

COVID-19 (CORONAVIRUS) UPDATE

UPDATED: 3/18/2020

Subject: COVID-19 (Coronavirus) Update

Garden Courte Memory Care continues to closely monitor the developing COVID-19 (Coronavirus) outbreak in Washington state.

We are following the guidelines of the Thurston County Health Department, the Washington State Department of Public Health and the Centers for Disease Control (CDC). Although we have no reported cases or signs of COVID-19 with residents or staff at the time of this update, we have discontinued allowing resident visits until further notice. We have also implemented additional phone and health screenings for all incoming and current Hospice and Home Health & providers. Our goal is to protect the safety of our residents, their families, as well as our staff and their families. This restriction will remain in place as the situation in our region continues to develop. We welcome requests to arrange FaceTime or Skype calls with residents between 1pm-4pm.

Additional measures continue to be in place at our facility, as follows:

- Postponing all group and outside activities at Garden Courte Memory Care while increasing one on one engagement sessions with residents.
- Restricting visitors. Guests are not permitted to visit residents at Garden Courte Memory Care at this time.
- Implemented 6' social distancing wherever possible including in the lobby, dining rooms and activity rooms.
- Postponing volunteer activities.
- Screening staff. All staff are being screened for health (including temperature check) before the start of every shift.
- Only medically necessary healthcare providers are being permitted onsite. They are being screened for health (including temperature check), for travel and any active case exposure before they enter our premises.

Just like the seasonal flu, COVID-19 is spread person-to-person through droplets in the air. We are initiating all strategies known to reduce the spread of respiratory virus, which include:

- Washing your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.

- Stay at home and away from others if you are feeling ill.

The symptoms of coronavirus are similar to the flu or cold, and include a runny nose, headache, cough, sore throat, fever, shortness of breath, fatigue, and a general feeling of being unwell, and some cases are more like severe pneumonia that require hospitalization. The severity of symptoms ranges significantly. Symptoms may appear as soon as two days after being exposed to the coronavirus or as long as 14 days.

We are closely monitoring the situation as it develops and appreciate your help in keeping our residents and staff safe. If you have any questions or would like more information, please call Garden Courte Memory Care 360-491-4435 and you will be directed to the appropriate manager.

We will continue keeping you updated on our situation via email, and you can also look for updates on Facebook, <https://www.facebook.com/Gardencourtememorycare/>

Thank you for your continued support as we focus on the health and emotional well-being of our residents.

Thank you, The Team at Garden Courte Memory Care