



December 29, 2021

Aloha Employees, Residents, Families and Friends:

Subject: COVID-19 update

Aloha Nursing Rehab Centre has identified a total of 12 staff and one resident that have tested positive for COVID. In almost all cases the exposures seem to be linked to the spread in the community. These staff include direct care and non-direct care workers. Regarding the positive resident, we have been monitoring the resident for symptoms upon notification that exposure likely occurred by a visitor who had tested positive. On multiple occasions over the past week, the facility has received calls from visitors (family and friends) reporting that they have COVID symptoms, tested positive for COVID or have had exposure to someone in the community who has tested positive for COVID.

We are following CMS, CDC and Hawaii Department of Health guidelines and are taking all measures to prevent further spread. These measures include but are not limited to: antigen testing staff, continuous monitoring for symptom development, are required to wear N95 and eye protection (face shield or goggles), perform frequent hand washing and we continue to clean and disinfect commonly touched areas. We continue to offer and encourage residents to wear face masks, as well as monitor residents for symptom development throughout each shift, and conduct resident's antigen testing.

CDC has also updated guidelines "strategies to mitigate healthcare personnel staffing shortages".

The guideline is broken into two categories:

- High Exposure, and
- COVID positive.

With three subcategories:

- Conventional Conditions,
- Contingency Conditions,
- Crisis Conditions

Due to our lean staffing the facility has reviewed the criteria and determined that we will be implementing the Crisis Conditions subcategory within departments. If a staff person has been exposed to COVID, tested negative but has mild symptoms they will be allowed to report to work as scheduled. If a staff person has tested positive for COVID the staff person will be allowed to work with prioritization considerations and taking into account, staff having no symptoms or experiencing mild symptoms. Staff are required to wear N95, face shield, and follow infection prevention measures while performing their job duties, caring for resident and socially distancing during their meal times.

Good facts to know: We are finding a common theme with symptoms starting with runny nose, headache, cough, fever and tiredness.

Visitation: Per CMS and CDC most recent visitation guidelines we must allow visitation during outbreak and non-outbreak times. Knowing that we are experiencing a COVID outbreak it is your decision whether or not to proceed with visiting your loved one. Visitors are expected to follow infection prevention measures. Outside visits are the safest place to visit at this time. Face masks are uncomfortable, are a nuisance and create communication barriers, however face masks are our first line of defense in preventing the spread of the virus to residents, staff and yourself.

Personal Protective Equipment: If you have a personal supply of N95 or KN95 we encourage you to bring and wear it during your visit. If you do not have personal supply of N95 or KN95 you may wear your personal mask (face covering) **under** a surgical mask. Double masking is an extra layer of protection.

Please continue to follow our required infection prevention measures:

- Wear facemasks at all times during the visit.
- Wear face shield at all times during the visit.
- Perform hand hygiene often (e.g., wash hands with soap and water or alcohol-based hand sanitizer) during visit.
- Practice social distancing while visiting.
- If you are feeling ill, do not visit.
- Answer screening questions honestly, withholding symptom information only leads to spreading the virus to your loved one, other residents, staff and other visitors.
- Get COVID tested if you are feeling any COVID-like symptoms.
- Alert the facility right away if you have had an exposure, develop symptoms and/or test positive for COVID.
- Quarantine per CDC and the Department of Health guidelines to prevent the spread.

Reminder COVID-19 symptoms include: runny nose, headache, sore, dry, or scratchy throat, cough, fever, nasal congestion, chest congestion, sneezing, chills, muscle ache/pain, unusual tiredness or fatigue, nausea, vomiting, diarrhea, loss of taste and/or smell, shortness of breath or other respiratory illness. If you experience any of the above symptoms, please contact your health care provider and postpone your visit to Aloha Nursing Rehab Centre.

We will continue to keep you informed of any further developments. If you have questions or concerns, please call Veronica at (808)247-2220 ext. 527.

Veronica Kemp, RN
Infection Preventionist