

# COVID-19 UPDATE

December 15, 2022

Dear Residents of The Mather,

The holiday season is upon us, with all its festivities, get-togethers, and other activities. Yet please keep in mind that is also cold and flu season—and rates of flu and COVID are all increasing in our area right now.

You can take steps to protect your health in the near future and as long as these trends continue:

- **Wear a good-quality face mask** whenever you are in group settings.
- **Wash your hands often** with soap and water; if this is not possible, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose, and mouth.** This can help prevent contamination with germs.
- **Avoid close contact with others who are sick.**
- **Stay home if you are sick or feel ill.**
- **Keep your immune system strong** by getting plenty of sleep, drinking plenty of fluids, eating nutritious food, and staying physically active.

## UPDATE ON COVID-19 IN OUR COMMUNITY:

This update encompasses the period from November 30 to December 15. **During those weeks, we learned that five residents in Independent Living and one Independent Living employee have tested positive for COVID-19.**

The Mather has interviewed the individuals to determine if they were in close contact with residents and/or employees (meaning within 6 feet of anyone for more than 15 minutes), and notified any affected individuals.

If you have any questions, please don't hesitate to ask me.

Take care and stay well.

Sincerely,

Deann Daniel  
Executive Director



12/15/2022

[bewell@thematherevanston.com](mailto:bewell@thematherevanston.com)

