



Cough Etiquette

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If a tissue is unavailable, cough or sneeze into your upper sleeve, not your hands.
- Place used tissues into a waste basket.
- Perform proper hand hygiene. (See tips in this pamphlet.)



Contact Tracing

If you become sick within 14 days of your visit, please notify the health center. Thank you!

To schedule your visit please go to VisitGlenBrook.com.

GLENBROOK HEALTH CENTER

GlenBrook Health Center
1950 Calle Barcelona
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VisitGlenBrook.com

GLENBROOK HEALTH CENTER

Visitation Guidelines

Thank You For Helping to Keep
Our Residents Healthy





Please Do



• **Do** use alcohol-based hand cleaner upon entering and exiting.



• **Do** present CDC COVID-19 Vaccination Record Card at time of screening, if vaccinated



• **Do** complete screening process upon entry



• **Do** wear a medical face mask during the entire visit.



• **Do** stay in designated visitation areas during your visit.



• **Do** practice social distancing by remaining six feet apart.



• **Do** schedule your visit 24 hours in advance online at VisitGlenBrook.com.

Perform Proper Hand Hygiene

• Wash hands with soap and water for at least 20 seconds.

• Use an alcohol-based hand cleaner that contains at least 60% alcohol if soap and water are not available.

When to Perform Hand Hygiene:

• When entering and exiting the building

• After touching your face or mask

• After coughing or sneezing

• After using the restroom

• When hands are visibly soiled

• After touching “high touch” surfaces, ex: cell phones, railings, doorknobs, etc.



Please Don't



• **Do not** come to visit if you are experiencing any of the following symptoms: fever or chills, cough, shortness of breath or difficulty breathing, sore throat, runny nose or congestion, muscle or body aches, nausea or vomiting, diarrhea, and fatigue.



• **Do not** engage in physical contact unless resident and visitor are fully vaccinated. Due to the risk of exposure, holding hands, hugging, kissing, or other physical contact is not allowed at this time during visits.



• **Do not** walk through or visit areas of the facility not designated for visitation.



• **Do not** stay longer than your allotted visit time.