



## Community Health Update - September 20, 2021

### ADDITIONAL POSITIVE CASES IN THE C&R

Over the course of the weekend, we received four additional positive results for C&R residents and two positive results for employees.

We continue to test all C&R residents and staff each Tuesday and Friday. Currently, we are waiting for results from Friday's (9/17) round of testing.

#### **COVID-19 Active Case Tracker:**

- 7 staff cases
- 11 resident cases in the Convalescent & Rehabilitation Center
- 0 resident cases in Assisted Living
- 0 resident cases in Independent Living

As a reminder, we have significant measures in place to prevent the spread.

#### **By direction of Thurston County Public Health Department**

- No in-person visitation except for approved compassionate care visits.
- Residents who are in quarantine or isolation are not eligible for outings or visits outside of the facility.
- Residents not in quarantine or isolation may choose to go on outings but we encourage all safety precautions including physical distancing, mask wearing, and hand washing.
- No group activities or group dining.
- Residents are encouraged to stay in their room as much as possible.
- New admissions are not allowed until we complete two more rounds of testing with negative results.

#### **Additional Steps Taken**

- At our invitation, representatives from the Thurston County Health Department and the Washington State Department of Health conducted an on-site review of our infection control practices last week. This was the third such risk assessment we have hosted since the start of the pandemic. The assessment concluded that our staff are following all best practices.
- We conduct regular internal audits to ensure staff are consistently donning and doffing PPE according to the recommended best practice. PPE includes fit-tested N-95 respirators, face shields, gowns, and gloves.
- We are using on-site rapid testing to supplement our twice weekly surveillance testing. This allows us to identify some positive cases sooner. If a resident develops a symptom consistent with COVID-19 or if they are identified as a possible close contact for someone who tested positive, we place them in quarantine and conduct a rapid antigen test. If the test is positive, we relocate them to the COVID isolation unit. If the test is negative, we continue monitoring them in quarantine and conduct additional rapid tests if their symptoms continue.

The past couple weeks have been difficult for residents and families of the C&R. It has also been particularly hard on our staff, who care deeply for our residents and their co-workers. We are incredibly proud of the strength and dedication of our C&R employees. After a long 18 months, they continue to work tirelessly to ensure C&R residents receive excellent care.

## STAYING SAFE

Even with the high vaccination rate of our campus, this Delta variant has proven to be incredibly contagious. Studies indicate that people infected with the Delta strain can carry 1,000x the viral load as those infected with the original strain of the virus. It has also been shown that even vaccinated individuals can carry a high viral load.

The number of cases in Thurston County continues to be shockingly high and we encourage all residents to take great care in protecting themselves and each other. Please use the following guidance to make informed decisions about your own personal risk management.

### **Wear a mask indoors.**

- To maximize protection from the Delta variant and prevent the possibility of spreading it to others, wear a well-fitting mask indoors in public. As a reminder, ***masks are mandated (regardless of vaccination status) for indoor shared spaces on our campus*** and throughout the state of Washington.
- In general, you do not need to wear a mask in outdoor settings but you may consider wearing a mask in crowded outdoor settings and for activities with close contact.

### **Consider which interactions are most valuable to you.**

- Each interaction you have increases your risk of becoming infected or infecting others. Reserve interactions to only those that are most important to you, and remember the risk is greater whenever universal precautions (mask wearing, social distancing, air flow) are absent.

### **Avoid crowded indoor spaces.**

- Avoid crowded indoor spaces and stay at least six feet away from others when possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure.

### **Stay home and isolate from others if you have symptoms that are not otherwise attributed to a chronic condition.**

- People with COVID-19 do not always exhibit significant symptoms of illness. Some people are entirely asymptomatic, others may have mild symptoms that don't "feel like COVID". If you are experiencing mild symptoms and aren't sure if you should get tested, contact Marla LeFevre at x7564 or [marla.lefevre@panorama.org](mailto:marla.lefevre@panorama.org).
- If you feel sick, stay home and get tested.
- If any member of your household or social group is sick, or thinks they might be sick, they should not be spending time with others (even if they are vaccinated).