



To: Residents and Staff
 From: Nadia N. Geigler, CEO *Nadia*
 Date: Monday, December 27, 2021
 Re: COVID-19 Prevention and Protection

COVID Count

ACTIVE cases	
Residents	Staff
3	3+3

“+1” refers to a non-staff provider

RECOVERED cases	
Residents	Staff
29	50+8

“+8” refers to a non-staff provider

Over the weekend, two IL residents (who occupy different units) tested positive using at-home test kits. There are now several members of our community who are quarantine protocols as a result of these positive cases. The specific individuals have been given instructions based on the circumstances surrounding their exposure.

Today we learned that a Harbors’ resident from Skilled who went to the hospital tested positive upon admission. This is our first positive Harbors’ resident in 8 months.

And we learned of a private caregiver working for a Harbors’ resident who has also tested positive.

Avoiding Spread

And just like that, our numbers are starting to increase. We should be prepared for numbers to increase over the coming weeks as a result of holiday gatherings and events combined with a highly contagious variant. It’s not too late to help avoid any further spread!

As staff, we have looked at meetings on our calendars and moved those meetings to bigger rooms in some cases and to virtual Zoom “rooms” in most other cases. While so many of us who are part of The Admiral are fully vaccinated and boosted, we know that this variant is highly contagious and is spreading to fully vaccinated and boosted people too. If you are responsible for people coming together under our roof, consider taking a fresh look at the gathering to see if there are ways to limit exposure through a virtual format, a larger room, postponing the meeting for a couple of weeks or other means.

Like others, I have gone through my personal calendar and canceled plans there, too. Many of these plans were made in anticipate of my two children (finally!) becoming fully vaccinated and scheduled at a time when the virus felt like it was far more under control. It’s no fun to do this but it feels like the right thing to do for everyone involved, including The Admiral. It’s hard to know how long this recent spike will continue but it seems like the next month could be best spent laying low and keeping your social circles small.

Other things we can all do or consider:

- Check out what the CDC says are the best protocols for masking and how to select the right mask: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

- Most vaccinated people who test positive are asymptomatic or have very minor symptoms. Therefore, please do not ignore any symptoms. If you have access to a test, test yourself right away. Stay away from other people until you've received negative test results.
- But, at the same time, people are contagious up to 48 hours prior to testing positive and/or showing symptoms so do not over invest in negative test results or even the vaccination status of those presents. Wearing masks and gathering in safe ways is still your best line of defense.
- As mentioned in a recent memo, having a small number of at-home test kits already in your possession will help.
- Anyone who has tested positive for COVID should notify The Admiral right away. IL residents should notify Concierge who will let Mark Dubovick, Michelle Roth, Jennifer Deitelhoff and Colleen Kearny know by email. Staff should notify their supervisor and/or Mark Dubovick.

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

Dr. Eric Mizuno, Medical Director
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