

My Holiday COVID-19 Safety Pledge

As residents of long-term care facilities make plans for the holidays during the COVID-19 pandemic, their health and safety are a priority of the Pennsylvania Departments of Health, Human Services, and Aging. These departments strongly urge facility residents to not attend any holiday celebrations outside the



facility in person because of the higher risk for severe COVID-19 infection for older adults, persons with certain medical conditions, and any person in a long-term care facility. We are asking persons who still choose to attend an in-person holiday celebration to take this pledge (and follow through with the actions stated) for their own safety and to protect those around them.

I, _____

(Printed name of resident)

recognize that many residents of long-term care facilities will be participating in holidays only **by phone or computer** this year to avoid risk of infection. After talking to my health care provider, I understand that going to an in-person celebration will put me and others in my facility **at risk of getting COVID-19**, and I have talked with the host of the celebration and asked them to talk to the other people who will be there.

Since I am going to a holiday celebration outside of this facility, I pledge the following:

- ❖ I will wear a face covering or mask at all times, except when eating or drinking. When I take my face covering or mask off when eating or drinking, I will move as far away as possible from other people.
- ❖ I will stay at least six (6) feet apart from other guests **at all times**.
- ❖ I will avoid all direct contact with other people, **including handshakes and hugs**.
- ❖ I will wash my hands often (after touching surfaces, handling objects or food, and before eating) with soap and water for at least 20 seconds. If soap and water are not readily available, I will use **hand sanitizer**.
- ❖ I will not touch pets or play with them in a manner that involves touching them.
- ❖ Afterward, I will let facility staff know if people at the gathering were not staying six (6) feet away, not washing their hands, or not wearing face coverings (or masks). If I find out that someone at the celebration had COVID-19 or tested positive for COVID-19 after the celebration, I will notify facility staff.
- ❖ I understand that after the celebration I may need to stay in my room at the facility for a number of days and that I may need to get tested for COVID-19.
- ❖ I will let others at the celebration know that I have made this pledge, and ask them to help keep me, and everyone in the facility that I live with, **safe**.

I will ask my host to **pledge** the following:

- ✓ All guests will have to wear face coverings or masks **at all times**, except when eating or drinking. When guests are eating or drinking, they should move as far away as possible from other guests.
- ✓ The host will ask guests whether they tested positive for COVID-19 recently or were exposed to someone who has COVID-19 **in the last 14 days**.
- ✓ If the weather and space permits, the host will move the gathering outside.
- ✓ The host will remind guests to be at least six (6) feet apart **at all times**.
- ✓ The host will remind guests to not have any **direct contact** with each other, including **handshakes** and **hugs**.
- ✓ If the weather permits, the host will open windows and doors, or turn central air or heating on.
- ✓ The host will remind all guests to **wash their hands** often or use **hand sanitizer** often (before and after preparing, serving, and eating food; after handling objects; and after taking the trash out).
- ✓ The host will **limit** the **number** of guests at the celebration to allow for appropriate physical distance between guests.



- ✓ The host will clean and disinfect commonly touched surfaces and any shared items in between uses.
- ✓ The host will remind guests to **avoid singing or shouting**, especially indoors. The host will keep music levels down so people don't have to speak loudly or shout to be heard.
- ✓ The host will have only one person, who is wearing a face covering or mask, serve all food **so that multiple people are not handling the serving utensils.**
- ✓ The host will try to make a touchless garbage can available. The host should have people who are handling trash wear gloves.
- ✓ The host will tell guests that he or she has signed the safety pledge, and the pledge must be followed for the safety of their loved ones and others affected.

Resident Signature (or signature of resident's representative)

Date

Host Signature

Date