



Coronavirus (COVID-19) Resident Bulletin #7

Reminders (May 15, 2020)

The Phase 1 Opening of some businesses and services will take place today; however, the threat of coronavirus transmission remains very serious. Given the potential impact on senior adults with existing health concerns, it is vital that we all remain vigilant in our efforts to prevent the spread of the virus. The best way to prevent acquiring or spreading the virus is to STAY AT HOME – it is SAFER AT HOME!

Most residents are doing a wonderful job staying home. Some are going out too much. Perhaps those of you who are leaving campus are just going for a drive which is fine, but if you are going to any place non-essential that is a very bad idea. Any travel that is non-essential – is life threatening. Yes, life threatening. Yours and ours.

- **For all practical purposes you should consider the RWC campus closed. Do not go out into the greater community, Please!** All residents are strongly advised to stay home until we are advised that the virus threat passed.
 - **You may take advantage of the RWC Country Store for grocery items.**
 - **You may have local pharmacies deliver your prescriptions to the Front Desk if they deliver.**
 - **You may order supplies from businesses (not take-out food). Any deliveries should come to the Front Desk as they normally would.**
 - **Family members may leave deliveries for you at the Front Desk.**
- **RWC is closed to outside visitation and to non-RWC service providers coming to your homes. If you have a visitor on campus, you will be required to remain in self-isolation in your RWC home for 14 days.**

There is a great deal of talk on the news about re-opening businesses, Virginia, and so forth. Despite businesses reopening, residents are still SAFER At HOME. With more people in businesses in and the local community from out-of-town, we strongly suggest you stay on campus. Senior adults and anyone with compromised health should plan to STAY HOME as it is SAFER AT HOME!



Rappahannock Westminister-Canterbury

Stuart A. Bunting President & Chief Executive Officer

Please remember to

- STAY HOME/STAY ON CAMPUS
- Wear your mask when out of your residence and in the Main Building (remember masks are not licenses to go off campus).
- Maintain physical distancing; One person at a time in laundry rooms and elevators; leave room between others at the mailboxes and Front Desk.
- Continue vigilant handwashing
- Practice respiratory etiquette (cover any cough or sneeze)
- Remain home if sick or not feeling well, and support the visit restrictions.
- Spend time outside if you are able (observing other precautions)

- **Self-Isolation: Very Important Reminder**
 - If you have been told to self-isolate by the Clinic, please adhere to those directions.
 - Independent living residents who do not feel well or become sick **MUST CALL** the Resident Clinic for screening and instructions.
 - Do not come to the Resident Clinic if you are feeling bad unless instructed by the Clinic nurses.
 - Do not visit the main building or others until advised it is safe by the Clinic. Meals will be delivered.
 - Services such as maintenance will not be provided in your residence while you are sick or until cleared by the Resident Clinic. This is important to protect the health and safety of our staff working in other areas and to prevent any potential transmission.

I understand we have all been called to sacrifices we really do not want to make, but these are critical sacrifices for each one of us and for our neighborhood and our community. They are only for a season, but that is a critical season.

It is imperative that we all observe this time of staying at home to do our part to break or keep broken the virus transmission pathway. This is crucial, and everyone has a part in this process. Please do everything you possibly can to help, as we try to do everything, we possibly can to keep all of our people safe and healthy.

Please remember to **STAY HOME**, continue vigilant handwashing, practice respiratory etiquette (cover any cough or sneeze), maintain physical distancing (6 feet of separation), remain home if sick or not feeling well, and support the visit restrictions.

Thank you for your support as we undertake this challenge together. May God bless, strengthen and protect each of us and keep us all well and safe.

SAFER AT HOME

May 15, 2020