

## COVID-19 Updates and Notifications

Dear Residents, Resident Representatives, Resident Loved Ones and Staff,

COVID -19 is a respiratory illness that is spread through coughing, sneezing, and contact with mucus or saliva from the nose, mouth or throat of an infected individual. Older patients and those with chronic medical conditions are at higher risk for severe illness from COVID-19.

The visitation guidance provided has been recently updated and indicates the following requirements for all visitation:

- Prior to visitation, guidance provided indicates visitors are to self-monitor for the following symptoms (and if are experiencing any of the following will defer non-urgent in-person visitation until they meet CDC criteria for health care settings to end isolation):
  - a. Fever ( $T \geq 100.0^{\circ}\text{F}$ )
  - b. Repeated shaking with chills
  - c. Cough
  - d. Shortness of breath or difficulty breathing
  - e. Fatigue
  - f. Muscle or body aches
  - g. Headache
  - h. New loss of taste or smell
  - i. Sore throat
  - j. Congestion or runny nose
  - k. Nausea or vomiting
  - l. Diarrhea
- Residents (their representative) and their visitors will be advised of the risks of physical contact prior to the visit
- Indoor visitation is allowed however is deferred for non-urgent in-person visitation if the Visitor meets criteria for quarantine per CDC:
  - i. Visitor has had close contact with a COVID positive individual in the last 10 days
  - ii. Visitor has had a positive COVID test in the last 10 days
  - iii. Visitor has COVID-like symptoms
- A COVID test is not required for visitation.
- Medically appropriate masks to be worn by residents (when safe), staff and visitors, over mouth and nose at all times when in outbreak.
- During peak times of visitation and large gatherings (parties, events) visitors are encouraged to socially distance (6ft)
- Visitors will utilize proper hand hygiene and sanitize hands before, throughout and after their visit.
- Visitor will limit movement within the facility during an outbreak investigation.
- Visitors understand there are risks associated with visitation to both the resident as well as themselves.

Our facility is currently following the CDC guidelines for COVID 19 testing. Our facility continues to follow all Executive Orders, Centers for Disease Control guidelines and Arizona Department of Health Services regulations for skilled nursing facilities. Our facility also works closely with the Mohave County Public Health and follows their continued guidance in our efforts to keep our residents and staff safe.

Our facility has followed and continues to follow CDC guidelines and everyday preventative actions such as:

- Performing hand hygiene (washing hands for 20 seconds with soap and water / utilization of alcohol based hand sanitizer) is the number one way to prevent the spread of infection. All essential staff perform hand hygiene immediately upon entrance of facility, after providing resident cares, using the restroom, before and after eating, shaking and holding hands.
- Covering your cough or sneeze with a tissue and immediately throw the tissue in the trash and clean hands with soap and water.
- Masks worn in facility when the County Transmission Rate indicates and/or the facility is in an outbreak investigation
- Staff receive continuous education on self-screening and all staff self-screen prior to, throughout and at the end of their shift. If staff are experiencing symptoms such as temperatures over 100 degrees F, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion or runny nose and diarrhea, nausea or vomiting, they are not allowed to enter the facility and staff are required to disclose if they have had any contact with an individual confirmed with COVID-19 outside the facility.

Our facility continues to be proactive by vigorously following all cleaning and disinfection procedures and be using EPA approved cleaning products. This means daily sanitizing of highly touched surfaces which include but are not limited to flat surfaces, door knobs, objects that are touched often, such as bathrooms, water fountains, tables, handrails, faucet handles, phones, etc. Our facility participated in our COVID-19 Focused Survey for Nursing Homes with the Arizona Department of Health Services to determine whether our facility is implementing proper infection prevention and control practices to prevent the development and transmission of COVID-19 and other communicable diseases and infections. We completed this survey with no issues or concerns.

As of November 21, 2022, our facility has a total of **2** active cases of COVID-19 which includes 1 resident and 1 staff member.

We will continue to monitor closely and follow all Arizona Department of Health Services, Mohave County Health Department and CDC guidelines. In the event we would have a positive or suspected COVID-19 case within our facility, we would notify you within 24 hours or by 5:00 pm by next day, whichever is sooner. This update will be via our COVID-19 Update link on the homepage of our facility web page.

If you have any questions, please reach out to the facility Administrator.

Sincerely,

*Julia Casas, Administrator*

November 21, 2022 at 12:58 pm.