

# *Saint Anne's Terrace Memo*

To: **Residents and Families**  
From: David Brooks, Associate Director  
Date: January 21<sup>st</sup>, 2022  
Re: **COVID Update**

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This week we have seen a precipitous decline in COVID exposures and cases in our facility. For the first time in over a month, we have no current cases, nor have we had any exposures this week. The shutdown worked and has served its purpose. **Effective immediately, we will be reopening visitation.** All quarantines can come to an end and common areas have been reopened.

For family members moving forward, if you have been exposed or are feeling any cold-like symptoms, please do not come and visit your loved ones. We are still requiring everyone to wear a mask while in the facility, preferably a N95 or KN95 if you have one available. Recently we delivered KN95 masks to all residents.

*Some of the most important guidelines from the CDC and GDPH are as follows:*

- If you are exposed to COVID, you do not have to quarantine. Continue to wear a tight-fitting mask and watch for symptoms until 10 days after you last had close contact. You do not need to quarantine **unless** you develop symptoms. Even if you don't develop symptoms, it is recommended to get tested, but only after 5 days in which you last had close contact. (We do not recommend the at-home or any rapid tests. We have seen too many mixed results. If you require testing, let us know and we will arrange to have you take a PCR test).
- If you do develop symptoms (**let us know immediately and do not attend any group activities**) quarantine until we can get you tested and have results.
- If you do test positive and do not have symptoms, you should isolate for at least 5 days from the date of your positive test. If

you do develop COVID symptoms, isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication, and your other symptoms have improved (Loss of taste and smell, and a cough may persist for weeks or months after recovery and need not delay the end of isolation).

- If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a well-fitting mask. Contact your healthcare provider if you have questions.

We understand these guidelines can be wordy, confusing, and hard to follow. If you have any questions or concerns, please contact us, and let us know. Please understand that these are guidelines only. We follow them, but we also must always consider what is taking place in our building where we have a vulnerable population. We have over two years of data showing what has worked to keep our community safe and we will always do what we feel is best for the safety of our community.

Lastly, beginning **in February we plan to fully reopen our activities, events, dining, and transportation.** Stay tuned to the weekly schedule, bulletin board and the February Terrace Talk for details. For families, if you would like to know more about our weekly event schedule, or to know what is taking place daily at the Terrace, please download our SHARE app. Information on how to download the app are included in the email that contains this memo.

*David Brooks*