

Below are several changes in our guidelines related to COVID-19 that impact residents at Saint John's. We have been able to make these adjustments as a result of our vaccination rates and our overall success in managing care and services during the COVID Pandemic.

Effective April 14th - what has changed:

- Travel by air guidelines have been updated to be consistent with new CDC guidelines (as noted on p.1).
- No need to quarantine if exposed to someone who is COVID+
- Group size has increased to 50% capacity of the space in which a group is meeting as long as the participants can maintain a social distance of 3 feet.
- During large group gatherings (more than 10 people), led by Saint John's staff where residents remain in one location for the duration of the event, residents will maintain a social distance of 3 feet and masks may be removed (example: chair aerobics). Once residents leave their location, a mask must be worn.
- In small groups of 10 or less people, fully vaccinated individuals may gather to socialize while maintaining a social distance of 3 feet without wearing a face covering.
- Food and beverages are not allowed at group gatherings, regardless of group size.
- Residents may remove their masks while dining in-person in the Bistro.
- Fully vaccinated residents may dine in the Bistro without social distancing.
Note: Employees will continue to take their meal breaks in their Employee Break Room on the Lower Level.
- Elevators will be available for use at normal capacity – limitation of 2 passengers per car has been lifted.

What has not changed:

- When in **Saint John's public spaces** and/or in groups of any size where resident movement occurs except as outlined below:
 - Wear a face mask, maintain a social distance of 3 feet, wash your hands
- LifeStreams and Fitness Class:
 - no sign-ups for any space; must check in at ST desk immediately before fitness classes, pool use, or gym use
 - **ST CAC (classes)** – 22 people max, masks worn to/from your spot in class then can take off during class
 - **Fitness gym** – limited to 7 people at any one time, masks must be worn at all times in the gym. Personal trainers are allowed and must coordinate with fitness staff. No other guests are allowed in the Fitness gym.
 - **Pool (lap/exercise)** – 3 people max per lane, masks worn to/from water entry
 - **Pool (aqua classes)** – 8 people max total, masks worn to/from water entry
 - **Pool (hot tub)** – 3 people max at a time, masks worn to/from water entry
 - **Pool (locker rooms)** – limited to 2 people at any one time; may use bathroom and walk through even if the locker room is at capacity.
- In-apartment visits are limited to 2 people per day. Visitors must remain in the apartment for the duration of the visit. Visitors may not pick-up carryout orders from The Bistro & Taylor's.