

# COVID Weekly

Goal: To prevent an outbreak of the virus at Saint John's while continuing to support resident and staff wellbeing.

**PLEASE WEAR YOUR MASK**

## What Our Experts Say

Experts say "where a mask!" But what kind of mask should you wear? We recommend that residents wear a cloth mask made with 2-3 layers of 100% cotton fabric. This type of mask can prevent as much as 70% of our respiratory droplets from reaching others, including the really, really, really small COVID droplets.

[https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html?fbclid=IwAR28PppCa6x2uxwO8Z2baHM0KHS4jXx0inzZMQs3zRHV1qqI\\_0a8mxZfpCw](https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html?fbclid=IwAR28PppCa6x2uxwO8Z2baHM0KHS4jXx0inzZMQs3zRHV1qqI_0a8mxZfpCw)



Abby Neuberger  
Nurse Practitioner

Do not touch your mask – your hands transfer germs.

- Find a mask that fits comfortably so you don't need to constantly adjust it.
- Look for a mask with a nose wire so it stays up.
- Consider a mask with adjustable ear loops or one that fits behind your head rather than your ears.

Have two masks in case one gets dirty.

Wash your mask in warm water, dry on high heat.



Mary Milliren, RN  
VP of Health Services



Renée Anderson  
President & CEO

In this week of Thanksgiving, let us be grateful for the many blessings in our lives – our families and friends, our health and our home, our strength of spirit and our resolution to see this through. We can control what happens next. We can protect ourselves and our loved ones by following recommendations to limit spread of the virus – wear a mask, social distance, wash your hands – and stay home for Thanksgiving.

Travelers, for the sake of the community, we ask that you self-quarantine for 14 days upon return.

## COPING STRATEGY

My immediate family of 18 gets together on Zoom every Sunday afternoon. The New Yorkers, North Carolinians, Madisonians and Milwaukeeans have a chance to catch up, shoot the breeze, share stories, and laugh together on our phones, laptops, iPads and computers. Cousins, siblings, and grandparents are spending more time together than ever before. And we're all completely safe, protected from COVID. Plan one for Thanksgiving and you can even eat your dinner together safely. Just type ZOOM on your device and download the app. You'll be really glad you did! *Barbara Byer, resident, 4B*

Developed by a group of residents and leadership. Feedback? Suggestions?  
Contact Renée @ 414-831-6880 or [RAnderson@SaintJohnsMilw.org](mailto:RAnderson@SaintJohnsMilw.org)

### By the Numbers:

14-Day Average Positivity Rates for Milwaukee County 16.8% down from 17.2% last week.

New Cases at Saint John's November 19 - 25

Residents: 0  
Staff: 3