



TO: Independent Living Residents  
FROM: Vernon M. Baker, President and CEO  
DATE: Wednesday, June 1, 2022  
RE: COVID-19 Policies Related to Symptoms, Exposure or Positive Test Result

With COVID-19 cases on the rise in our area, we encourage residents, especially those who have tested positive for COVID-19, to be familiar with the guidelines provided by the Centers for Disease Control and Prevention (CDC) in order to keep themselves, their family and their Pines' community safe. The following is a link to the CDC site with this important information: [What To Do If You Are Sick](#). Please let the front desk know if you would like a paper copy of this information by calling ext. 1100.

Please remember:

- If you are experiencing severe symptoms, such as trouble breathing or pain or pressure to the chest, please call 911 and press your emergency pendant.

Additionally, please follow these Pines COVID-19 related policies:

- If you are experiencing symptoms such as a fever, cough, or severe nasal congestion or have been recently exposed to someone who tested positive with COVID-19,
  - Call our Wellness Clinic (ext. 1467) or the receptionist (ext. 1100) who will direct you to an appropriate staff member.
  - Self-isolate and take a COVID-19 test.
    - Rebecca Johnston (ext. 2390) has testing kits available for purchase (\$15 for one test).
    - The U.S. government is providing a third round of free at-home testing kits, which can be ordered using this link: [Testing Kits](#)
- If you test positive for COVID-19, please
  - Call our Wellness Clinic (ext. 1467) or the receptionist (ext. 1100) who will direct you to an appropriate staff member.
  - Contact your health care provider for guidance on a treatment plan.

- Quarantine for ten days. Continue to quarantine *after* ten days if you continue to exhibit symptoms.
  - Please keep in mind that there are members in our community who have compromising health conditions. We ask you to help keep them safe.
- If you are married and your spouse has tested negative for COVID-19, try to stay apart from your spouse as much as possible. Stay masked and use a separate bedroom and bathroom, if possible. Do not share personal household items.
- Do not leave your home, if possible. If you do leave your home (for a medical appointment), please wear a mask, and maintain social distancing of 6 ft.
- Please do not come to the dining area to pick up food. The Pines will deliver food to you without a fee while you are recuperating from COVID-19.
- Do not request Maintenance or Housekeeping Services unless it is an emergency need.
- Speak with the individuals you were in close contact:
  - Close contact is defined by the CDC ([Tell Your Contacts](#)) as “people you have been around (less than 6 feet away for a combined total of 15 minutes or more over a 24-hour period)during the two-day period before you first had symptoms OR if you do not have symptoms, two days before you were tested for COVID-19, through to the time you started isolation.”
  - Encourage these individuals to self-isolate, monitor themselves for COVID-19 symptoms, and test themselves for COVID-19.
- We have been advised by our Medical Director that retesting for COVID-19 five or more days after the first positive test is not recommended. (The Pines COVID nurse does not retest residents.)
- The following is a helpful guide from the CDC on managing COVID-19 symptoms at home: [10 Things You Can Do](#)

As we shared in our May 25<sup>th</sup> Memo, we may need to implement additional masking policies, especially with the rise of COVID-19 cases in our community, during events at The Pines so that we can accommodate all attendees safely.

Thank you for helping to protect our community from COVID-19, especially during this time.