

Memorandum

To: Edenton Independent Living Residents

From: RaeAnn Butler, Administrator

Date: April 6, 2020

RE: COVID -19 and Measures to Protect you and your health

Frederick County and the State of Maryland has a stay at home order issued. This applies to you and your family members.

The majority of Frederick County cases are not sure where or how they became infected. This means that Frederick County has “sustained community spread.” Everyone is at risk for COVID-19, and everyone needs to stay at home and take precautions. As of today, Frederick County has over 140 confirmed cases of this disease.

Older adults and those with other health problems are at a very high risk if exposed to the illness.

Independent Living Residents you must avoid or stop visits with family members.

- Family members should not be visiting you in your unit.
- You should not be going to other family member’s homes.
- If you need supplies, the grocery items can be placed just inside the door of your unit. There are very few instances in which a resident is unable to unpack or manage these supplies and essential services.

If you participate in any of the above situations you will need to self-isolate in your apartment for 14 days as a precaution. This is unfortunately required so that we can protect your neighbors here at Edenton and the staff who may need to be entering your apartment.

Call Edenton should you experience any symptoms of cough, fever or shortness of breath.

If you must leave campus for doctor appointment, grocery shopping or pharmacy – **WEAR A MASK!** Use hand sanitizer, wipe cart or door handle surfaces, clean your car interior steering wheel and other items you have touched. Clean counter surfaces after you bring grocery bags into your home. DO not touch your face after touching other surfaces and items.

Meals - Meals continue to be delivered. The dining room will provide free meal delivery to residents on meal plans.

If you want to pick up your meal – notify the kitchen when you order, and we will meet you out front (do not enter the dining room). Please bring a sturdy bag or let us know if you need a box.

All Group activities in the Manor House and on campus are cancelled.

Staff can provide grocery shopping or pharmacy pick up for you. Edenton Resident Services or Home Care and will help you.

Use caution visiting with one another. Keep a safe distance of at least 6 feet when communicating with one another.

What can you do?

Independent Living residents can: go outside for walks (Keeping a safe distance from others.), read a good book, sit on your porch, talk with your neighbors at a 6-foot distance, call your friends and family members.

Manor House – limited visits with a few people keeping a safe 6-foot distance. Reminder signs are posted as well.

Only two people at a time on the elevator for keeping a safe distance.

Call the Manor House for any needs you might have.

Wash your hands – often. Even when you think your hands are clean after a task, wash them.

Clean and sanitize surfaces – everyone is responsible to ensure that our work, home and even vehicles are clean. Use disinfecting cleaners or soap to clean surfaces daily.

Respiratory etiquette: cover your cough and sneezes, preferably with a tissue, and then dispose of tissues and disinfect hands immediately after a cough or sneeze, or (if a tissue is not available) cough or sneeze into a shirt sleeve.

Don't touch your face! Touching the eyes, nose, and mouth should be avoided to help slow the spread of germs.

If you can – DO NOT GO OUT!

Stay here and have family or Edenton get things you need.