



To: Residents and Staff  
From: Nadia N. Geigler, CEO *Nadia*  
Date: Friday, December 24, 2021  
Re: COVID-19 Prevention and Protection

### COVID Count

ACTIVE cases	
Residents	Staff
0	3+2

"+1" refers to a non-staff provider

RECOVERED cases	
Residents	Staff
29	48+8

"+8" refers to a non-staff provider

Two new cases of COVID has come through our emergency testing. One of the infected persons is an employee who is in the building on a very limited basis and whose positive case was detected through their participation in the latest round of emergency testing. The second is a private caregiver for a resident of The Harbors.

With this information, our next round of emergency testing for all staff and all Harbors' residents may be moved up to Sunday evening from Tuesday or, at the least, is very likely to move up to Monday. We will communicate this once we have finalized our plans. Staff, please watch Connectteams for updates and help your supervisors spread the word among coworkers regarding testing requirements.

### Things to know:

- COVID cases have increased exponentially and positive cases in fully vaccinated and boosted people are no longer the exception like it was in the past. Our Admiral community, with its 99% vaccination rate and many boosted, is not immune against COVID and particularly the Omicron variant.
- If anyone in our building begins to feel ill, they should:
  - Immediately seek distance from other people and remain within their unit.
  - Do not go out into the common areas of the building unless you are making your way to a doctor or hospital for treatment or to seek a COVID test. If the ill person is in common areas, they should keep their mask on over their nose and chin the entire time. The ill person and anyone they have potentially exposed, since as a spouse, should not ride the elevator with anyone else.
  - Call their doctor for medical advice if needed.
  - Seek medical treatment or call 911 if symptoms become concerning or worsen quickly.
- Ongoing testing is back for the foreseeable future for all staff, including private caregivers, and all Harbors' residents. This is necessary to keep the Admiral community safe and it also allows staff who may end up testing positive to avoid spreading the virus to friends and family.
- Many health experts are urging the public to consider either N95/KN95 masks or three-ply surgical masks in place of cloth masks, which appear to be insufficient in protecting against Omicron.

cc: Megan Callahan, HealthPro  
Andrew Whooley, Whoo's Caring

Dr. Eric Mizuno, Medical Director  
Pamela Winkler, Rainbow Hospice