



To: Residents and Staff  
 From: Nadia N. Geigler, CEO *Nadia*  
 Date: Tuesday, January 26, 2021  
 Re: COVID-19 Prevention and Protection

**COVID Count**

ACTIVE cases	
Residents	Staff
0	0

RECOVERED cases	
Residents	Staff
25	44+7

" +7" refers to a non-staff provider

**Gatherings in IL – Change of Plans (A good one!)**

Upon further review of current guidance and regulations, we recognize that there is potential to increase the number of people gathering in Independent Living to a number greater than 10. This is because Chicago is currently in tier 1 mitigation as of Saturday which allows for gatherings of up to 25 people or 25% of the room capacity, which is less. Our community has been very conscientious throughout the pandemic and so we are comfortable with increasing some gatherings beyond 10 people. Masks will always be required, as is social distancing, hand hygiene and staying home if you have any symptoms.

The Gathering Room and Lighthouse Lounge can accommodate groups larger than 10 in number and still maintain the 6 feet of distance required between each person. Today, the maximum number of people in The Gathering Room and Lighthouse Lounge will be 24 people with social distancing in place. Please remember that the Lighthouse Lounge does not have an AV system so activities happening in this space with everyone spread out across the room would best be those that do not require the use of microphones.

Other smaller spaces will have smaller maximums. In all cases, the maximum number of participants in any room is more than likely to adjust up and/or down over time so please be ready to adjust with us. We're getting awfully good at that, aren't we?

**Vaccine Reminders**

Some reminders to help ensure the best possible experience for clinic day #2 tomorrow!

- Remember to dress so that your shoulder is easily accessible. A short sleeved or sleeveless shirt would work best.
- You may want to take a dose of Ibuprofen in the morning, prior to receiving your shot, to help with side effects. Please consult your physician if you have any concerns about this recommendation or if you cannot take Ibuprofen for any reason.
- Speaking of side effects, common side effects are slight fever, pain in the injection area, fatigue, headache and body aches. These are to be expected and are signs that the vaccine is working. If you have extreme side effects or experience symptoms other than the ones listed above, please consult your physician.

- Please be on time for your appointment. Even with appointment times, it is likely that the process will take time and involve some waiting on the front end along with the 15-30 minutes of observation time on the back end of the injection.

### **Masks – Required Everywhere Until Further Notice**

I've gotten a couple requests lately asking me to clarify/remind folks that masking requirements are going to continue, even after the vaccine is in place. For better or for worse, masking will be in place in our community for the foreseeable future and well beyond the last clinic day scheduled for February 24. Please be ready to continuing wearing a mask around our Admiral community and likely out in public as well.

Speaking of masking, Dr. Fauci is recommending double masking. The below is an excerpt from an article by Canela Lopez published by Business Insider on January 25, 2021:

### **How to double-mask**

The type of mask you double up on will affect the level of protection it provides.

As [Business Insider's Anna Medaris Miller](#) previously reported, it's a good idea to use a surgical mask or an N95 in your layering.

For example, it's better to use a double-layered cloth mask for the outside layer and a disposable surgical mask for the inside, rather than using two single-layered masks together.

The three layers [each serve an individual purpose](#): the outside layer protects against splashes and droplets, the middle layer filters, and the bottom layer absorbs things like saliva and sweat.

Another way to double layer could be using a two-layered cloth mask with a face shield on top, though there is some evidence that [masks may be more protective than shields](#).

Double layering doesn't mean you should let your guard down. Public health officials say the general public should still use social distancing practices, wash their hands regularly, and avoid gathering indoors.

cc: Megan Callahan, HealthPro  
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