

October 9, 2020

Hello Families, Residents and friends,

Community Spread: Manchester has spiked with active cases and we have gone from our **45 per 100,000 last week, to 82 per 100,000 today**, we have go back to phase 1. No non-essential personnel are allowed, but visits may continue. This is a very worrisome increase in active cases for our community. Several healthcare centers around us have positive cases. We cannot let our guard down.

Follow the 3 Cs please.

- COVER your face - continue to mask when in public settings,
- Avoid Close Contact - social distance (6 ft.),
- Avoid Crowds - stay outside for dining and social interaction and wash our hands well and often.

**Flu shots: We have vaccinated all residents this week. We are offering and encouraging all staff to get theirs when we Covid test on Monday!**

**Please, for your own health, get a Flu shot!** Most pharmacies and doctors' offices have them available. October is a good time to get them. In this time of Covid, many symptoms are common to both influenza and Covid. Please do not visit if you have any of these symptoms and call your doctor.

- Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.

You can even get both the flu and Covid. At the same time.

We will be providing flu shots to our residents, tenants and staff during the next few weeks.

TESTING: We are testing again on Monday 10-12. All recent tests have been negative this far. We remain on 10 day cycle testing through this cycle and 10/22 testing. To this point the State of NH has been Coordinating testing and most importantly paying for the testing. After 10/22 testing we will transition to full testing of staff every 28 days and 10% each week between. So all staff will be tested every 4 weeks or 28 days. We will random test 10% the other 3 weeks. Catholic Charities has contracted with a lab for our testing that will meet our needs and should be budget neutral to us, since the State of NH will reimburse for this new test cycle. Should we have any positive results, we would revert to weekly testing through public health until we have 2 weeks

with no new cases. In our new 28 day testing cycle, we will not be randomly testing residents. We will only test for symptoms.

If we have any positive staff or residents, we will follow our DPH guidance which may mean we can bounce from Phase to phase based on testing results.

To move to phase 3, the incidence of active cases in our county needs to be below 10/100,000 and St. Teresa cannot have any active cases and we will have to have been in Phase 2 for 2 weeks. This is the interactive map to watch. <https://www.nh.gov/covid19/dashboard/map.htm#dash>

Visitations: Please remember all visits need to be scheduled. Outside, window in living room, and video. All require staff support.

We are currently in Phase 2. Outside social visits will continue and allow 2 visitors as long a weather allows.

**Inside social visits allow 2 visitors per resident.** These 2 person visits can rotate through multiple family members/friends. Visits must be scheduled, prescreened and are held in the living room. You will need to wear a surgical mask for inside visits, not cloth. We will need to maintain 6 foot social distancing. We are scheduling 1 visit per week for each resident.

Have a great weekend!

Kindly,

A handwritten signature in black ink, appearing to read 'Luanne Rogers', with a large, stylized flourish at the end.

Luanne Rogers  
Administrator