

# COVID-19 UPDATE

November 30, 2020

Dear Employees of The Mather,

**This letter includes important new information. Please take the time to read.**

## **INDEPENDENT LIVING UPDATE:**

We were notified today that **a resident in Independent Living at The Mather has a confirmed positive case of COVID-19.** The resident is taking guidance from their physician. We wish them a speedy recovery.

We understand that when a positive case is shared, you'd like to know more. Many of you have mentioned your concern for the health and well-being of your coworker or for a resident of The Mather. Certainly, some of you wonder if you have been exposed yourself. Due to federal laws and regulations regarding protected health information, we are not able to provide you with specifics. Please know that The Mather interviews residents and employees who have tested positive with COVID-19 to determine if they were in close contact with others (meaning within 6 feet of anyone for more than 15 minutes) and will notify those individuals. Having said that, it is important for you to minimize your exposure to others at this time and keep your distance from fellow neighbors, employees, and people outside The Mather.

## **THE MATHER LIFE CENTRE UPDATE:**

Routine testing of both residents and employees who work at The Mather Life Centre continues. **There are no new positive cases to report.**

## **OUR CONTINUED COMMITMENT:**

Over the course of this pandemic, we continue to educate employees and residents about proven preventative measures as well as self-monitoring and reporting symptoms.

Evanston and the surrounding areas are experiencing a substantial increase in Coronavirus cases. 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)**
- wearing masks that cover your mouth and nose when you are at work and anywhere outside of your home
- good hand hygiene by washing your hands frequently for 20 or more seconds
- avoiding small social gatherings
- leaving only for essential activities. Limit your exposures during this holiday season.

Take care and stay well.

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Sincerely,

Deann Daniel  
Executive Director

## PLEASE SELF-MONITOR FOR 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 your supervisor or Human Resources. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, headache, chills, muscle pain, pink eye, eye pain, vertigo, discoloration of the toes, and gastrointestinal issues such as diarrhea, nausea, or vomiting.