



Date: 04-08-2020

Dear Residents and Families:

First of all, let me take a moment to thank you for the outpouring of support that we have received during these strange times. The love you have shown to our residents and staff has been uplifting!

We still have times and dates available for FaceTime visitation. Please reach out and schedule an appointment. We'd love to help you connect.

Last month, we sent a letter to all residents and families regarding the steps we have taken to keep you and your loved ones safe. We would like to update you on all the changes we have instituted. We expect these to continue throughout the current emergency period or until the Office of Long Term Care tells us differently.

- We have educated our staff and residents about COVID-19, as well as the importance of handwashing and good cough hygiene.
- We have emphasized appropriate personal protective equipment usage
- We are electronically tracking inventory levels daily.
- We are ensuring that residents have the tools they need to wash hands.
- We are screening all employees before they come to work.
- We are screening all residents each shift.
- We are screening all new admissions to the facility.
- We have restricted visitors, except for extreme circumstances.
- We have stopped social gatherings in traditional settings.
- We have stopped communal dining.
- We are communicating with the physician and/or Department of Health on any resident who may need to be tested.
- We are asking our residents to cover their mouths with a tissue when receiving care per CDC guidance.

Please feel free to call your administrator if you have any questions, concerns or ideas. We are spending all day, every day, working to keep you and your family safe.

Myrna Robinson, Administrator
210-663-0410

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

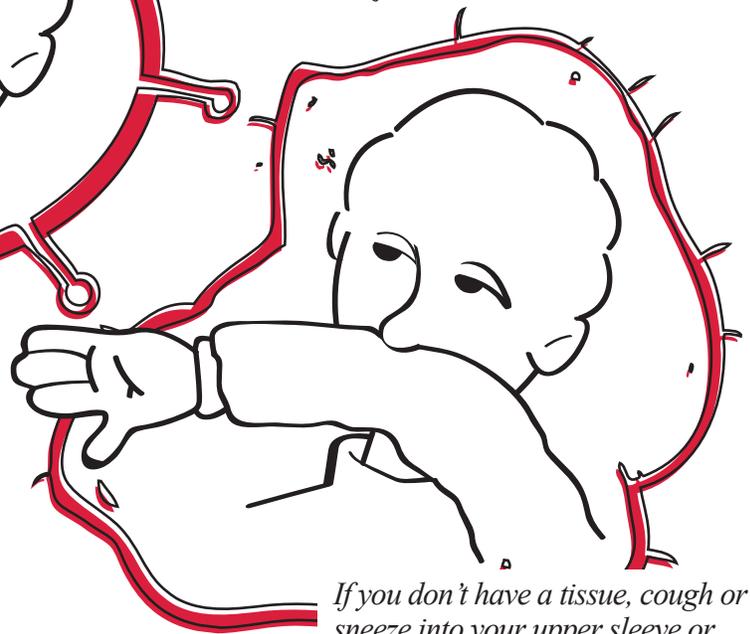
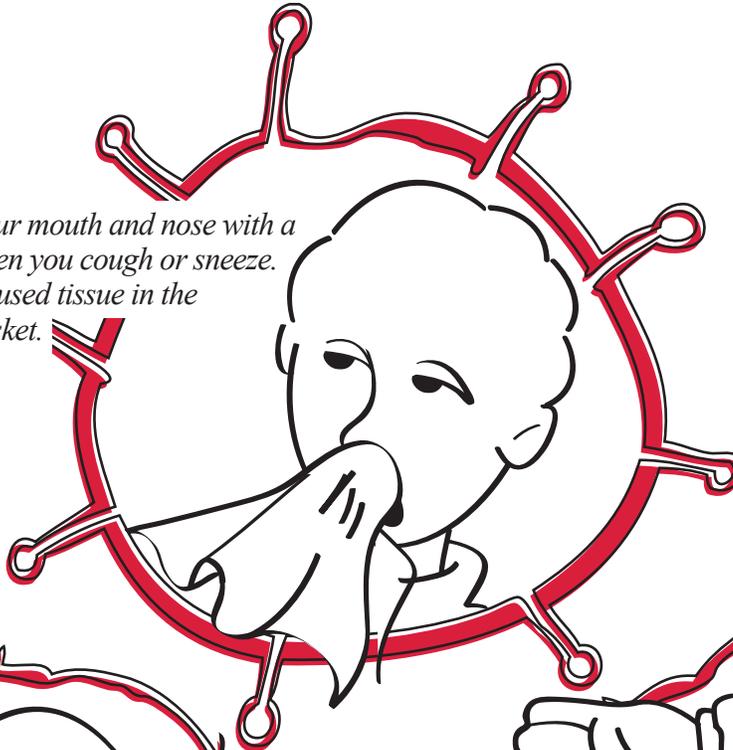


