



# CAREAGE

July 16<sup>th</sup>, 2020

To Our Residents and Family Members:

Those of us involved in the care and housing of seniors are acutely aware of the potential impacts of the COVID-19 pandemic on our residents and their families. We wanted to assure you that we are taking every precaution we can to continue best practices within our facilities.

Careage manages and oversees the operations of the following Skilled Nursing Facilities, Assisted Living Communities and Home Health Agencies located in Washington and California:

- Careage Home Health - King, Pierce & Thurston Counties
- Mission Healthcare at Bellevue
- Mission Healthcare at Renton
- Patriots Landing
- Patriots Glen
- The Lakes at Banning

We know many of you are concerned about the spread of COVID-19 and how it may impact your loved one at our communities. Ensuring our residents and patients are cared for in a safe and healthy environment is our greatest concern. We are working diligently to ensure our communities receive the highest quality health care services and we are taking all recommended steps to mitigate the risk of the virus spreading.

Careage has formed a COVID-19 Team that meets daily to consult and take appropriate actions in response to what is a rapidly changing situation. We review the latest guidance from the CDC, the DOH, and other regulatory bodies. We also discuss best practices for enhancing the lives of residents, patients and staff, all the while keeping them safe. In addition, during these meetings, we collaborate on supplies such as PPE and arrange to share supplies as necessary.

Our communities are following the recommendations of the CDC on prevention, including following strict handwashing procedures, and in many circumstances, wearing gowns and gloves when interacting with residents who are sick. We also are actively adjusting our protocols to comply with the CDC recommendations as they are updated. In addition, our communities are in close contact with the local and state health departments and are following their guidance.

Based on the recommendations of the CDC and other state and local health departments, we have executed and elevated our standard protocols.

Such steps include:

- **On-site health care professionals** who continually monitor the current guidance to ensure the steps taken follow information received from reputable sources, including monitoring employees, contractors, residents and visitors for symptoms, and utilizing potential action plans if symptoms should present themselves.

- **Education and training** on infection control provided regularly to all employees and residents, including re-educating our teams and our residents and/or patients of existing infection control protocols – and how they should be observing it;
- **Connection** to national, state, and county and local health departments to remain informed;
- **Responsive measures** to quickly intervene should anyone with symptoms need support.
- **Preventative measures** to control access to our communities. Signage is displayed at community entrances, and all essential third parties and staff are monitored before entering, and anyone unable to satisfy our strict protocols is not allowed to enter.
- **Visitors** are not allowed in any of our communities at this time. This does not apply to end-of-life situations.
- **Employees** must be screened for COVID-19 symptoms before entering our communities at the start of each shift, this include temperature screening and questions about possible symptoms and travel.
- **People who live** in our communities, who test positive for COVID-19, will be isolated away from other people for a period defined by CDC guidelines.

### **What are the symptoms of COVID-19?**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

#### **Diarrhea**

Please see the [Center of Disease Control \(CDC\) Website](#) to cover [Symptoms of Coronavirus](#), As well as how to [Stop the Spread of Germs](#).

**You may be asking how you can help aid us, in minimizing the spread of any illness. Here are some requests we would make of you:**

- Wash your hands frequently and use good hygiene behaviors;
- Maintain social distancing – 6 feet distance between yourself and anyone who is coughing or sneezing;
- Use a tissue or your bent elbow for a cough or sneeze. Then dispose of the tissue and wash your hands immediately;
- If you have a fever, cough and difficulty breathing, please isolate yourself from others and notify our team immediately or seek medical care;

- If you have been exposed to someone with fever, cough and difficulty breathing, please isolate yourself from others and notify our team immediately;
- Encourage your friends and loved ones to connect with you virtually over Skype, Facebook, Google Duo, etc.

## **How to Communicate with your loved one(s):**

We understand that connecting with family members is incredibly important, and there are a variety of ways to connect with them. These include telephone, email, text, or video calls through Skype, Google or Facebook.

- We are working to provide video calling stations and/or help your loved one utilize their own personal technology in order to connect with you.

***We thank you for your assistance, support and understanding of the policies and procedures we are enforcing to keep your loved ones safe in this evolving situation.***

If a positive COVID-19 case does occur at one of our locations, the facility management team will notify all interested parties directly.

For additional information, please visit the [CDC's coronavirus disease information page.](#)

Sincerely,



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David Feeney  
Chief Executive Officer  
Careage

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)