

Coronavirus (COVID-19) Update – March 16, 2020

Dear Patients, Residents and Visitors,

On a daily basis, Eskaton continues to monitor and implement additional recommended and/or mandated precautionary measures within our communities regarding COVID-19. In an effort to keep our staff, residents, families, friends, volunteers and visitors up-to-date, we would like to share Eskaton's ongoing process to implement CDC and California Department of Public Health (CDPH) guidelines for our communities.

First, it is important to let you know there are currently no confirmed cases of COVID-19 in our communities.

Effective immediately as of March 15th 2020, these additional strategies are being implemented in skilled nursing communities:

- ✓ **Restrict visitation** of all visitors and non-essential health care personnel, except for certain compassionate care situation, such as an end-of-life situation. In those cases, visitors will be limited to the resident's apartment only.
- ✓ **All employees and essential health care personnel are being screened, including temperatures.**
- ✓ **All congregate dining stopped.**
- ✓ **All large congregate activities/events have stopped.**
- ✓ **All smaller activities/events that do not allow social distancing of 6-ft. stopped.**
- ✓ **Limit one resident at a time in the Beauty Shop.**

Updated Skilled Nursing Visitor Screening Questions:

- We continue to follow diligent infection control protocols in each of our communities per CDC and CDPH guidelines.
- Have you traveled anywhere in the following countries in the last 14 days?
Austria, Belgium, China, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Iran, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Monaco, San Marino, or Vatican City
- Have you been in close contact with anyone who has traveled to the above countries in the last 14 days?

- Have you taken any trips on cruise ships or participated in other settings where crowds are confined to a common location in the past 14 days?
- Do you have a sore throat, fever, or cough?
- Have you been in contact with someone with COVID-19 or under investigation for COVID-19?

If you answer **YES** to any of the questions, please **STOP** and do NOT enter the building. Contact the community by phone for further information.

If you answer **NO to all** questions, please follow these guidelines in the building:

- ✓ Hand hygiene/ Hand washing, upon entering and exiting
- ✓ Visit one resident only
- ✓ No handshakes or hugging

Protect yourself at home and in the community:

- Practice social distancing (6 feet or more distance from others) when possible. Stay away from anyone coughing or sneezing - particularly, if you do not know the person.
- Practice good hand washing/ hand hygiene frequently.
- If you are sick: Stay home and self-isolate if you have flu symptoms or a fever.
- If you are sick, call the physician, clinic or hospital before you visit them. Do not go to a clinic or hospital with symptoms without calling first - they will instruct you on the proper procedures.
- Remember, the CDPH does not recommend the use of face masks for general prevention and states handwashing provides better protection from infectious diseases.

If you are interested in additional information and resources, please review the following sites:

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>