



# Rappahannock Westminster-Canterbury

*Stuart A. Bunting President & Chief Executive Officer*

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## **COVID-19 (Coronavirus Disease) Information Bulletin #3 Resident, Client, Family, and Visitor Guidance**

We continue to closely monitor the COVID-19 (Coronavirus Disease) information and guidance from the Center for Disease Control and Prevention (CDC) and the Virginia Department of Health (VDOH). Consistent with our three-point approach (calm, prevent and prepare), we will be taking additional steps to focus on prevention of virus transmission out of an abundance of caution and in the best interest of residents, clients and guests. Thank you for your patience with these temporary measures as we seek to protect those most vulnerable.

Effective today, the Health Services areas (Assisted Living and Health Center) are closed to visitation. Please avail yourself of telephone or virtual (Skype or FaceTime) visit experiences at this time.

Independent living residents are strongly encouraged to have planned on-site visitors reschedule campus visits after we advise that the Coronavirus threat has passed. Prospective visitors are strongly encouraged to make telephone or virtual visits (Skype or FaceTime) until the virus threat has passed.

Independent living residents who absolutely must have an in-home visitor from outside the RWC campus are required to have any and all planned visitors screened and approved by the RWC Resident Clinic prior to arrival on campus. Those with past history of influenza or respiratory illness symptoms (fever, cough, sore throat, shortness of breath, runny nose) and those who have traveled to the CDC travel restricted areas and/or been in contact with those who may have traveled to those areas (presently China, Korea, Italy, and Iran) will be required to refrain from physically visiting RWC until they are cleared of any quarantine requirement and the threat of virus transmission has passed. Please contact the Clinic to discuss any planned visits.

Independent residents are encouraged to follow CDC guidance to avoid large, close crowds and if in crowded areas, maintain 6 feet of social distancing to avoid transmission of any respiratory particles. All residents with compromised health histories are strongly advised to avoid large, close crowds until the virus threat passes.

RWC is suspending large gatherings and events (e.g., marketing events and memorial services) and outside group functions (e.g. support group meetings, private functions, civic/social and bridge/game group meetings) until we are advised that the Coronavirus transmission threat has safely passed. We acknowledge that this presents a great inconvenience to many and may disrupt previously made plans; however, we believe this is in the best interest of the health of our valued residents, clients and community guests given what is known and not known about the Coronavirus at this time. RWC will advise when such events will resume.

Community Wellness Program classes and activities will be temporarily suspended until we are advised that the virus transmission threat has safely passed. We ask our Community and At Home clients to continue their exercises and activities in their homes until we are advised that the Coronavirus transmission threat has safely passed. RWC will advise when it is appropriate to resume on-campus participation.

Rehab at RWC clients will be advised of visit protocols and next steps by their therapist.

All are encouraged to continue vigilant handwashing, practice respiratory etiquette, remain home if sick or not feeling well, and support the visit restrictions.

*March 10, 2020*



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The following are CDC recommendations regarding travel. We strongly urge residents to carefully evaluate the potential risks of any anticipated travel out of the immediate area, particularly to areas where the Coronavirus is reported and to events or venues that might involve large crowds and close contact. If you have any questions about evaluating travel, please contact the Resident Clinic.

## Key Points

- CDC recommends travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.
- Sustained community spread of respiratory illness caused by COVID-19 has been reported in many countries.
- Cruise ship passengers are at increased risk of person-to-person spread of infectious diseases, including COVID-19.
- Older adults and travelers with underlying health issues should avoid situations that put them at increased risk for more severe disease. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.