

BROOKHAVEN AT LEXINGTON

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March 2, 2020

To: Residents

From: Jim Freehling, President & CEO

RE: COVID-19 Update (1)

The Clinical staff and Administration are following the recommendations of the CDC and the Department of Public Health and will continue to monitor the situation closely.

Please find CDC RECOMMENDATIONS FOR PREVENTION OF COVID-19 INFECTION on the reverse side of this memo.

Consistent with Brookhaven's infection control protocols, the following actions are ongoing:

- Housekeeping is sanitizing all frequently touched surfaces.
- In addition to public restrooms, Hand Sanitizer bottles have been placed in all common rooms and resident gathering areas.
- Areas with high resident activity such as the auditorium, dining and fitness are receiving additional cleaning such as sanitizing equipment and chair arms.
- All clinical staff have been in-serviced on our infection control policies and procedures.
- Consistent with current Brookhaven policy, staff are directed to stay home if they are ill.
- Resident family and friends who travel overseas should curtail their visits to Brookhaven.
- Residents should call Resident Health if they are not feeling well and a Nurse will visit you in your unit.
- We will hold an informational meeting on **Thursday March 5th at 1PM in the auditorium.**
- At this time we are not curtailing any programs or services.



Administration will update residents as additional information becomes available.

CDC RECOMMENDATIONS FOR PREVENTION OF COVID-19 INFECTION

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC **does not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- **Wash your hands often** with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.