

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

Dear Residents and Families,

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, 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:

- ✓ **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 large congregate activities/events have stopped.**
- ✓ **All smaller activities/events that do not allow social distancing of 6-ft. have stopped.**
- ✓ **Those visitors that are permitted, must wear a facemask while in the building and restrict their visit to the resident's room or other location designated by the community.** They will be instructed to wash hands upon entry to the community and reminded to frequently perform hand hygiene.

Eskaton's continued response and screening criteria:

- 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 visitors answer *YES* to any of these questions, we are restricting visitation at this time.

What else is Eskaton doing to promote communication and proactive management of this situation?

- An Eskaton taskforce has been created that includes Eskaton staff and several of our community partners. The purpose of the taskforce is to identify the level of preparedness among Eskaton communities and its partners, increase communication, and to develop proactive and preventative guidelines, recommendations, and instructions to reduce the risk of transmission and apply prevention and control approaches.
- Daily morning check-in calls with community leadership are in place.

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>