

Wellness Recovery Center (WRC)

COVID-19 Policies for Consumers

These new guidelines are meant to reduce exposure to individuals who may be unknowingly carrying the virus without symptoms. Even without symptoms, the virus can spread, and while many individuals recover without difficulty, a percentage of infected people go on to develop serious and/or life-threatening symptoms. The only way to reduce risk is to reduce contact with other people.

Covid-19 Testing Prior to Arrival

The Wellness Recovery Center requires a negative Covid-19 test in order to admit you. We make this as easy as possible through our partnership with the UVA Covid Clinic in Charlottesville. When accepted to WRC, the UVA Covid Clinic will call you directly to set up an appointment for testing the day before your admission. When the results come in, the UVA Covid Clinic will inform you directly and fax us your results. Please quarantine in the time between your test and your admission.

COVID-19 Symptoms

WRC staff will take and record your temperature every morning, afternoon, and evening using a quick acting digital thermometer.

The following is a list of symptoms common to COVID-19. If you experience any of these symptoms, please report this to our staff immediately so that we can take any necessary next steps to protect your health.

- Fever greater than or equal to 100.4° F
- Cough
- Shortness of breath
- Sore throat
- Chills
- Muscle Aches
- Diarrhea
- Loss of taste or smell

Masks

We understand that wearing masks can be uncomfortable. However, we consider mask usage a basic health issue meant to create a barrier to larger droplets moving through the air and will ask that all consumers wear masks when in public spaces. Masks are not necessary in your personal space or while outdoors (including patio), provided physical distancing of six feet can be maintained.

Hand Washing and Respiratory Etiquette

Some of the best ways to reduce exposure risk are simple. Please be diligent about washing your hands for at least 20 seconds with soap and water before and after meals, using the bathroom, or touching high-use objects (such as the phone and computer keyboard). Avoid touching your face. Sneeze and cough into the crook of your elbow. Please see the CDC handouts posted around the facility for more details about how to protect yourself.

Visiting Hours

Visiting hours are suspended for now. In order to keep you in touch with your friends and families, we will offer access to cell phones or laptops to be used in your room during our normal visiting hours (**Weekdays:** 5:30pm-7:00pm **Weekends:** 12:00pm-1:30pm). Please plan ahead and bring technology that will allow you to connect. If you do not have access to these devices, WRC will provide laptops with teleconferencing apps during visiting hours.

A couple other things

- In order to reduce exposure, everyone will be assigned a single room, meaning that at any given time there will be no more than 7 people receiving services at WRC.
- WRC staff do a full-unit disinfection several times per day. We ask that you assist us by cleaning up after yourself, particularly in shared spaces like the kitchen.
- ALWAYS wear gloves in the kitchen, particularly when handling food.
- WRC staff will assign a table and chair for meal times to allow for social distancing. Please see dry erase name display on the dining area tables.
- No more than one person is allowed in the kitchen area at the same time.
- We ask that you maintain the recommended six feet from others at all times.
- Stay hydrated and eat healthy foods to keep your immune system in good shape.
- Please be patient with our new systems as we continue to work towards keeping both consumers and staff as safe as possible.

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