

updated March 12, 2020



The Coronavirus outbreak (COVID-19) is evolving quickly with new information. [The CDC](#) is monitoring the situation and working closely with federal, state and local health departments. Vitality Living is closely monitoring guidance and expectations set by state and federal officials. We realize this may cause further adjustments to our procedures outlined below. We remain 100% committed to limiting exposure to our residents, families and team members.

COVID-19 illness may be mild to severe. Symptoms may appear 2 to 14 days after exposure. Symptoms include fever, dry cough, and shortness of breath. Other symptoms include nasal congestion, runny nose, sore throat or diarrhea. Symptoms are usually mild and begin gradually.

As with influenza and other viral infections, older adults are at increased risk for severe illness. COVID-19 is spread by respiratory droplets from those who are in close contact with one another, about 6 feet. While there is not yet evidence for spread from surfaces or objects, this may also be a possible mechanism of transmission.

Vitality Living is continuing to follow our infection control protocols. The current strategy includes:

- **All employee, visitors, and vendors are screened via COVID-19 questionnaire.**
 - **Visitors answering yes to any question are prohibited from visiting**
- **Allowing only essential visits**
- **Visiting hours from 9 a.m. – 6 p.m.**
- **No one under the age of 18 may enter the community**
- **Stopping all non-urgent visits out of the community**
- **Visits limited to one family member per visit and two visits per family per week**
- **No outside pets allowed**
- **Frequent hand hygiene with alcohol-based hand rub or soap and water, washing for at least 20 seconds.**
- **Frequent disinfecting of commonly touched environmental surfaces to decrease environmental contamination.**
- **Standard precautions, such as wearing masks, gloves and gowns as situations warrant their use.**

Consistent with good routine practice, signs are posted at our facilities refusing visitors with acute respiratory illness refrain from entering the facility. In addition, those answering yes to any question on the required visitor questionnaire or who have a fever over 99.0° will not be allowed to visit. This applies whether there is COVID-19 activity in the community or not. If there is a community-wide transmission of COVID-19, we will be closed to all visitors.

The steps outlined above will stay in place until April 1st. Vitality Living will continue to closely monitor this situation and adjust policies and practices as set by state and federal officials.

Thank you in advance for supporting our protocols in and assisting with keeping our residents, families, and team members safe.

Chris Guay
President & CEO