



Coronavirus Weekly Bulletin 3.13.20

The Coronavirus also known as COVID-19 has been getting a lot of attention in the local, state, national and worldwide press. It is a new virus, so information on its behavior and treatment changes frequently. In an effort to keep the staff and residents of Saint John's informed about COVID-19, an update will be distributed weekly. The main source of information in the update will be the Centers for Disease Control and Prevention (CDC) and the Milwaukee Health Department.

As of today, this is the most current information about COVID-19:

- Currently, the risk of becoming ill from COVID-19 in Milwaukee remains low.
- 80% of those who develop COVID-19 recover with seniors being the population most at risk of serious illness or death.
- Best strategies to minimize your risk are:
 - Wash your hands frequently with soap and water (minimum of 20 seconds, covering all hand surfaces); if that is not available, use hand sanitizer that is at least 60% alcohol-based.
 - Avoid touching your eyes, nose and mouth.
 - Avoid shaking hands with others - try a fist bump or elbow bump 😊
 - If you have to cough or sneeze, do so in the crook of your arm or use a tissue to contain the cough or sneeze. Do not use your hands.
 - Check your temperature daily if you are concerned about exposure. If you do not have a thermometer, you may ask the Resident Service Specialist to check your temperature for you. (We are using a non-touch temporal thermometer.)
 - Stay out of large crowds (250+ people); if possible when out in public, stay at least 6 feet away from others.
 - Do not come in contact with others who have visited the identified high risk countries within the last 14 days. These countries are China, South Korea, Japan, Italy and Iran.
 - Avoid all non-essential travel – international and domestic travel.

What Saint John's has done:

- Continually educating our residents and staff regarding the signs and symptoms of COVID-19. These are fever, cough, chest tightness or shortness of breath.
- Increased our supply of hand sanitizer, gowns, gloves.
- Increased our cleaning efforts throughout the community – especially high-touch surfaces such as countertops, elevator buttons, handrails, computer keyboards.
- Emphasized the importance of hand washing and the need to notify your physician if you have signs & symptoms of COVID-19.
- Canceled all large group activities for the next 3 weeks – smaller group activities can continue with caution. Note: many outside speakers have canceled on their own as a precaution.
- Access to Saint John's for staff and visitors will be restricted to the North and South Entrances between 7:00 a.m. and 9:00 p.m. and to the North Entrance only from 9:00 p.m. to 7:00 a.m. (South Entrance will be staffed at 6:30 a.m. 7 days/week for early arriving employees). This means that the Bistro and West Connector entrances have been locked down.
- Limited construction workers to unoccupied areas of campus (floors 15-22 of the North Tower).
- Instituted temperature checks for all staff and visitors upon arrival at Saint John's 24/7. If a temperature is $>100.7^{\circ}\text{F}$, the person will be directed to contact his/her primary care physician (PCP); if he/she does not have a PCP, the person will be directed to seek assistance from an Urgent Care Center. He/she must call ahead before arriving so that the Urgent Care Center can be prepared.
- Instituted daily temperature checks for all residents in the health center.
- If symptomatic, residents will be isolated until symptoms resolve. Staff will assist residents as able. If a resident's medical needs exceed our abilities, the resident will be transferred to a hospital for supportive care.

Remember:



With or
without

