

November 7, 2020

Dear Residents,

The Mather Life Centre Update:

We have been advised that an **employee of The Mather Life Centre tested positive for the Coronavirus disease (COVID-19)**. The Mather is interviewing this individual to determine if he/she was in close contact with residents and/or employees (meaning within 6 feet of anyone for more than 15 minutes). Individuals who have been in close contact will be notified. We wish the individual a speedy recovery as they recover at home.

We will continue testing residents and employees who work in the Life Centre twice a week until there are no new positive results.

Independent Living Update:

There are no active cases in Independent Living at The Mather.

PROTECT YOURSELF & OTHERS:

Evanston and the surrounding areas are experiencing a substantial increase in Coronavirus cases. Please be mindful as you do errands and are around other people. As we enter flu season, we ask that you continue to be diligent in protecting yourself and others, with the following steps:

- practicing physical distancing (no closer than 6 feet away for no more than 15 minutes)
- good hand hygiene by washing your hands frequently for 20 or more seconds
- wearing masks that cover your mouth and nose when you are outside of your apartment home

SELF MONITOR FOR SYMPTOMS:

Please self-monitor for symptoms of COVID-19, which include

- a loss of taste or smell
- cough
- fever or chills
- headache
- muscle pain
- sore throat
- shortness of breath
- gastrointestinal issues such as diarrhea, nausea, or vomiting
- pink eye, eye pain, or vertigo
- discoloration of the toes

If you experience any of these symptoms, please immediately reach out to your physician regarding your condition.

Sincerely,
Deann Daniel
Executive Director