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Cover Cough

— *Stop the spread of germs that can make you and others sick!* —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



What healthcare personnel should know about caring for patients with confirmed or possible coronavirus disease 2019 (COVID-19)

Healthcare personnel (HCP) are on the front lines of caring for patients with confirmed or possible infection with coronavirus disease 2019 (COVID-19) and therefore have an increased risk of exposure to this virus. HCPs can minimize their risk of exposure when caring for confirmed or possible COVID-19 patients by following [Interim Infection Prevention and Control Recommendations for Patients with Confirmed \(COVID-19\) or Persons Under Investigation for COVID-19 in Healthcare Settings](#).

How COVID-19 Spreads

There is much to learn about the newly emerged COVID-19, including how and how easily it spreads. Based on what is currently known about COVID-19 and what is known about other coronaviruses, spread is thought to occur mostly from person-to-person via respiratory droplets among close contacts.

Close contact can occur while caring for a patient, including:

- being within approximately 6 feet (2 meters) of a patient with COVID-19 for a prolonged period of time.
- having direct contact with infectious secretions from a patient with COVID-19. Infectious secretions may include sputum, serum, blood, and respiratory droplets.

If close contact occurs while not wearing all recommended personal protective equipment (PPE), healthcare personnel may be at risk of infection.

How You Can Protect Yourself

Healthcare personnel caring for patients with confirmed or possible COVID-19 should adhere to CDC recommendations for [infection prevention and control \(IPC\)](#):

- Assess and triage these patients with acute respiratory symptoms and risk factors for COVID-19 to minimize chances of exposure, including placing a facemask on the patient and placing them in an examination room with the door closed in an Airborne Infection Isolation Room (AIIR), if available.
- Use [Standard Precautions](#), [Contact Precautions](#), and [Airborne Precautions](#) and eye protection when caring for patients with confirmed or possible COVID-19.
- Perform hand hygiene with alcohol-based hand rub before and after all patient contact, contact with potentially infectious material, and before putting on and upon removal of PPE, including gloves. Use soap and water if hands are visibly soiled.
- Practice how to properly [don, use, and doff PPE](#) in a manner to prevent self-contamination.
- Perform aerosol-generating procedures, in an AIIR, while following appropriate IPC [practices, including use of appropriate PPE](#).

Environmental Cleaning and Disinfection

Routine cleaning and disinfection procedures are appropriate for SARS-CoV-2 in healthcare settings, including those patient-care areas in which aerosol-generating procedures are performed. Products with [EPA-approved](#) emerging viral pathogens claims are recommended for use against SARS-CoV-2. Management of laundry, food service utensils, and medical waste should also be performed in accordance with routine procedures.

When to Contact Occupational Health Services

If you have an unprotected exposure (i.e., not wearing recommended PPE) to a confirmed or possible COVID-19 patient, contact your supervisor or occupational health immediately.

If you develop symptoms consistent with COVID-19 (fever, cough, or difficulty breathing), do not report to work. Contact your occupational health services.

For more information for healthcare personnel, visit: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

