



Dear Residents and Family Members,

Thank you for your support and encouragement as we work through the ongoing challenges created by COVID-19. We continue to closely monitor the guidelines and recommendations from the CDC and Indiana State Department of Health in order to keep you informed. The purpose of this update is to address questions regarding face masks and COVID-19 testing.

### **Are face coverings recommended for the general public?**

Recent studies have shown that a significant portion of individuals with COVID-19 lack symptoms and even those who eventually develop symptoms can transmit the virus to others before showing symptoms. The CDC guideline for masks states:

- Masks are considered critical supplies and should be reserved for healthcare workers and other medical first responders.
- Non-healthcare individuals should wear cloth face coverings in public settings where other social distancing measures are difficult to maintain. **Even with a mask, it is critical to maintain 6-foot social distancing to slowing the spread of the virus.**

### **How is Justus Senior Living distributing face masks?**

- Our priority is resident safety. Because staff interact with multiple residents and may have exposure in their homes or during essential shopping, staff are required to wear masks at work to help prevent the spread of COVID-19.
- Due to the national shortage of Personal Protective Equipment, the ISDH and CDC recommend that masks be reserved for healthcare workers and we should enforce social distancing to slow the spread of the virus.

### **What types of face coverings are recommended for non-healthcare individuals?**

The CDC issued the recommendation that cloth face coverings be worn in public settings where other social distancing measures are difficult to maintain. The face masks can be fashioned from household items or made at home from common materials at low cost and can be used as an additional, voluntary public health measure. Cloth face coverings are not a substitute for social distancing.

### **How should cloth face coverings be worn?**

Cloth face coverings should not be placed on children younger than age 2 or on anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Cloth face coverings should:

- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.

- Allow for breathing without restriction.

### **How do I make a cloth face covering and how do I care for it?**

- The Centers for Disease Control and Prevention has posted directions for making cloth face coverings with or without sewing. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- U.S. Surgeon General has posted a video showing how to make your own face covering. <https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>
- Cloth face coverings should be able to be machine washed and dried without damage or change to shape.
- Launder cloth face coverings routinely depending on the frequency of use.
- Individuals should be careful not to touch their eyes, nose and mouth when removing their face covering and wash hands immediately after removing.

### **Who needs to test for COVID-19?**

ISDH will continue to focus on testing the highest-risk Hoosiers so that they can continue to quickly provide results needed to protect the most vulnerable residents. Those individuals include:

- Anyone who is admitted to the hospital whose physician is concerned that their symptoms are consistent with COVID-19.
- Symptomatic healthcare workers (inpatient, outpatient, nursing home, and other long-term service facilities) and first responders who provide direct care to at-risk patients.
- Symptomatic long-term care facility residents or staff who have direct contact with patients.

### **What should I do if I think I need tested?**

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, please:

- Contact your Health Services Director if you are an Assisted Living resident, Memory Care resident or family member communicating on behalf of a resident.
- Contact your Executive Director and Primary Care Physician if you are an Independent Living resident.
- If you are interested in participating in a telehealth visit with clinical staff regarding concerns, please contact the Health Services Director, Concierge or Executive Director to make an appointment.
- If you have a medical appointment, call your doctor's office and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

### **Additional Information**

General questions from the public or healthcare provider inquiries about COVID-19 may be directed to the ISDH COVID- 19 Call Center at the toll-free number 877-826-0011 (available 24/7).

Additional information and resources for COVID-19 are available at the links below.

- CDC COVID-19 webpage:  
<http://coronavirus.gov>

- ISDH COVID-19 webpage:  
<https://coronavirus.in.gov>
- Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- Residents may request a printed copy of the face mask instruction.

Justus Senior Living would like to thank you for all you are doing to help reduce exposure to yourself, our residents and our staff during this time. Although social distancing can be a difficult practice, we have been able to see a community of friends and family pulling together to provide love, encouragement and support to our residents and staff. For current updates, please visit [www.justus.net/covid-19/](http://www.justus.net/covid-19/) or our Facebook page.

The Justus Leadership Team