

December 31, 2021

Families, friends, residents and staff;

This past week saw many changes from the CDC and the most significant takeaway is the significant difference between the general public and vulnerable healthcare settings such as nursing homes. The CDC updated and shortened their recommended isolation and quarantine period for the general population. Understanding St Vincent's is a vulnerable healthcare setting we stress to announce we shall continue to maintain the same COVID-19 procedures we recently have.

Please remember we require a temperature between 97° and no greater than 99.4° for entry. Outside temperatures vary and will often be very low, if your temperature is below 97° visitors are asked to wear a mask and wait for their temperature to reach the required range before entry. Also, please remember: Please do not visit if you have ANY cold or flu symptoms or experiencing any other illness.

- A mask must be worn that covers the nose and mouth while walking throughout the building
- A face shield must also be worn by visitors while walking to a resident's room
- Visitors may not associate with other residents during the visit
- Maintain social distancing from other individuals
- Do not visit if you had an encounter with a potentially positive or COVID positive individual within the last 14 days or if any new onset of illness exists.

The CDC provided updated travel guidance for the general public:

**Please make sure you plan ahead by** check the current [COVID-19 situation at your destination](#). Make sure you understand and follow all state, local, and territorial travel restrictions, including mask wearing, proof of vaccination, testing, or quarantine requirements. Testing before your trip is recommended regardless of vaccination status. If you are not fully vaccinated, it is recommended you get tested with a [viral test](#) 1-3 days before your trip and strongly encourages you **do not travel if you have** been exposed to COVID-19; unless you are fully vaccinated or recovered from COVID in the past 90 days or if you are sick.

Although federally, we continue to see an overall relaxation with COVID-19 restrictions, vulnerable entities such as nursing homes continue to have a high degree of requirements and restrictions for staff. We kindly and strongly suggest that you please postpone and DO NOT VISIT if you have or may have had exposure to someone with or suspected with COVID-19. We provide a strong emphasis on precaution so we all do our part to keep the resident and staff population healthy and capable.

Upon fielding recommendations from various individuals, it has been determined there is an opportunity to adjust the frequency of the facility update; beginning in January the update will be released at the end of each month and of course immediate notification will be dispersed with new cases or significant updates. The next update will be released on Friday, January 28, 2022.

I hope 2022 brings everyone joy and the end of COVID restrictions.

Happy New Year's,

*Jeffrey Lacroix* NHA, MLA, FACHCA

Administrator

St Vincent de Paul Rehab and Nursing

29 Providence Ave

Berlin, NH 03570

(P) 603-752-1820

(F) 603-752-5766