



April 2020

Family/Resident Newsletter

COVID-19 Pandemic Update

Valley View continues to be concerned for the ongoing welfare, safety, and health of our residents. The Centers for Disease Control and Prevention (CDC) is monitoring the outbreak of the virus, COVID-19. The people most likely to become severely ill from COVID-19 are older adults and those with underlying medical conditions.

We do not have any cases locally and are diligently working on preventing the spread of this illness in our facility. To reduce the potential introduction of this virus into our facility, we are continuing to limit visitation and actively monitoring all personnel entering the facility and potential admissions.

We have decided to reduce communal dining and are asking residents that are able to dine in their room to do so. We are practicing social distancing for all activities to reduce social isolation. We are encouraging you to keep in contact through skype, facetime, or just phone calls and letters or cards.

We are respectfully asking that family and/or responsible representatives not visit the facility. Case by case decisions will be made for end of life needs. We are also limiting our contract staff and asking them to daily take their temperature and self-monitor for other symptoms of this virus or any other health concern.

Our employees are all considered Essential Health Care Personnel by the Iowa Department of Public Health (IDPH) and CDC. We have initiated crisis strategies to mitigate staffing shortages should our personnel become ill from this virus or other illnesses. Every time personnel report to work, they are asked to answer questions and take their temperature. We are doing everything we can to keep our personnel healthy, so we have staff to take care of our residents.

We have been blessed by volunteers that have sewn for us washable face masks for our personnel and if enough are available – for residents that wish them. We have a limited supply of paper face masks and other PPE (personal protective equipment) for our staff that we are conserving for the possible need if isolation is required for any resident in the future.

COVID-19 and many other viruses are spread with Droplets. Thus, we are using Standard Droplet Procedures to mitigate the spread of any disease. If we have a resident with a suspected/active diagnosed case of COVID-19 -- we will immediately begin Isolation Precautions with PPE (Personal Protective Equipment).

Iowa is unique because we are essentially a rural area, and this allows for social distancing in normal conditions. We are respectfully asking our essential health care personnel to practice social distancing at work and away from work. This means stay 6-10 feet away from other persons, except immediate family. Always avoid groups of more than 10 persons, during this pandemic. Eliminate touching or shaking hands.

Everyone should continue practicing strict personal hygiene, including washing hands regularly for at least 20 seconds at a time and wiping down surfaces in the home often. (Hand sanitizers are not as accessible as prior to this worldwide pandemic.) Practice Cough Etiquette of covering every cough/sneeze and throwing away used tissues.

Guidance for this pandemic is ever-changing. We are doing our best to keep you informed and our residents and staff as healthy as possible. Thank you for your patience and understanding.

We want to ensure that you are kept well-informed of this situation. For your information, we have enclosed a fact sheet from the CDC. For the most up-to-date information on this topic, please visit the CDC website at <http://www.cdc.gov/covid19>. If you have any questions or concerns, feel free to contact us.

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



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**FACT
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT
5**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)