



# Oregon

Kate Brown, Governor

## Department of Human Services

*Safety, Oversight and Quality*

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**Ref:**           **NF-20-89**

**Date:**           June 3, 2020

**TO:**             All Nursing Facilities  
All Assisted Living Facilities  
All Residential Care Facilities

**FROM:**         Jack Honey, Administrator  
DHS Safety Oversight and Quality Unit

**SUBJECT:**     **Phase One Re-opening Guidance**

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Dear Providers:

Thank you for your continued efforts to prevent and manage COVID-19 in your facilities. With phase one re-opening occurring in most Oregon counties, DHS would like to provide clarifying guidance to facilities, specifically regarding residents leaving and reentering facilities. Long term care facilities are still at high risk of severe COVID-19 outbreaks due to the congregate nature of the setting and vulnerability of residents. The intent of this guidance is to honor resident rights, while simultaneously protecting the health and safety of your communities.

### **Background**

Oregon long-term care (LTC) settings are communities that provide care and services to elders and people with disabilities. These communities are subject to additional regulatory and safety oversight due to COVID-19 risk factors for older adults. LTC settings must also implement infection control measures above those required in single family homes. Residents of these facilities share the same rights as any other Oregonian but must also share additional responsibilities if the community is to ensure the safety of all residents and staff.

Due to the Covid-19 pandemic, it must be emphasized that the actions of one individual have the potential to negatively impact the health and safety of all

residents and staff of the community. Oregon must seek a balanced policy that respects the rights of individuals while addressing the need for safety of all residents and the staff who care for them.

## **Guidance on Long Term Care Facility Phase I Reopening:**

### Community Outings

With Oregon's Phase One reopening underway, LTC residents may engage in community outings, subject to the same restrictions, as any other Oregonian. However, facilities should take certain precautionary steps to safeguard residents and staff when individual residents choose to exercise their right to leave a community. The precautions include:

- Informing all residents, prior to leaving the building, about facility policy for leaving the facility. Information should include what protocols will be followed upon return to the facility.
- Preparing and distributing timely information about Covid-19 to residents, families and staff prior to any outings or changes in visitation protocols. Information can be found at [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) and should include:
  - Transmission of COVID-19 and the significant risks it poses to older adults and individuals with compromised immune systems. (See: [CDC Covid-19 Guidance for Older Adults](#) and [OHA Covid-19 Fact Sheet](#))
  - The importance of face masks or face coverings during community outings, and guidance on appropriate use. (See: [OHA Mask & Face Covering Guidance](#))
  - The reasons for social distancing during community outings, including information about how to practice effective social distancing. (See: [OHA Physical Distancing Flyer](#))
  - Reasons for avoiding large gatherings in community outings.
  - Information and examples of outside activities or behaviors which may be considered high risk. Some examples include encountering a large gathering, inability to maintain a six-foot distance between people, going to establishments that don't require face masks.

Screening upon re-entry from a community outing:

- Residents should be screened for signs and symptoms just as is done with any staff member or essential visitor.
- The facility should perform a risk-based interview with the resident regarding the activities they were engaged in while in the community. Interview questions may include:
  - Please describe what activities you engaged in while outside of the facility.
  - Did you encounter other people in groups during your outing? If so, how many?
  - Were they wearing masks or protective covering?
  - Were you able to remain at least six feet away from others during your visit? For how long were you in close proximity?
  - Did you enter any establishments that did not require the use of face masks?
  - Did you wear a face mask or covering while in the community?
  - To your knowledge, did you encounter another person that was coughing, sneezing, short of breath or fever?
- If the risk-based interview indicates the resident engaged in behavior that poses a significant risk of COVID-19 exposure, the resident may be placed on a 14-day enhanced monitoring period.
- During this period, the resident may be asked to limit the amount of time spent outside of their room. Resident should not be isolated in their room and should be permitted to ambulate and engage in exercise. Care should be exercised to ensure the resident:
  - Does not enter other resident's rooms during the monitoring period;
  - Wears a face mask/covering while outside of their room. Socially distances from other residents.
  - The resident must have access to a telephone or other electronic device(s) to remain in contact with family or friends.
  - The resident should be monitored daily for signs and symptoms of Covid-19.
- Facilities must document all monitoring actions and interventions for residents under enhanced monitoring. Documentation must be available for review upon request by the State.

### Facility Visitation

During Phase one reopening, restrictions on non-essential visitors remain in place. Visitation should continue to occur only in accordance with DHS guidance issued March 16, 2020, including definitions of essential visitors and allowances for compassionate care situations, such as at end of life. In these situations, and for all essential visitors, the facility must continue to screen for symptoms, require the use of PPE and hand washing protocols, and continue social distancing requirements.

LTC facilities should adopt and disclose community expectations based on the principles above and share these expectations with residents prior to any community outings.

If you have any questions, please contact your licensing team:

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[NF.licensing@dhsosha.state.or.us](mailto:NF.licensing@dhsosha.state.or.us)

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