

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.

On March 13, 2020, the President of the United States put a temporary ban on all visitors and nonessential 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 continued to only allow essential personnel into the facility after passing our COVID-19 screening process. Essential personnel included facility staff, physicians, nurse practitioners, physician assistants, therapy staff, EMT, x-ray technicians, pharmacy staff and transport drivers for essential medical appointments.

On November 15, 2021, the Arizona Department of Health Services updated their visitation guidelines for long term care facilities. The following are requirements and measures for all visitation:

- Outdoor visitation is the preferred visitation method, even if both visitor and resident have received a COVID vaccine, and can occur when outdoor temperatures are considered safe according to the resident's individual medical condition and plan of care.
- Indoor visitation is allowed except with the following entry restrictions:
 - Visitor has a positive test in the last 10 days
 - Visitor has COVID like symptoms
 - Visitor meets criteria for quarantine per CDC (close contact with a COVID positive individual in the last 14 days)
- Prior to visitation, all visitors will be screened for:
 - 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
- A COVID test is not required for visitation however may be offered.
- COVID 19 vaccination status is not required to be disclosed however will be asked and COVID 19 vaccine education packets will be provided if necessary.
- Medically appropriate masks to be worn by residents (when safe), and visitors, over mouth and nose at all times.
- Visitors must socially distance (6ft) from other residents and staff at all times.
- Visitors must utilize proper hand hygiene and must sanitize hands before, throughout and after their visit.

- Visitors to inform facility if they develop fever or symptoms consistent with COVID-19 within 14 days of visiting the facility.
- Visitor to inform facility if they have had close contact with an individual positive for COVID 19 in the last 14 days.
- Visitor to inform facility if they have had a positive test for COVID 19 within 10 days prior to visitation.
- Visitor to inform facility if they test positive for COVID 19 within 14 days following visitation.
- Visitor required to complete visitor log for contact tracing purposes.
- Visitor will limit movement within the facility.
- Visitation will be restricted from resident room if roommate is unvaccinated or immunocompromised.
- Visits will be conducted with an adequate degree of privacy by requiring staff to maintain a reasonable distance during visitation.
- Facility will deny access to the premises if any visitor refuses to comply with any mitigation measures listed above.
- 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:

- 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 six (6) feet of staff or resident
- Screening of all staff prior to entry of facility and staff self-screening throughout their shift
Screening requires staff to: stay home when sick and having 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 or 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 January 13, 2022, our facility has a total of **nine** active cases of COVID-19 which includes three residents and six staff members.

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

Sincerely,

Kristen Ott, Administrator

January 13, 2022 at 3:00 PM