

CORONAVIRUS (COVID-19) INFORMATION SHEET

What are the symptoms of Coronavirus (COVID-19)?

It causes a mild to moderate upper-respiratory tract illness. According to the Centers for Disease Control (CDC), those affected generally exhibit cold-like symptoms that include fever, cough, sore throat, and shortness of breath. It spreads through contact with another infected person, such as being too close during a cough or sneeze.

What steps are The Springs Living taking to prevent the spread of COVID-19?

Infection control protocol steps include and are not limited to, the following:

- Communities have implemented the **Infectious Control Protocol** that is strictly monitored and added to our routine protocol of safety practices, such as handwashing and taking sick days if the staff is displaying any symptoms.
- We are providing additional **paid sick days** to any staff whose doctor has urged them not to go to work due to the respiratory flu or Coronavirus.
- We have begun to **limit the number of activities** we usually schedule to reduce the chances of cross-contamination if someone is a carrier.
- All communities are implementing temporary changes, such as **eliminating community resident touchpoints**. Some examples of this are restricting visitor access to the campus, removing resident salad bars and shared coffee service, eliminating pre-set dining utensils, and limiting access to the dining hall for non-diners.

What are the steps I should follow to prevent getting or spreading COVID-19?

Practicing robust infection control makes excellent sense at all times. Here are some requests we would ask of you:

- **Wash your hands** regularly;
- Understand and utilize the **CDC's recommendations** (www.cdc.gov);
- Maintain **social distancing** – keep at least 3-6 feet distance between yourself and anyone who is coughing or sneezing;
- **Polite coughing and sneezing techniques**, such as using a tissue or your bent elbow for a cough or sneeze and then disposing of it and washing your hands immediately;
- Clean AND **disinfect frequently touched surfaces daily**, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, faucets, and sinks;
- If you or someone you have been in contact with has a fever, cough, or difficulty breathing, please **isolate yourself** from others and stay home if you are sick, except to get medical care.