



TEAM MEMBER UPDATES

October 8, 2020 - Special Edition

Thank you for your continued hard work and dedication as we remain Cedar Community Strong!

COVID-19 Update

We are sending out a special edition update to team members, due to an upcoming change in the days and location for the mandatory COVID testing for all team members who work or have an office at the Cedar Lake Health and Rehabilitation Center. We will continue to test twice weekly between 6 a.m. and 4 p.m., however, please note that testing is moving to **MONDAYS and THURSDAYS** beginning next week. Also beginning with testing next week on Monday, October 12th, the testing will move to the Cedar Theatre for the fall and winter months. If you are working, you may come in the regular interior doors of the theatre. If you are not scheduled to work or be in the building, parking is available outside of the theatre; you can come in the exterior theatre doors, and then proceed to the table to fill out the necessary forms before your test.

We also have some good news to share with you today!

- All assisted living locations are off of quarantine, and are reopened to outdoor visits.
- All healthcare center resident tests from this week have been negative. If we have no additional positive team member tests within the next week, the healthcare center will be removed from quarantine on October 14th.

Symptom Reporting and Follow-Up Reminder

A reminder to any team member who is out due to any illness symptoms - it is the team member's responsibility to call the infection control nurse or the weekend nurse supervisor by 11 a.m. the day after you report symptoms.

Social Distancing and Infection Prevention Reminder

Please remember to maintain at least 6 (six) feet of distance from your fellow team members, especially in the break rooms. COVID-19 spreads very easily from person to person.

- People who are physically near (within 6 feet) a person with COVID-19 or have direct contact with that person are at greatest risk of infection.
- When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream.
- Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19.
- Stay at least 6 feet away from others, whenever possible. This is very important in preventing the spread of COVID-19.
- Cover your mouth and nose with a mask when around others. This helps reduce the risk of spread both by close contact and by airborne transmission.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid crowded indoor spaces and ensure indoor spaces are properly ventilated by bringing in outdoor air as much as possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure to infectious respiratory droplets.
- Routinely clean and disinfect frequently touched surfaces.