

## **WLR COMMUNITY FAQ SHEET**

*January 13, 2022*

*As of January 13, 2022, Westminster will be implementing the following updates:*

### **1. Visitors**

- All residents in all levels of care can receive visitors (family or friends) without appointment or time limits.
- There are no restrictions on the number of visitors at one time.
- We ask that if you are visiting the Health Center, that you visit between 8am-8pm.
- All visitors must check in through the Main Entrance using the Accushield kiosk, which includes a temperature check. No one will be admitted with COVID-19 symptoms or without passing the Accushield screening.
- If a resident invites a visitor (family or friend) to the community to dine or attend an activity or event, the visitor will be required to show proof of vaccination, or a negative COVID-19 test (within 48 hours) at the Reception Desk.

### **2. I think I have the virus. What should I do?**

If you have any of the symptoms of COVID-19 (fever, sore throat, persistent cough, fatigue, body and muscle aches, headache, new loss of taste, congestion or runny nose, nausea and vomiting, shortness of breath).

**First:** Isolate in your apartment or cottage.

**Second:** Test for COVID-19 at Patient First or by purchasing a home kit on-line or in-person at the nearest pharmacy.

**Third:** Call your primary care physician for additional medical guidance.

**Fourth:** If your COVID-19 test is positive, please notify Kera Wooten at 703-496-3411 or [kwooten@inglesideonline.org](mailto:kwooten@inglesideonline.org) for guidance on the WLR practice around COVID-19.

### **3.. I encountered someone who has COVID-19. What should I do?**

**First:** The date of your last exposure is Day 0. Wear a well-fitting mask around others, maintain social distancing and handwashing. You do not need to stay at-home if you do not have symptoms.

**Second:** Watch for fever of 100.4°F or greater, cough, shortness of breath, or other COVID-19 symptoms. If you develop symptoms, get tested immediately and self-quarantine.

**Third:** Call your primary care physician for additional medical guidance.

**Fourth:** If your COVID-19 test is positive, please notify Kera Wooten at 703-496-3411, [kwooten@inglesideonline.org](mailto:kwooten@inglesideonline.org) for guidance on the WLR practice around COVID-19.

### **4. Where can I purchase a COVID-19 rapid test?**

- **Call your health insurance company.** You want to find out from your health insurance company if they support free tests at the pharmacy or require a reimbursement.
- **Locate a store with in-stock rapid tests near you.** Find a store close to you that has a rapid test in stock, covered for free.
- **What if I don't have insurance?** Tests are available at some participating CVS and Walgreens locations. Tests are also available for purchase from Amazon.

### **5. What if I already bought and paid for at-home over the counter COVID-19 tests?**

According to the federal government, "plans and insurance are required to cover at-home over the counter COVID-19 tests purchased on or after January 15, 2022. Plans or issuers may, but not required by federal law to provide such coverage for at-home over the counter COVID-19 tests

purchased before January 15. Contact your health plan to inquire about getting reimbursed for tests purchased before January 15, 2022.

**6. When should I call 911?**

You should call 911 when there is a medical emergency not related to COVID-19. At the time of your call, medical personnel will provide instructions about who can accompany you to the emergency room and if you should notify your physician.

**7. Definition of Quarantine:**

A state, period, or place of isolation in which people who have arrived from elsewhere or been exposed to infectious or contagious disease are placed.

**8. What is Quarantining at WLR?**

- Refraining from visiting any common area for the prescribed quarantine time assigned by your physician or the WLR staff.
- You can walk outdoors alone or with the person(s) you reside with.
- Meals will be delivered to your home as requested.

**9. What is Self-monitoring?**

Monitoring yourself for fever by taking temperatures twice a day, and remaining alert for cough, shortness of breath or difficulty breathing, fever or chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.

**10. Do new residents have to provide a vaccination record?**

New residents will need to provide the Independent Living Administrator with the results of a negative COVID-19 or vaccination record prior to their move in.

**11. Do new residents have to quarantine?**

No; new residents are not required to quarantine unless they do not provide the Independent Living Administrator with a vaccination record or negative COVID-19 test result.

**12. How can I protect myself?**

- Limit contact with others.
- Wash your hands with soap and water for at least 20 seconds and often throughout the day.
- Hand sanitizer is not an adequate substitute.
- If you think you are sick, follow the steps detailed in Question #2.

**13. How can I protect others?**

- Wash your hands frequently.
- Wear a mask correctly (tight, over nose and mouth)
- Social distance when around others.

**14. How can I stay informed?**

- Read community notices thoroughly.
- Refer to the Resident Portal at <https://inglesideliving.org/wlr/>
- Call Prince William County Woodbridge Health Department: **703-792-7300**
- Access Virginia Department of Health at <http://www.vdh.virginia.gov/coronavirus/>