

COVID-19 UPDATE

January 12, 2023

Dear Team Members of The Mather,

The holidays are behind us, the weather is unseasonably mild, and we're hopeful that the flu and colds of the season will start to wane soon. For now though, we ask that you keep following the steps that are proven to lessen your risk of getting COVID-19, flu, and other seasonal illnesses:

- **Wear a good-quality face mask** whenever you're 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 December 28 to January 11. **During those weeks, we learned that eight residents in Independent Living and one employee who works in Independent Living 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