

May 7, 2021

Families, friends, residents and staff,

Due to recent changes, Covid-19 surveillance testing was only conducted on unvaccinated members of the workforce, vaccinated employees are tested if symptomatic or involved in a high-risk exposure to COVID-19. Results returned and all were negative! One test was cancelled so this staff member will be retested, unfortunately this is common.

Recently, we were presented with many changes and will provide a high-level overview as to how we will be implementing each category.

### **Changes from Federal Government**

- **Visitation:** Fully vaccinated residents and visitors may have a close contact visit without masks. If a staff member is present, please wear masks over mouth and nose. Room visits may include 2 visitors, dining room up to 4 and a “reasonable amount” of visitors outdoors. If a visitor or resident is not fully vaccinated masks must be worn and social distancing maintained during the entirety of the visit.
- **Dining/activities:** Maintaining current practices, considering an adjustment when higher percentage of residents reach “fully” vaccinated status. Considering week of 5/17 for review.
- **Work Restrictions/ Screening:** Staff and visitors are still required to screen for signs/symptoms of COVID-19. Each vehicle occupant participating in an off-site visit will be screened.
- **Testing:** Surveillance testing for unvaccinated employees and any resident/ employee showing signs/ symptoms of COVID-19 regardless of vaccination status.
- **PPE:** Maintain current practices. Masks may be removed during a visit if all visitors and resident are fully vaccinated.

### **Changes from New Hampshire**

- Eliminate Phases of Reopening
- Introduction of Universal Best Practices through all of New Hampshire

New Hampshire Department of Public Health's removal of the Phased Reopening creates various opportunities, the most significant of which is the ability for residents to participate in off-site outings with their visitors. To be eligible, each vehicle occupant must be fully vaccinated and the resident must also be fully vaccinated. Each occupant must be screened for signs and symptoms of COVID-19 prior to the resident leaving the building, staff will escort the resident to the visitor(s) at the entrance. We continue to have mandates such as screening, disinfection, maintaining an environment with a focus on infection control and much more. In an effort to immediately practice the new allowances safely with strong adherence to the regulations we will utilize the visiting schedule for off-site outings. Our approach the last 14 months has been to maximize the allowed regulations with a focus on preventing missed details to ensure resident and staff safety. We have and will continue to practice the new implemented changes in a slow introduction. Once we believe we are comfortably managing the new operations we will consider making additional adjustments. Our goal is to ensure fully vaccinated residents can safely spend time with fully vaccinated family members off-site. Again, all members

participating in an off-site visit must be fully vaccinated which means at least two weeks has past since your final COVID-19 vaccination.

Recently, we have had last minute additions added to the visitation log. At this point in time we are required to pre-screen each individual prior to the visit. To assist in successfully managing the allowances of the number of visitors permitted and off-site outings we are extending a friendly reminder to everyone that we require all visitor information at the time the visit is scheduled. This will allow us to streamline the new processes, move forward with a plan to remove the Activity Department from escorting during the weekdays and also provide us the opportunity to practice more of the granted opportunities.

Attached you will find two documents. One is a visual guide as to when vaccinated/ unvaccinated individuals should wear a mask. The other is page are the 12 steps from New Hampshire's Universal Best Practices. A copy of the link is provided if you would like to read the document.

<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/sonh/universal-best-practices.pdf>

Nurse's Day was recognized on Thursday, May 6. We extend a special thank you to all of our nurses at St. Vincent's and the nurses working to help keep our community healthy and safe. We celebrate Nursing Home Week next week and look forward to a fun-filled week.

Lastly, Happy Mother's Day. You are all underappreciated superheroes!!!

**Wonderful Mother**

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He molded her heart of pure gold;  
In her eyes He placed bright shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.




















~ Pat O'Reilly

Kindly,

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# Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

		Your Activity	
Unvaccinated People		Outdoor	Fully Vaccinated People
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

## Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Fully vaccinated people: wear a mask

Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



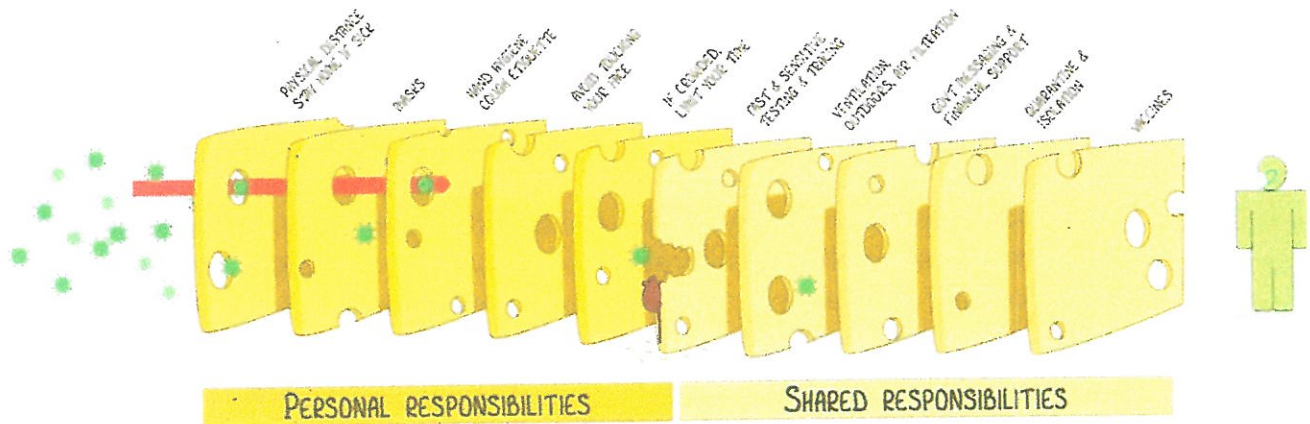
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



# UNIVERSAL BEST PRACTICES

## THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).  
(MULTIPLE LAYERS IMPROVE SUCCESS.)

(Image from Dr. Ian Mackay at [virologydownunder.com](http://virologydownunder.com))

The same general steps and actions to control the COVID-19 virus that have been used throughout this pandemic continue to be important and recommended, including the following:

1. Good planning and communication to staff and consumers
2. Vaccination against COVID-19
3. Identifying and excluding people with symptoms of COVID-19 or risk factors for exposure
4. Testing people with symptoms of, or risk factors for, COVID-19
5. Social/physical distancing
6. Face mask use
7. Cohorting (i.e., grouping individuals together and keeping them together)
8. Modifying layouts and limiting group sizes
9. Good and frequent hand hygiene
10. Cleaning and disinfection of frequently touched surfaces and avoiding shared objects
11. Increasing and improving room and building ventilation (ventilation involves replacing stagnant indoor air that may contain peoples' respiratory droplets with new fresh outdoor air)
12. Contact tracing, isolation, and quarantine

These Universal Best Practices have been re-organized into topic-based sections below for individuals, businesses, and organizations to apply in layers.



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