



October 22nd 2020 update

Arbors completed COVID testing of all staff and caregivers and 59 residents on Tuesday, October 20th. Arbors has been conducting staff testing on a weekly basis since October 6th and had previously tested monthly.

Results for one staff and one resident remain pending. **The testing identified one positive employee and one positive resident.** Anyone with a significant exposure was contacted.

This staff member is under isolation precautions at home. The resident is also under isolation precautions at home. No other residents had potential close personal contact with either positive persons. All other employees and caregivers tested negative. Following state requirements one case of COVID-19, staff or residents, is considered an outbreak and require weekly testing for all staff and caregivers.

Data released today by the Department of Public Health shows our county has been elevated to a Moderate risk. This, combined with active COVID cases onsite, will have implications in terms of community activities and community access. More information will be forthcoming.

The best way to prevent illness is to avoid being exposed to this virus and limit exposure to other people. **At this time, we strongly suggest limiting interactions with people and places outside of Arbors. We encourage residents to reconsider any on-site visits from family or friends. Visitors are permitted at this time, but we strongly encourage you to consider non in-person visits as an alternative.**

All visitors are also encouraged to obtain a COVID test prior to visiting (within 72 hours of visiting). Free COVID tests are available at CVS, Walgreens, and urgent care centers.

We will continue to evaluate the impact of community prevalence and testing results on services and activities. As case counts increase in Connecticut, it is extremely important to contain and prevent any potential spread of COVID-19 in our community. Please remember to **wear your mask at all times**, wash your hands and practice social distancing.

General Reminders:

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing any sanitary products (briefs)
- If soap and water are not readily available, **use a hand sanitizer** . Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- Put 6 feet of distance between yourself and people who don't live in your apartment.
- Remember that some people without symptoms may be able to spread virus.

Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Wear a snugly fitting mask over both your mouth and nose. Do not remove it when speaking to others.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in common areas and when around people (including in your apartment when with others).
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Thank you and stay safe! Chanté Drasdis, Executive Director