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Dear Staff, Residents and Families,

The COVID-19 pandemic continues to be a concern within our community. In Washoe County, the county where Alta is located, the COVID-19 positivity rate is sharply increasing, meaning there is a high risk for COVID-19 spread and infection. To view the latest information about COVID-19 in Nevada, please visit <https://nvhealthresponse.nv.gov/>.

Over the past week, we have had staff and residents who were diagnosed with COVID-19. All staff and residents who have COVID-19 or who have been exposed to COVID-19 are being monitored closely. In order to mitigate the spread of COVID-19, we are doing ongoing COVID-19 testing of staff and residents. The latest information about COVID-19 within Alta can be found on our facility dashboard at <https://www.altanursingandrehab.com/covid19> or by calling our COVID-19 hotline at 775-241-4620.

Currently, visitation is still occurring. Although scheduled visitation is not required, it is highly encouraged to prevent any delays in a visit and to ensure we are following mandated infection control protocols. We want to remind family members to please adhere to our COVID-19 infection prevention guidelines while you visit your loved ones. We ask that visitors please:

- Wear their mask covering their mouth and nose at all times during the visit. If you do not have a well-fitting mask, a surgical mask can be provided to you.
- Do not bring food or drink for themselves during the visit as having food or drink would mean that the visitor would need to pull their masks down.
- Notify Alta if they develop symptoms of COVID-19 or test positive for COVID-19 within 5 days of their visit.

If visitors are found not complying with the infection prevention guidelines, they could be asked to leave the facility. Non-compliance with infection prevention guidelines puts everyone at Alta, including the visitor's loved one, at risk for COVID-19. If you would like more information regarding visitation and the guidelines, or if you would like to schedule a visit, please call the front desk at (775) 828-5600.

Please visit our website www.altanursingandrehab.com or call our COVID hotline (775) 241-4620 for more information regarding COVID-19.

A copy of this letter will be distributed to residents and their responsible parties.

Vaccination is the best tool to prevent COVID-19 spread and severe illness. With the rise in new variants of COVID-19, vaccination with a booster dose has been shown to be the most effective prevention tool against COVID-19. If you have questions about the COVID-19 vaccine or would like information about scheduling an appointment for a COVID-19 vaccine, please contact the Infection Control Nurse at: theresa.watts@altanursingandrehab.com or (775) 828-5600 ext 2621.

Staff should contact their manager immediately if:

1. You begin experiencing any symptoms related to COVID-19,
2. You have had an exposure to someone who has symptoms of COVID-19, or
3. You test positive for COVID-19.

If you are a staff member and you have tested positive for COVID-19, please reach out to HR to receive guidelines for when you are cleared to return to work. Staff managers cannot clear you to return. As a reminder, the CDC guidelines for healthcare professionals (HCPs) differ from that of the public.

For residents experiencing any symptoms related to COVID-19, the resident's nurse should be notified immediately. Common symptoms with the Omicron variant include scratchy throat, sneezing, runny nose, nasal congestion, lower back pain, headache, fatigue, and body aches.

We want to remind staff, residents, and visitors the importance of wearing a mask covering their nose and mouth within the facility as well as out in the community. The Omicron variant spreads easier than previous variants and is more concentrated in the nasal area. Therefore, whenever a mask is found off someone's nose, it puts everyone at risk for getting COVID-19. Staff who work in offices must keep their masks on their face at all times. And as a reminder, food and drink are not allowed at nurses stations. Please socially distance during breaks and throughout the facility!

In regards to staff who test positive for COVID-19 or who have had an exposure to COVID-19, please reach out to HR to receive guidelines for when you are cleared to return to work. Staff managers cannot clear you to return. Staff must be cleared through HR. As a reminder, the CDC guidelines for healthcare professionals (HCPs) differ from that of the public.

As a reminder, for the most up to date information, please visit our COVID-19 website at <https://www.altanursingandrehab.com/covid19> or use our COVID hotline at: 775-241-4620. Both resources are updated within 24 hours of any new COVID-19 case. We will be handing this letter to residents, and mailing to responsible parties.

Sincerely,

A handwritten signature in black ink, appearing to read "Kaitlyn Modina", with a long horizontal flourish extending to the right.

Kaitlyn Modina, NHA
775-828-5600, ext. 2647