



Coronavirus Weekly Bulletin 3.20.20

The news about the Coronavirus (COVID-19) continues to describe the advancement of this disease. We receive frequent, sometimes daily updates from the Centers for Disease Prevention and Control, the Department of Health Services and our local health department. As you probably saw, even Mayor Barrett has been impacted and is now under voluntary self-isolation after he was exposed to someone who later tested positive for COVID-19.

With the current information on COVID-19 the best strategies to protect ourselves and our residents is to practice social distancing. That means stay at least 6 feet away from another person. For our caregivers, that is not possible. Therefore effective today, we are issuing face masks to staff who must have close contact with residents to provide for their needs. You will see the following personnel wearing a mask:

- Nurses, Resident Assistants, LifeStreams and Salon staff, and potentially maintenance staff and housekeepers

We are asking **ALL** Tower residents to refrain from leaving Saint John's except for critical needs; in those cases, please call Concierge Services to see if we can be of assistance before leaving campus. Many pharmacies are beginning to deliver.

- The best strategies to minimize your risk of being exposed to COVID-19 continue to be:
 - 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 do not have a thermometer, you may ask the Resident Service Specialist to check your temperature or call the clinic at x-6876 to request a mercury thermometer

- Keep group gatherings to 10 or fewer people seated 6' apart
- Practice social distancing: stay at least 6 feet away from others whenever possible
- 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

In addition to what has been shared previously Saint John's has:

- Implemented **Restricted Visitation** - only authorized caregivers on an approved list are permitted access to campus
- Screened all staff and authorized visitors for signs and symptoms of COVID-19 including instituting temperature checks upon arrival at Saint John's 24/7 before allowing entry. If the temperature exceeds 100.7°F, the person will be advised as to next steps
- Educated 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 and goggles
- Increased our cleaning efforts throughout the community – especially high-touch surfaces such as countertops, elevator buttons, handrails, computer keyboards
- Limited construction workers to unoccupied areas of campus (floors 15-22 of the North Tower)
- Instituted every shift temperature checks for all residents in the care neighborhoods
- 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

