide the best quality of life for NH Veterans with dignity, honor and respect.

New Hampshire Veterans Home



WHAT YOU SHOULD KNOW ABOUT

COVID-19

COVID-19 (coronavirus disease) is a highly contagious infectious disease caused by the SARS-Co-V-2 virus.

There is no single layer of protection that will stop spread of COVID 19; therefore, implementing multiple layers of protection will be most effective at stopping COVID-19 from spreading.



HOW IS COVID-19 TRANSMITTED?

The coronavirus that causes COVID-19 is spread through close, prolonged contact (15 minutes or more within 6 feet) to an infected person's droplets that are exhaled when a person breathes or talks. The corona virus may get on the hands when touching contaminated surfaces.



WHO IS AT GREATER RISK FOR CONTRACTING; GETTING SEVERLY ILL; HOSPITALIZATION OR DEATH?

- ❖ Older adults
- ❖ any age with conditions such as cancer, kidney disease, chronic lung disease, dementia, diabetes, cardiac issues, HIV, organ transplant, stroke, or sickle cell



WHAT ARE THE RISKS?

Although the risk of COVID-19 infection during social activities such as dining indoors, attending social gatherings, and outdoor activities is low for fully vaccinated people, there is still potential for both acquiring and transmitting the virus. There is limited data on vaccine protection in people who are immunocompromised. CDC and NHVH continue to recommend masking and physical distancing when engaging in indoor or outdoor public activities where other people's vaccination status is unknown.

How will vaccinations affect visiting your loved one at NHVH?

Full vaccinations for visitors is always preferred. Although vaccination status will not prevent you from visiting your loved one, providing proof of vaccination ahead of time may facilitate visits in a private setting without additional requirements, such as masking, physical distancing, and staff supervision. Visits are now allowed regardless of community transmission. Visits must be scheduled in advance in order to assure safety of our residents, staff and other visitors.

Compassionate care visits and window visits are the only permissible type of visits during an outbreak.

How will vaccinations affect taking your loved one on a trip outside NHVH?

Individuals who are fully vaccinated for COVID-19 are fourteen days or greater after the last shot in the series [2-dose series (Pfizer-BioNTech or Moderna)], or a single-dose vaccine [Johnson and Johnson (J&J)/Janssen]. Fully vaccinated residents may visit with:

- ❖ Other fully vaccinated people indoors without masking or physical distancing
- ❖ Unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing a mask or physical distancing

Vaccination Status		RESIDENT	
		Fully Vaccinated	Unvaccinated
VISITOR(S)	Fully Vaccinated	<ul style="list-style-type: none">* 3 business days advanced scheduling;* On grounds visit:<ul style="list-style-type: none">- in private room or anywhere outside;- length of visit is as requested;- visiting hours Monday-Friday, 10AM to 3PM; 6:30PM to 7:30PM, weekends and holidays 11AM to 3PM;* Food permitted into facility, may eat together;* May have close contact;* Social excursion permitted 9AM to 7PM daily	
	Unvaccinated	<ul style="list-style-type: none">* 3 business days advanced scheduling;* On grounds visit:<ul style="list-style-type: none">- indoors location: town hall or other designated area;- outdoor location: pavilion or other designated area;- length of visit is 30 minutes;- visiting hours Monday-Friday, 10AM to 3PM; 6:30PM to 7:30PM, weekends and holidays 11AM to 3PM;* Mask must be worn and practice hand washing;* Food permitted into facility but cannot eat together;* May have close contact;* Social excursion permitted 9AM to 7PM daily	<ul style="list-style-type: none">* 3 business days advanced scheduling;* On grounds visit:<ul style="list-style-type: none">- indoors location: town hall or other designated area;- outdoor location: pavilion or other designated area;- length of visit is 30 minutes;- visiting hours Monday-Friday, 10AM to 3PM; 6:30PM to 7:30PM, weekends and holidays 11AM to 3PM;* Mask must be worn and practice hand washing;* Food permitted into facility but cannot eat together;* Social distancing required;* Social excursion NOT permitted

