

## **COVID-19 Posting**

Dear Residents, Responsible Parties, 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.

On March 13, 2020, the President of the United States put a temporary ban on all visitors and non-essential personnel allowed in skilled nursing facilities due to COVID-19 and vulnerable population we serve. That same day, our facility followed all Executive Orders and has since only allowed essential personnel into the facility after passing our COVID-19 screening process. Essential personnel include facility staff, physicians, nurse practitioners, physician assistants, therapy staff, EMT, x-ray technicians, pharmacy staff and transport drivers for essential medical appointments. We only allow visitors for compassionate care reasons such as end of life visits and these visits must be coordinated with the Administrator and Director of Nursing.

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 during these unprecedented times.

In an effort to assist those in the community and alleviate some of the burden within the surrounding hospitals The Legacy Rehab and Care Center is accepting COVID-19 positive residents into our COVID-19 area of our facility. As of 11/19/2020, our facility has a total of 0 active cases of COVID-19 which includes 0 resident consisting of 0 from the community and 0 in-house as well as 0 staff member.

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

- Washing hands as this is the number one way to prevent the spread of infection. All essential staff wash hands for 20 seconds with soap and water immediately upon entrance of facility, after providing resident cares, using the restroom, before and after eating, shaking and holding hands.
- Utilization of alcohol based hand sanitizer
- 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 within 6 ft. of staff or resident
- Screening of all staff prior to entry of facility, staff self-screening though out their shift and screening of staff prior to exiting the facility after shift. Screening requires staff to stay home when sick and having symptoms such as temperatures over 100 degrees F, cough, congestion, runny nose, sore throat, shortness of breath, tightness in chest, loss of smell or taste and body aches or those who have had any contact with a COVID-19 patients outside the facility.

During this time, we understand it is very important that you are able to stay connected with your loved ones. We highly encourage all residents and resident's loved ones to utilize our alternative means to visit with those residing in our facility. This includes the telephone, FaceTime or Skype. If you need

assistance in connecting with your loved one via these means of communication, please contact our facility Activities Director for further assistance.

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 recently 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.

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.

We appreciate your understanding as we navigate through during these unprecedented times. If you have any questions, please reach out to the facility Administrator.

November 3, 2020

Dear Residents and Family Members,

Recently we have been given further direction by Governor Ducey as well as AZDHS (Arizona Department of Health Services) with regards to opening up more options for visitation at any skilled nursing facility in the state. Although this sounds like we have opened the doors for full visitation this is not the case. The state of Arizona has given us very specific guidance for going forward.

Currently Mohave County is in a "Moderate Community Spread" defined as: Sustained transmission with high likelihood or confirmed exposure within communal settings and potential for rapid increase in cases. There are three levels that we are working with and they are as follows:

- **Substantial >10% positivity rate per 100,000 in testing in the prior 14 days**
- **Moderate 5-10% positivity rate per 100,000 in testing in the prior 14 days**
- **Minimal 10-100 cases per 100,000 in testing in the prior 14 days**

Within each level there is guidance for the type of visitation possible and how we are able to facilitate the following visitations based on AZDHS guidance. The types of visitation we are currently allowed to provide are listed below:

- **Compassionate care visitation – Compassionate care visits are allowed regardless of the level of community spread and no testing will be required and visitation will be limited to a specific room.**
- **Outside visitation - No testing will be required.**
- **Inside visitation - Visitors will be limited to a specific area and visitation is not to exceed 15 minutes and testing is required.**

The following conditions need to be met for inside visitation:

- **The visitor presents the facility a negative COVID test (either PCR or antigen) less than 48 hours old.**
- **The visitor signs an attestation that they have isolated in the time between the sample was taken and the visit and is free from symptoms.**
- **The facility limits contact as much as possible, including a dedicated visitation space.**
- **The facility requires mask-wearing by residents (when safe), visitors, and staff.**
- **The facility requires hand sanitizing before the visit.**
- **The facility maintains a visitor log for contact tracing purposes.**

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 direction in our efforts to keep our residents and staff safe during these unprecedented times.

The facility has guidelines in place to schedule a visit with your loved one. The facility visitation hours are Monday through Saturday 8 am to 4 pm. Resident visitation is by appointment only. To make a visitation appointment, please call Social Services at (928) 763-1404. Visitors will be allowed a 15 minute visitation period per resident.

One visit will be permitted per day in order to accommodate all resident's visitation needs. There will only be two visitors allowed per resident during visitation time. Outdoor visitation will be allowed in the front entrance courtyard at this time. Visitors coming in the facility for end of life visitation will have access to resident's room. The following criteria will be in place prior to visitors having access to resident's rooms for end of life visitation:

- **Visitation in the resident room will only be allowed if the resident does not have a roommate. In the event there is a roommate a specific room will be provided.**
- **A mask must be worn by all times by the visitor and resident.**
- **Visitors must wash their hands before entering and when leaving the room.**
- **Visitor is to remain 6 feet from all resident and staff.**
- **Visitor may not use the resident's restroom.**
- **Visitors are only allowed in the resident's room less than 15 minutes.**
- **All visitation will be monitored by staff to ensure proper infection control is being observed.**

**Designated Essential Visitor**

Residents may designate one or two family member(s) or caretaker(s) to serve as a “Designated Essential Visitor”. The facility will allow for the Designated Essential Visitor to visit at any time during visitation hours, or in cases of emergency, as long as the following requirements are met:

- **The Essential Visitor presents the facility documentation of a negative COVID test (either PCR or antigen) on the same testing interval required by CMS for the facility staff: Minimal (Percent Positivity <5%): Once a month -Moderate (5% - 10%): Once a week Substantial (>10%): Twice a week**
- **The Designated Essential Visitor signs an initial attestation that they will avoid attending large gatherings in between testing and visitation;**
- **The Designated Essential Visitor attests on each visit that they are free from symptoms;**
- **The Designated Essential Visitor is at least 18 years of age**
- **The resident shall have the discretion to change their Designated Essential Visitor.**

#### **Residents Requiring Isolation**

- **Visitation will not be permitted for newly admitted residents requiring isolation per guidance due to unknown COVID-19 status.**
- **Only Compassionate Care visits will be permitted for residents requiring isolation due to being COVID-19 positive.**

We appreciate your help in adhering to these guidelines and partnering with us to keep everyone as safe as possible. As guidelines change we will continue to keep you updated.

Best Regards,

Mike Borup, Administrator