

COVID-19 UPDATE

December 23, 2021

Dear Residents of The Mather,

Happy holidays! I hope you and your loved ones are enjoying a happy and healthy holiday season.

As I'm sure you're aware, the number of cases of COVID-19 are climbing all across the country and in our area. **At this time, we are not imposing any additional restrictions, and visitors are welcome in our community.** We are asking residents, visitors, and employees to stay compliant with infection control measures:

- **Wear a face mask** that covers your mouth and nose when you are outside your home.
- Practice **physical distancing** with others (no closer than 6 feet away for no more than 15 minutes).
- Practice **good hand hygiene** by washing hands frequently for 20 or more seconds.
- **Stay home** if you feel ill.

It is especially important that all visitors to The Mather Life Centre wear a face mask throughout their entire visit.

INDOOR MASK MANDATE:

The state of Illinois is still under an executive order requiring everyone over the age of two to wear a mask or cloth face covering that covers their nose and mouth when in an indoor public place. This order applies in our community as well as in stores, restaurants (when not actively eating or drinking), and other areas.

Source: <https://www.illinois.gov/government/executive-orders/executive-order-executive-order-number-20.2021.html#:~:text=Beginning%20on%20Monday%2C%20August%2030,in%20an%20indoor%20public%20place>.

IF YOU ARE EXPOSED TO COVID-19:

With the holidays upon us, those who are gathering for festivities are at increased risk of close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone with suspected or confirmed COVID-19. **Here are the steps a fully vaccinated person should take following such an exposure, if they have no symptoms:**

- **Get tested for COVID-19 five to seven days after the date of your exposure.**
 - Self-tests are one of several options, and may be more convenient than laboratory-based tests and point-of-care tests. If you need help interpreting your test results, ask your health care provider or your local health department.

COVID-19 UPDATE

- **Wear a mask in public indoor settings for 14 days** or until you receive a negative test result.
- **Monitor yourself for symptoms for 14 days** following the date of your exposure.
- **If you test positive, isolate in your home.** Fully vaccinated people who live with someone who is immunosuppressed, at increased risk of severe disease, or unvaccinated could also consider masking at home for 14 days following a known exposure or until they receive a negative test result.
- If you test positive, notify the person or people whom you were with when you were exposed to COVID-19.

Unvaccinated people should quarantine for 14 days if they have been in close contact with someone who has COVID-19. **Most fully vaccinated people with no COVID-like symptoms do not need to quarantine following an exposure** if they follow the recommendations above.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Take care and stay well.

Sincerely,

Deann Daniel
Executive Director

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



12/23/2021

bewell@thematherevanston.com

