

# COVID-19 UPDATE

January 25, 2023

Dear Residents of The Mather,

We appreciate all that you're doing to protect the health of those who live and work in our community! Please stick with the habits that are proven to reduce your risk of illnesses including COVID-19 and flu:

- **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 January 12 to 25. **During those weeks, we learned that two residents 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



1/25/2023

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