

You Lead the Way!



As a health care worker during this COVID-19 pandemic, your personal actions both here and away from work have enormous impact. We urge you to practice social distancing with each other inside and outside the building, and to share what you have learned with family members and friends. Social distancing and good infection control are simple, extremely effective and could save lives!

Without each of you, we could not keep our Residents and team members safe. You are heroes; your efforts to socially distance outside of the community will make all the difference.

When at work:

- Staff should practice social distancing. Maintain 6 feet distance from each other, including in staff huddles and in break rooms.
- Wash your hands for 20 seconds or use alcohol-based hand sanitizer regularly, including when you enter the building, before you interact with a Resident, and after you interact with a Resident.
- Avoid hugging, kissing and holding hands with Residents. Wear appropriate PPE when interacting with them.
- If you are sick, **stay home**. Call your supervisor immediately.

When you have left work:

- Limit your interactions with others outside the building.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

With your family members and friends, explaining:

- The risk of contracting COVID-19, including that it can be spread from people who are infected but show no symptoms.
- The impact of COVID-19 on Residents (15-20% mortality rate for the elderly).
- That in your job, you care for vulnerable older adults and so you must be extra cautious.
- Some of the ways you are protecting yourself and others (in the section above) and encourage them to do these things too.
- The importance of social distancing even at home. While this is difficult, it protects your loved ones and reduces the chance you will bring the virus into our buildings.

By reducing risks while you are at home:

- Have someone else in your family do the grocery shopping.
- Buddy up with a co-worker to help shop for each other.
- Use grocery delivery and/or pick-up/shipping options.
- Carpool with co-workers to avoid public transportation, when able.
- Check-in with your loved ones through phone and video.

**THANK YOU for your dedication to our Residents,
to each other and for all you do each day.**

You are a hero and important in stopping the spread of this virus.