

BROOKHAVEN AT LEXINGTON

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To: All Residents
From: Administration
Date: March 12, 2020
Re: COVID-19 Update (3)

On March 10, 2020 Governor Charlie Baker declared a “State of Emergency” in Massachusetts.

Brookhaven’s Administration and Clinical Staff have been closely monitoring the advice from CDC, CMS, and the Massachusetts Department of Health. Linda Robillard, GNP, has been in contact with our Medical Director and the Town of Lexington Health Nurse. We have also been in communication with our peer CCRC’s both nationally and locally.

The current advice for seniors from the CDC is:

- Avoid close contact with people who are sick
- Take everyday preventive actions
 - Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - Wash your hands after touching surfaces in public places.
 - Avoid touching your face, nose, eyes, etc.
 - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces. (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)



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- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking in cruise ships.

In order to keep Residents and Staff safe we will be implementing the following changes:

- Most large group meetings at Brookhaven at Lexington will be put on hiatus until we get guidance that it is safe to resume. Please pay attention to the Bulletin Boards for updates including room changes.
- Guidance suggests that visits be limited to “Medically Necessary.” Guests, including Family Members, should limit visitations and duration. We appreciate all that families do, and we encourage families to stay in contact with Residents by phone, text, Face Time or Skype.
- In order to avoid large crowds, starting Saturday, March 14th dining services will be take out only. A schedule will be distributed with details about dining changes.

We have put extra measures in place to ensure that Staff is healthy and not reporting to work if they are ill. Linda Robillard and Human Resources are monitoring Staff illnesses.

- For your health, we strongly discourage large groups of Residents from gathering.
- We do encourage Residents to meet in small groups such as Bridge, Mahjong, and the like.
- If you have recently traveled by plane, train or ship or you are planning on travelling please contact Resident Health.
- We encourage all Residents to enjoy the new paths and get outside into the fresh air.

I am available to speak to anyone about their particular circumstances.

We hope these efforts will keep us all safe.

