

COVID-19 UPDATE

November 30, 2020

Dear Residents 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 neighbor or for an employee 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.

IMPORTANT TESTING DETAILS FOR INDEPENDENT LIVING RESIDENTS

IF YOU HAVE SYMPTOMS OR HAVE BEEN IN CONTACT WITH A POSITIVE CASE:

If you are experiencing any COVID-19 symptoms (listed at the end of this letter) or if you learn you have had possible close contact with someone who has tested positive for COVID-19, please reach out to your physician, notify our Wellness Nurse, and quarantine in your apartment home. For the safety of everyone, we will post signs on the doors of apartment homes that are under quarantine for flu or COVID-19.

ON-SITE TESTING SERVICE COMING SOON:

The Mather is arranging for a third-party provider to conduct onsite COVID-19 testing for residents who wish to be tested for peace-of-mind. This is completely voluntary, and it will be billed directly to your insurance provider. We will share more details as soon as possible.

Please know that testing is only a reflection of that day and can create a false sense of security. It is critical you remain vigilant and practice infection control measures.

If you have COVID-19 symptoms or know that you were directly exposed to someone with COVID-19, you should not wait for this regular testing. You should

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reach out to your physician to be tested, contact our Wellness Nurse, and quarantine in your home.

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.**

RISE IN CASES IN THE AREA, INCLUDING POSITIVE CASES REPORTED AT PHYSICIANS' OFFICES AND HOSPITALS – REQUEST TO AVOID OTHERS FOR 14 DAYS:

We are seeing a rise in positive cases being reported through exposures at the hospital through outpatient procedures, hospital stays, and even through medical office visits. We understand that you may need to visit with your physician. We encourage you, when able, to do a telehealth visit. If you do see a physician in person, we request that you avoid socializing with others for 14 days.

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 outside of your apartment home
- good hand hygiene by washing your hands frequently for 20 or more seconds
- avoiding small social gatherings
- leaving only for essential activities. Use grocery and pharmacy delivery services or curbside pickup when able. Limit your exposures during this holiday season.

Take care and stay well.

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 the Wellness Nurse by calling the Concierge at (847) 492.5000. 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.

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