

# COVID Weekly

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

**PLEASE WASH YOUR HANDS**

## What Our Experts Say



**Mary Milliren, RN**  
VP of  
Health Services

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs
- Hand sanitizers should not be used when hands are visibly dirty or greasy

Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

### How to Use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount)
- Rub your hands together
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

To prevent the spread of germs, you should wash your hands **BEFORE** and **AFTER**:

- ◆ Touching your eyes, nose or mouth
- ◆ Touching your mask
- ◆ Touching anything frequently touched by other people such as door handles, tables, handrails, gas pumps, shopping carts, or electronic cash registers/screens
- ◆ Entering or leaving your apartment.

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



**Renée Anderson,**  
President & CEO

This week's message is simple – wash your hands. It's not new information, our parents and teachers reminded us daily throughout our formative years. Then, it was after using the bathroom and before and after meals; now, it's more frequently and for good reason – COVID-19 prevention. How ironic the virus that's confounded us for nearly a year, can be less infectious by such an easy task as washing our hands. If soap and water are not readily available, alcohol-based hand sanitizer does the trick too and can easily be kept in a purse or pocket for when you're on the go. Saint John's has placed hand sanitizer stations at each entrance, in elevator vestibules and at the entrance to Taylor's and The Bistro for your convenience.

### By the Numbers:

14-Day Average Positivity Rates for Milwaukee County 12.9% down from 13.8 last week.

New Cases at Saint John's December 3–9

Tower Residents: 0  
Staff: 1