

August 14, 2020

Dear Residents,

We have no new cases of the Coronavirus disease (COVID-19) at The Mather. All residents in the Life Centre were retested on August 5 and all results were negative. Of the Life Centre employees tested August 12, we've received 34 negative results and the remainder are pending.

Here are the latest updates for our community:

REVISED TRAVEL GUIDELINES

The City of Chicago has revised its Emergency Travel Order, which The Mather uses as our guideline. This order requires travelers to quarantine for 14 days if they are arriving from any of the following states. (Note that Iowa, Kansas, and Utah have been removed and Puerto Rico has been added.)

Alabama, Arkansas, Arizona, California, Florida, Georgia, Idaho, Louisiana, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas, and Wisconsin.

The city updates this list every week. For the latest information, visit chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html.

If you return to The Mather from any of these states, please notify the Concierge and plan to quarantine in your apartment for two weeks. **If any family members plan to visit from a listed state, they are unable to visit residents in the South Garden until 14 days after arrival in Illinois.**

THE MATHER LIFE CENTRE:

There are new guidelines from the Illinois Department of Public Health (IDPH) regarding outdoor visits.

- Residents of The Mather Life Centre may have two visitors during their scheduled outdoor garden visit. **The two visitors are required to be from the same household.**
- Any visitor who becomes ill with COVID-19 symptoms within three days after their visit must notify us immediately.

Life Centre visits must be scheduled in advance and take place outdoors in the garden. All visitors will be COVID-19 prescreened including a temperature check, and will wear masks or face coverings and maintain physical distancing of six feet during the visit.

WE REMAIN VIGILANT:

Mather continues to use its monitoring tool to review internal and external factors such as resident and employee compliance with protocols like wearing masks, handwashing, and physical

distancing; resident and employee COVID-19 symptoms or positive cases; infection rates for the State of Illinois and surrounding areas; and infection rates at other senior living communities in surrounding areas. **We must continue to remain as vigilant with infection control protocols to minimize the spread of the virus. These critical efforts include**

- **Wearing a mask or cloth face covering** when outside your apartment, and note that it must cover your nose and mouth.
- **Washing your hands** for 20 seconds or more every time you leave and re-enter your apartment home from the outside.
- **Maintaining physical distancing** (keep at least 6 feet away from other people).

Thank you for doing your part to support the health and well-being of residents and staff.

For general questions, please call (847) 492.4651 or email bewell@thematherevanston.com.

Sincerely,

Deann Daniel
Executive Director

PS: Please note that this letter is being shared with all residents' current emergency contacts.

COVID-19 SYMPTOMS:

If you are experiencing any of the following symptoms, you should contact your physician for guidance, stay in your home, and notify the Concierge at (847) 492.5000. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, and gastrointestinal issues such as diarrhea, nausea, or vomiting. Newer symptoms recently added include headache, chills, and muscle pain. Please note that pink eye, eye pain, or vertigo, as well as discoloration of the toes may also be COVID-19 symptoms.