

## Guidelines for In-Person Family Time for Families

ISSUED: July 22, 2020

UPDATED: June 22, 2021

When Family Time occurs in person (supervised, unsupervised, and overnight), it is important to follow this guidance to minimize the risk of spreading COVID-19 and ensure the safety of everyone involved. This guidance has been updated based on current recommendations from the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH).

In order to ensure the safety of everyone involved, you will be asked these screening questions the day before Family Time is scheduled and again when you arrive at the Family Time location:

- Have you tested positive for COVID-19 in the past 10 days?
- Have you been in close contact with anyone with COVID-19 in the last 14 days?
- Have you experienced any of these symptoms in the last few days: cough, fever, shortness of breath, chills, muscle pain, headache, sore throat and new loss of taste or smell?
- Do you have a fever of 100°F or higher?

**Please remember, no one should attend in-person family time if they:**

- **Tested positive or were clinically diagnosed positive for COVID-19**
- **Were in close contact with someone who has COVID-19 in the last 14 days**
- **Are displaying symptoms of COVID-19**
- **If any participant has a fever, they should not attend**

<b>Safety Requirements for In-Person Family Time</b>	
<b>Masks/Face Coverings</b>	<ul style="list-style-type: none"><li>● Family Time participants who are fully vaccinated do not need to wear masks for indoor or outdoor family time.</li><li>● Fully vaccinated participants do not need to wear masks when eating or participating in Family Time activities with others who are fully vaccinated.</li><li>● If Family Time is taking place in locations other than the Area Office, participants are required to observe face covering, social distancing, and related policies in effect at these sites.</li><li>● All Family Time participants who are not vaccinated should follow the CDC guidelines regarding the use of disposable or cloth face coverings, including:<ol style="list-style-type: none"><li>1. Wash or sanitize hands before putting on your mask.</li><li>2. Be sure your mouth and nose are covered.</li><li>3. Hook the loops around ears or tie it snugly.</li><li>4. Refrain from touching your face covering or pulling it down during use.</li><li>5. Remove the face covering without touching eyes, nose, or mouth and immediately washing hands after removal.</li><li>6. Wash reusable face covering between uses and ensure it is completely dry before using it again</li></ol></li></ul>
<b>Staying Home if Anyone is Sick</b>	<ul style="list-style-type: none"><li>● If you are sick or your child or youth is sick, we will need to reschedule Family Time. Let your social worker know if you are not feeling well.</li><li>● All adults who will be at Family Time should monitor themselves and stay home if they are sick.</li></ul>

	<ul style="list-style-type: none"> <li>• NO ONE should participate if they have any of these symptoms: cough, fever (100°F or higher) shortness of breath, chills, muscle pain, headache, sore throat, or new loss of taste or smell.</li> <li>• If anyone displays symptoms of illness during family time, the visit will need to end.</li> <li>• If anyone in your home displays any of the symptoms listed above, call your health care provider. If you don't have a provider, dial 2-1-1 to find one in your area.</li> <li>• Anyone who is diagnosed with COVID-19 or waiting for test results, should self-isolate until: <ul style="list-style-type: none"> <li>○ Three full days have passed with no fever AND no use of fever-reducing medication,</li> <li>○ Other symptoms have improved, and at least 7 days have passed since symptoms first appeared.</li> </ul> </li> </ul>
<b>Preparing for Family Time and What to Expect</b>	
<b>Talk to Your Social Worker</b>	<ul style="list-style-type: none"> <li>• It is important to stay in contact with your Social Worker as you prepare for Family Time. Your Social Worker can help in coordinating Family Time and can answer questions you may have.</li> </ul>
<b>Prepare for Family Time</b>	<p><i>Planning Activities</i></p> <p>When planning Family Time, think about age-appropriate activities that can be done outside or inside, separately but together, like:</p> <ul style="list-style-type: none"> <li>○ Batting around balloons</li> <li>○ Drawing with sidewalk chalk</li> <li>○ Doing a puzzle or playing a game together but having only one person touch the pieces</li> <li>○ Going for a walk where it's possible to practice physical distancing</li> <li>○ Coloring together, but on different pages, or books</li> </ul>
<b>Screening Questions You Will be Asked</b>	<p><i>If you answered yes to any of the above questions, you cannot attend in-person family time. Your social worker will work with you to schedule a virtual visit until you can participate in in-person visits again.</i></p>
<b>Being Outside/Physical Distancing</b>	<ul style="list-style-type: none"> <li>• Although COVID-19 infections are declining, in order to reduce the risk of COVID-19, outdoor Family Time is encouraged. Please plan and dress accordingly.</li> <li>• Visitation locations may have limited access to restroom facilities.</li> <li>• If the visit is in a home/apartment, the largest room should be used if possible, to maximize distance and windows should be open to allow air circulation</li> </ul>

**References for this Document**

<https://www.mass.gov/info-details/covid-19-mask-requirements>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>