



Friday, November 27, 2020

Dear Residents,

I'm committed to providing you with timely information on the status of the COVID outbreak in skilled nursing, thus the need for another message from me today. I mentioned in this morning's KeyNotes update that we are testing all Penrose Harbor staff and residents again today. As noted earlier, we identified two additional skilled nursing residents who tested positive this morning.

I'm sorry to report that we now have one additional staff member who has tested positive. They do not have any symptoms but of course have been sent home to quarantine. We also have one additional independent living resident who tested negative earlier in the week but has now tested positive.

We are now caring for seven residents in our COVID positive unit. We have three staff members at home on quarantine and two independent living resident who are quarantining, for a total of 12 cases. We will be testing all staff and residents of Penrose Harbor again next Tuesday, December 1st.

I can't emphasize enough the need to follow all transmission precautions to help protect yourself and others. Unfortunately, we have witnessed just how easily this virus spreads through the air once it has a foothold.

Wearing a mask that covers from the top of your nose to under your chin is one of the most important precautions you can take. Remaining at least 6 feet apart and limiting your interactions with others also reduces risk. Science is now demonstrating that the virus can linger in the air for several hours, especially in indoor spaces where the air is more stagnant. Our change in weather, forcing people indoors, has contributed to the sharp increase in cases we are seeing now.

Here is a link to an updated summary of what we know about COVID-19 published by the Harvard Medical School. It's a lengthy article but well worth the time:

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center#:~:text=Aerosolized%20coronavirus%20can%20remain%20in,up%20to%20three%20hours>

Shortened URL: <https://tinyurl.com/y439zt2n>

All indications are that transmission of COVID-19 will continue to rise, let's do all we can to **not** be part of the chain of transmission, for yourself, your loved ones, your friends and our dedicated Heron's Key team members.

A handwritten signature in dark blue ink, appearing to read 'Amy'. The signature is fluid and cursive, written in the bottom right corner of the page.