

Community Health Update - July 23, 2020

Dear Residents:

It has been heartening to see so many reopening plans submitted over the past couple of weeks. We are methodically making our way through the list according to the process outlined in the [Panorama Guide to Reopening](#). As of today, several activity groups have received approval to resume activities with modifications. Please refer to the [Status of Campus Amenities](#) document for an update on approved activities as well as a listing of groups awaiting approval. The list will be continually updated on the Coronavirus page on Kya. For those without Kya access, updates will be communicated on the **News with Lu** show as well **Inside Panorama**. We ask for your patience as we take the time necessary to work with the groups that have submitted plans. This process involves much coordination, conversation and preparation.

If you see a group that you are interested in listed under the approved category on the Status of Campus Amenities, contact the group leader as listed on Kya and the resident directory.

Since releasing the plan documents a couple of weeks ago, we have identified a few areas that need additional clarification. We appreciate all of the residents who have reached out with questions out of concern to follow the guidelines appropriately. It is this type of care and caution that demonstrates your commitment to keeping each other safe as positive cases of COVID-19 continue to accelerate across our state.

The first point of clarification involves the distinction between socializing with friends and neighbors and the intent of a quarantine buddy relationship. The second topic offers advice on haircuts, and lastly, the difference between the effectiveness of face shields and face masks is discussed.

General Socializing on Campus

Typical socializing is considered a high-risk activity and we continue to recommend that you self-isolate as much as possible. If you choose to interact with people, we recommend the following precautions to protect yourself and your neighbors.

- At this time, the campus is still closed to visitors. Do not host off-campus guests.
- Keep interactions brief and outdoors as much as possible.
- Limit indoor gatherings to no more than 2 people.
- Outdoor social spaces are available for use if limited to no more than 5 people.
- Wear a face mask at all times when in the presence of others, even though you are at least 6 feet apart.
- Stay at least 6 feet apart at all times, even though you are wearing a face mask.
- Do not share drink, food, or other materials.
- If you interact with people off campus, please disclose this to other residents before interacting with them.
- Consider finding a "quarantine buddy" who you can make a mutual agreement with to self-isolate and only socialize with each other.

Quarantine Buddies

The intention of Quarantine Buddies is to provide in-person companionship between residents who live alone and are struggling with social isolation.

- Exclusive agreement with another resident to socialize in-person with one another.
- Based on a high level of trust, respect and personal integrity, both with similar opinions on level of accepted risk exposure.
- Quarantine Buddies may function as if they are in the same household – sharing meals and socializing without masks in the home.
- If you live in an apartment building, your buddy must reside within the same building.
- The Quarantine Buddy concept is not intended as a means for general socializing.

Examples:

A Good Quarantine Buddy Fit

- Ida and Beth both live in the Chinook in separate apartments. They share similar opinions on level of accepted risk exposure. Neither leave campus for services or social visits. Ida has a caregiver in her home 3 days a week, and Beth is aware and comfortable with this exposure risk.
- Robert and Mary Smith are close friends with Sarah. Sarah recently lost her spouse and needs the support of an established friendship. All three have been careful with COVID-19 related precautions and share similar opinions on level of accepted risk exposure.

A Bad Quarantine Buddy Fit

- Ida and Beth both live in the Chinook in separate apartments. They do not share similar opinions on level of accepted risk exposure: Ida does not abide by all the recommended guidelines and Beth is extremely cautious.
- Robert and Mary Smith are close friends with Sarah. Sarah and Robert share similar opinions on level of accepted risk exposure. Mary does not abide by all the recommended guidelines to avoid risk exposure.
- Two couples seeking social interaction with one another. The Quarantine Buddy concept is not intended as a means for general socialization.

If you have questions about your Quarantine Buddy situation, please call your Social Services Advisor at x7557.

Haircuts

Visiting a barber shop or salon is considered a high-risk activity and we continue to recommend that you refrain from this type of activity. Cases within the surrounding community continue to grow and we encourage you to wait, if possible, for your haircut. If you must have a haircut, we offer the following advice:

Call ahead to learn how the salon is mitigating risk. Ask the following questions:

- What are you doing to mitigate the risk of COVID-19?
- How are you reducing the capacity of employees and clients at the salon?
- Are all employees and clients required to wear masks?
- Are you requiring all clients to make appointments, rather than walking in and waiting?
- If it's a small salon, is there a window or door that can be opened to ventilate the space?

Take your own personal safety precautions during the appointment.

- Wear a mask the entire time you are there.
- Keep talking and interaction to a minimum.
- Do not bring food and drink with you. Limit the number of personal items you bring in to just the necessities (payment method and car keys).
- Do not touch your face.

Face Shields vs. Face Masks

A few residents have asked if face shields can be worn instead of masks. In accordance with CDC recommendations and because we are a high risk population, **face masks are required** when in the presence of others. If you choose to wear a face shield over your mask, this may provide an additional level of protection.

CDC official statement: "It is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles. **CDC does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings.**

COVID-19 Case Tracker:

- 0 staff cases
- 0 cases in the Convalescent & Rehabilitation Center
- 0 cases in Assisted Living
- 0 cases in Independent Living: 0 in the Quinault, 0 in the Chinook, 0 in the Chalet, 0 in our campus homes

The number of cases is monitored and updated daily on the [Kya Coronavirus page](#), the Readerboard, as well as www.panorama.org/coronavirus.

Health-Related FAQs:

If I am outside, do I still need to wear a mask?

Yes, you need to wear a mask any time you are around others as well as any time you are not in your home.

What do I do if I get sick or if my partner gets sick?

Most people with COVID-19 have mild illness and are able to recover at home without medical care. If you have a fever and cough, stay in touch with your doctor over the phone. If you have trouble breathing or any other emergency warning signs, call 911. Separate yourself from your partner/housemate as much as possible. Wear a homemade mask over your nose and mouth. Wash your hands well and often. Disinfect household surfaces frequently. Notify Marla LeFevre at x7564 as soon as possible, even if you have not been tested for COVID-19.

What do I do if I test positive for COVID-19?

Please contact Marla LeFevre at x7564 or Marla.LeFevre@panorama.org as soon as possible after receiving a positive diagnosis. Marla will share some important health and safety tips and discuss with you the support options we have in place. We will respect your privacy and not share any identifying information.

Has Panorama made any plans for testing?

All C&R staff and consenting C&R residents have been tested in accordance with the state Department of Health's order. We have the ability to test residents of Assisted Living if they meet the criteria and have a doctor's order. We do not have the ability to test Independent Living residents or other staff - they should consult their personal physician if they are ill.

In addition to the in-home testing services offered by Dispatch Health, the COVID-19 drive-thru testing site at the Hawks Prairie Providence Clinic has expanded its testing to all people who have a fever, and/or new cough or congestion or shortness of breath, or sudden loss of taste or smell. Swab collection will be taken after the patient is triaged by nurse and meets requirements. Before you go, please call 360-486-6800 during operating hours to discuss your symptoms.

Hours: Monday through Friday 9:30 a.m. to 4:30 p.m. Closed on Saturday and Sunday.

Location: Parking lot at Providence Medical Group - Hawks Prairie at 2555 Marvin Road NE, Lacey, WA 98516.