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Dear Residents:

I am writing regarding the COVID-19 (Coronavirus) pandemic. As you know, the residents' and staffs' health and well-being are our priority during this pandemic. COVID-19 spreads when a person who is infected with the COVID-19 coughs, breathes, or talks. Tiny particles leave the infected person's mouth and fall on surfaces, such as tables, handrails, or door knobs. These tiny particles are invisible to the eye. Someone who is not infected with COVID-19, can inhale the tiny particles or touch the COVID-19 surface and then touch their face, causing themselves to be exposed. COVID-19 can spread easily.

We at Alta are taking precautions to prevent the spread of COVID-19. Staff are cleaning surfaces more frequently, washing their hands often, wearing masks, and not coming to work sick. Also, at the direction of the Federal Government, we stopped visitation of all unnecessary visitors and stopped communal activities and communal dining.

As the Federal Government learns new things about COVID-19's impact on nursing home communities, guidance continues to be issued. As we learn about experiences at other nursing homes nationwide, we have come up with strategies for you to help us prevent the spread of COVID-19 in Alta and to protect yourself. We appreciate all you have done to prevent COVID-19 in Alta by not having visitors and communal activities. These additional safety measures will help protect yourself and fellow residents.

- 1) **WASH YOUR HANDS OFTEN.** Wash your hands often with soap and water for at least 20 seconds (approximately singing happy birthday twice equals 20 seconds). Make sure your hands are fully dry before you touch any surfaces. Wash your hands before you leave your resident room, when you come back to your room, before you eat, after you cough or sneeze, and often throughout the day. You can use the hand sanitizer found in the hallways to clean your hands. Have your CNA or Nurse show you how to wash your hands using a technique that removes a lot of the germs on your hands.

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- 2) **PLEASE WEAR A MASK.** Wear a mask whenever you are receiving care or leaving your room. We've included a disposable mask with this letter. We will replace your disposable mask when they are damaged, dirty or as needed. In the short-term we are requiring that anyone, including residents wear masks while in the hallway. Residents without masks will be asked to go back to their room. This does not apply to residents who are severely cognitively impaired. Wearing a mask can sometimes result in difficulty breathing. Wear the mask as long as you can tolerate it. Only touch the outside of the mask when putting it on and off. Wash your hands before you put your mask on and after you take it off.
- 3) **PLEASE STAY IN YOUR HALLWAY.** We ask that residents stay in their respective hallways. Walking all over the building poses a risk to other residents if someone has an infection they could be spreading it to all the wings. So, for example, if you live in the 100 hall, please stay between the 100 hall and the lobby.
- 4) **PLEASE DO NOT STAY IN THE LIBRARY OR LOBBY FOR EXTENDED PERIOD.** There is a sign out sheet, two residents per 15 minutes, at the front desk. Additionally, there is a robust collection of the books in the library. We are not asking that you never leave your room. However, please do not spend hours in the lobby or library. This is cause for concern and could spread the virus if/when it enters the building. After you finish spending time in the library, notify the front desk, so we can wipe down the surfaces after you leave.
- 5) **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.** As we mentioned, COVID-19 can spread when invisible germs are on your hands and you touch your face.
- 6) **AVOID CLOSE CONTACT.** Put about 6 feet distance between yourself and others. By creating distance, you are protecting yourself from COVID-19 particles that are in the air.
- 7) **TELL YOUR NURSE IF YOU'RE SICK.** If you feel feverish, develop a cough, or have shortness of breath, please stay in your room and notify your Nurse. If you are sick, we may ask for you and your roommate to stay in your room for a day to monitor your symptoms and to prevent the spread of your potential illness to others.

If you have questions, please **CALL** Kim Lee, the DON or Zach Gray, the Administrator. Our goal is to keep you all safe and healthy. In time, this virus will become less of a threat. However, in the short-term it is important for all of us to do our part to keep COVID-19 out of Alta and to prevent the spread of COVID-19 within our building. We care about you, your families and the staff very much.

Sincerely,



Zach Gray, NHA and Kim Lee, DON

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