



# Nebraska State Veterans' Homes

## Protecting Our Veterans During Limited In-Person Visits

We are excited to be able to offer in-person visitation on a limited basis now that our facility has entered DHHS' Phase III for Long-Term Care Facilities. In order to better protect our members, we are sharing some information with family members prior to their in-person visits.

### Why Precautions Are So Important

We've had special precautions in place at all four state veterans' homes since the COVID-19 outbreak began to protect our members and the teammates who serve them. While preventing the spread of the disease in all sectors of our communities is important, it is vitally important in nursing homes and long-term care facilities for several reasons.

- **Our members are almost all 65 and older.** The risk of getting severely ill from COVID-19 increases with age. In the United State, adults age 65 and older account for 8 out of 10 COVID-19 deaths.
- **Many of our members have underlying health conditions.** The risk of getting severely ill from COVID-19 also increases with underlying conditions such as cancer, COPD, dementia, diabetes, heart disease, and more. Veterans have been found to have underlying health conditions like these at a much higher rate than the general population, putting them at greater risk.

### Steps Towards Safety

The following are simple steps you can take to lower your risk of COVID-19 infection as you continue daily life in the community. These will not only help prevent you from becoming infected, but also from bringing the disease into a veterans' home and infecting the members who live there.

1. **Social Distancing** – maintain at least six feet of distance in public settings.
2. **Wearing a Mask** – wearing a mask protects both the wearer and those around them. Many carriers of COVID-19 have no symptoms and are unaware they are carrying/spreading it.
3. **Hand Hygiene** – wash hands with soap and water for 20 seconds or use a hand sanitizer with at least 60% alcohol. Always wash before eating or touching your face.
4. **Health Monitoring** – watch for COVID-19 symptoms and take your temperature daily.
5. **Testing** – Nebraskans can receive free COVID-19 testing through [TestNebraska.com](https://www.testnebraska.com). *Remember, many people show no symptoms of COVID-19 even though they are carrying and spreading the virus.*

#### Best Practice for Peace of Mind

*To ensure you do not infect your loved one, get tested and quarantine at home prior to your visit.*

## What Can Happen?

As we've seen from across the country and the world, the consequences of COVID-19 entering a nursing home or long-term care facility can be devastating. We are continually monitoring the situation in our facilities and keeping in contact with the Department of Health and Human Services and local public health departments. In the event of new positive cases at a facility, the public health department from that region will determine next steps, which may include:

### Returning to Phase II

- window and virtual visits only
- limited communal dining
- limited group activities
- outside trips limited to those deemed medically necessary

### Returning to Phase I

- virtual visits only
- further restrictions on communal dining, including in-room dining only
- group activities restricted
- salon appointments canceled
- outside trips limited to those deemed medically necessary
- further restrictions as deemed necessary by the local public health department



## Questions? Comments? Get in Touch

**Central Nebraska Veterans' Home: 308-865-6000**

**Eastern Nebraska Veterans' Home: 402-595-2180**

**Norfolk Veterans' Home: 402-370-3330**

**Western Nebraska Veterans' Home: 308-632-0300**

For information and updates on all the precautionary measures NDVA has in place to protect the veterans who call our facilities home, please visit:

**[veterans.nebraska.gov/covid19](https://veterans.nebraska.gov/covid19)**