

March 12, 2020

Dear residents, staff and family members,

We are all concerned about how we can all do our part to help curtail the spread of the Coronavirus (COVID-19). The Centers for Disease Control (CDC), the Centers for Medicare and Medicaid Services (CMS) and state and local authorities have recommended a variety of screening and social distancing steps to help reduce the potential for the virus to enter our community.

Your safety is our top priority.

As a result, the following measures will be effective immediately at our center:

1. Until further notice, non-essential visitors will not be allowed at our center.
2. Essential visitors, including healthcare, hospice or psychosocial support service workers will be permitted. These visitors will be required to complete the COVID-19 symptom questionnaire and have their temperature taken before they are allowed access.
3. All center staff will have their temperature taken prior to working their shift. Any staff member who has a fever must remain in quarantine for a period of time. Staff who have traveled outside of the country or to areas of outbreak are required to self-quarantine for 14 days to assure no symptoms of COVID-19 are present.
4. All scheduled events that include outside guests are canceled or will be rescheduled.
5. We will suspend all transportation outside of the building with the exception of medically-related visits.

Symptoms of COVID-19 may include:

- Fever
- Cough
- Sore throat
- General malaise
- Diarrhea or nausea

- Other respiratory issues
- Shortness of breath

If you experience these symptoms and feel you may be infected, contact your primary care physician immediately and stay isolated until you receive further instruction from your provider.

Tips for staying healthy:

- Don't shake hands.
- Don't touch anything in public spaces.
- Don't touch your face.
- Wash your hands frequently with soap and water for 20 seconds (sing the Happy Birthday song two times).
- Use lotion after washing your hands to keep them soft and supple and to prevent cracks.
- Use hand sanitizer between washes.
- Avoid crowded places (churches, stores, large events, schools).
- Avoid contact with friends or family who travel frequently (train or airplane).
- Avoid contact with friends or family who attend public events.
- Get enough rest (7-8 hours of sleep).
- Stay hydrated. Our bodies work better when we have good hydration.

For additional information about this disease, please refer to the CDC website using this link: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

We will continue to keep you updated with relevant information as the situation develops.

Thank you for doing your part in helping to prevent the spread of COVID-19.