

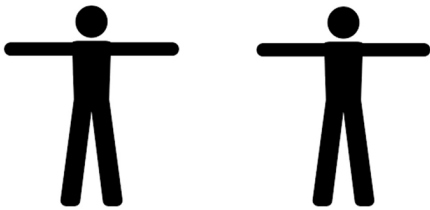
COVID Weekly

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

PLEASE SOCIAL DISTANCE

What Our Experts Say

Maintain 6 feet of social distance from others whenever possible – even if you are wearing a mask. COVID viral droplets from an infected person can travel up to 12 feet with coughing, laughing and sneezing. A simple test of what six feet looks like is to imagine being two arms' length apart from another person.



Stay more than 2 adult arm lengths apart



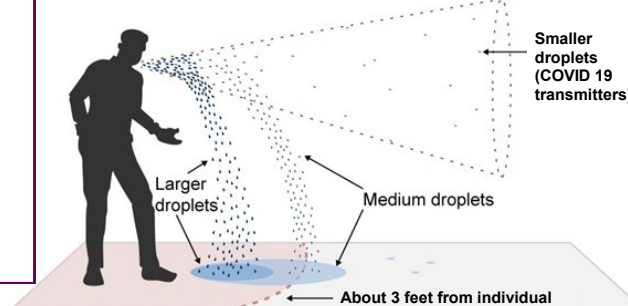
Mary Milliren, RN
VP of Health Services

What Our Residents Say

For airborne COVID-19 we now know that covering mouth & nose with a proper mask protects the wearer as well as other persons. Useful physical distancing measurements to know for airborne particle distributions include quiet conversational respiration 6 feet (2 yards) and coughing, singing, or shouting 12 feet (4 yards). **More than 50% of all infections may be transmitted by asymptomatic persons.**

Although essential, the use of masks alone without adequate physical distancing, ventilation, and hand hygiene, is not enough to stop the spread of COVID-19.

Sidney E. Grossberg, M.D. resident, 7E



COPING STRATEGIES

Elevators are a fact of life at Saint John's. I try to avoid using the elevator at lunch and dinner times when people are going to The Bistro.

If the elevator is full – 2 households – I offer to get off and wait for the next one.

If I see someone who looks as if they might have difficulty waiting, I offer my place in line, or get off and wait.

I'm generally not in a hurry, and find others are grateful for my offer.

Joanne Barndt, resident, 17E



Renée Anderson,
President & CEO

Of the big three – wear a mask, social distance and wash your hands – social distancing is my personal challenge. I miss hugs! There, I've declared it, now it's time for me to stop whining and move on because maintaining our distance is keeping us safe from the transmission of nasty little droplets, so tiny that we can't see or feel them, yet deadly in their ability to transmit the virus. Six feet isn't so far, we can still connect, talk and let our family and friends know we care but that space – two yards – is as crucial to preventing the spread as it is on a football field.

Let's play defense and hold those two yards – this is not a game we can afford to lose.

By the Numbers:

14-Day Average Positivity Rates for Milwaukee County 13.8% down from 16.8 last week.

New Cases at Saint John's November 26–December 2

Tower Residents: 1
Staff: 3