

Oak Meadows Senior Living

Coronavirus (COVID-19) Prevention Updates

Last updated 3/11/2020

Seniors that live in senior housing are at an elevated risk in the event of a COVID-19 outbreak. As a result, Oak Meadows is taking extra precautions to protect those who live here, as well as our staff and volunteers.

Effective immediately and for the next 30ish days, all large-group events will be cancelled. The goal is to limit the number of large groups of people coming into our building. All bus trips will be cancelled as well. Please know that this situation is VERY fluid and what we put in place today may likely change tomorrow.

Q. How is Oak Meadows changing its visiting policy?

Q. Can I still visit my loved one?

At this point, yes you can. You must sign in at the entrance in both our independent and assisted living. There is a screening tool for you to answer regarding recent travel or illness. **Any family members who been on a plane (whether for international or domestic travels) in the last week to please try to refrain from visiting for the next 2 weeks.**

We are offering skyping or facetime for family members to visit with their loved ones. Please call us at 651-578-0676 for more information.

Please follow the CDC's prevention guidelines:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze.
- Disinfect high-touch objects.
- Wash your hands well and often. At least 20 seconds.
- Use alcohol-based hand sanitizer when soap and water are unavailable.
- Don't visit if you have been in a restricted country in the past 14 days.
- Don't visit if you have been in contact with someone who has, or is suspected of having the virus.
- Don't visit if you have a respiratory illness or fever.
- Don't visit multiple people during your visit.
- Keep a comfortable distance from others. No handshakes hugs, kisses, etc.

Q. What other types of infection control practices are in place?

Staff are taught and reminded daily of important infection control practices and especially frequent handwashing and sanitizing in and out of resident rooms.

- Staff are instructed to not come to work if they or members of their immediate family are showing any symptoms associated with the virus.
- Staff are disinfecting high touch surfaces multiple times per day.
- Oak Meadows will inform infection prevention and control services, local and state public health authorities, and other healthcare facility staff, as appropriate, about the presence of a person suspected of having COVID-19.

Q. Should you wear a facemask even if you're not sick?

Due to the shortage of facemasks and respirators, Oak Meadows is only issuing them and using them per CDC recommendations. This means that in most cases we will provide facemasks to those elders that are sick with fever and cough. The surgical mask is used to prevent transmission to other people. If you are healthy, there is little to no benefit provided by wearing a mask. Since common surgical masks are not airtight, they do not prevent the breathing in of very tiny viral particles

Q. What is Oak Meadows plan for dealing with the coronavirus (COVID-19)?

Oak Meadows maintains standard protocols and procedures to prevent or limit the spread of infectious disease in our community. To specifically address COVID-19:

- An interdisciplinary team is receiving and reviewing information from the CDC and state departments of health daily. The team will evaluate the risks and determine appropriate actions as needed, including updating standard plans.
- Staff are receiving additional training to recognize, and report symptoms of COVID-19 or respiratory illness experienced by residents, volunteers or themselves.
- While maintaining standard practices for good hygiene and infection control, our community is increasing disinfection of frequently touched objects and surfaces.
- Home care staff are monitoring the health of residents in our care.
- Signs are posted throughout the community reminding everyone to be vigilant about infection control practices.
- Hand sanitizer dispensers are at front doors, by elevators and in dining area.
- Employees who are ill are being encouraged to stay home.
- Reliable and verified information is being communicated by Oak Meadows to staff, residents and the public through our website, social media, email and/or print notifications.

Q. Will I be notified if there is an outbreak at Oak Meadows?

At this time, no one at Oak Meadows has been diagnosed with COVID-19. In the event of a localized outbreak, we will notify residents, staff, volunteers and family. We will post signs at the entrance to the building letting anyone who comes to the building know if there are widespread respiratory symptoms. We will also utilize our website and social media channels to inform the public as to the accessibility of the community.

Q. Do you have enough supplies in the case of an outbreak?

Supplies will be available and distributed when the need arises. We are working with our suppliers for needed supplies while avoiding stockpiling that will exacerbate shortages. Our current business contracts ensure that we will receive the necessary medications and supplies to care for our residents even in an emergency. Please note that currently, there is no medication (antibiotic or antiviral) that is effective against the Coronavirus.

Q. What can I do to help?

Stay in touch with your loved one by phone, text, email or other means that do not require physical proximity. Pray with us for those who have already been impacted by this disease; for the wellbeing of our residents and staff; for those working diligently to provide means of prevention, treatment and cure; and for calm, wisdom and mutual respect to prevail.

Q. Where can I find more information about COVID-19?

- <https://www.co.washington.mn.us/3168/COVID-19>
- <https://www.leadingagemn.org/providers/coronavirus-disease-2019/>
- <https://www.cdc.gov/coronavirus/>
- <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- <https://www.kevinmd.com/blog/2020/03/an-infectious-disease-doctor-answers-your-covid-19-and-coronavirus-questions.html>