

## Coronavirus (COVID-19) Update – May 5, 2020

### To: Residents and Their Family Members - Minnesota

As you may know, the White House Administration recently proposed guidelines under which U.S. state governors could act to revive the U.S. economy from its coronavirus shutdown in a staggered, three-stage process. While it is generally understood that a prolonged shutdown could be deeply harmful to the U.S. economy and society, the guidance given also stated that opening up needs to be done one careful step at a time. Here’s one compelling reason why:

Statistically, it is now understood that 20% of COVID cases involve congregate settings (because they serve the most vulnerable) and another 13% are related to general community exposure where there is no known contact with a confirmed case. This includes exposures due to people coming and going to public spaces (i.e. grocery stores, convenience store shopping, or residential homes). **A full 33% of cases, then, can be attributed to two primary sources of exposure.**

Likely Exposure	Percent of Cases
Travel	6%
Congregate Living Setting (staff or resident)	20%
Health Care (staff)	6%
Community (known contact with confirmed case)	15%
Community (no known contact with confirmed case)	13%
Unknown/missing	39%

Equally important to know is that, according to the MINNESOTA DEPARTMENT OF HEALTH, 46% of reported COVID cases are occurring within private residences vs. 16% in Long Term Care/Assisted Living, as shown below. Therefore, making trips out of the Community to visit with family in their residential home is actually placing you at higher risk.

Residence Type	Percent of Cases
Private residence	46%
Long-term care facility/Assisted living	16%
Homeless	<1%
Jail/prison	1%
Residential behavioral health	2%
Work dormitory	<1%
Other	<1%
Unknown/missing	33%

*With this in mind, below, are answers to **FREQUENTLY ASKED QUESTIONS** surrounding the phased re-opening and what this means for your ability to see or visit your loved one at The Waters Senior Living.*

### **Q: Who determines when and how a State can re-open?**

It is up to each state's Governor to communicate a path forward, based on the federal guidelines. **Every state needs to meet specific requirements in order to begin** the three-phase process of re-opening. These include:

- A primary indicator will be a downward trajectory of documented cases or positive tests as a percent of total tests, within a 14-day period.
- Hospitals are treating patients without crisis care and have a robust testing program in place for at-risk healthcare workers, including emerging antibody testing.
- States should have the ability to set up screening and testing sites for people with symptoms, as well as contact tracing capabilities, and healthcare facilities should be able to supply personal protective gear independently and handle surges if COVID-19 cases increase again.

### **Q: What are the three phases of re-opening?**

#### **The first phase -**

- **All vulnerable individuals should continue to Shelter in Place.** Vulnerable individuals are defined as the following, which includes but is not limited to elderly individuals, individuals with serious underlying health conditions, including high blood pressure, diabetes, chronic lung disease, obesity, asthma, and those whose immune system is compromised, such as by chemotherapy, cancer and other conditions requiring such therapy.
- **Visits to senior living facilities and hospitals should be prohibited.**
- The guidelines say groups of more than 10 people should be avoided if [appropriate distancing measures](#) are not practical.
- Non-essential travel should be minimized, telework should be encouraged, and common areas in offices closed.
- Schools remain closed in phase 1, but large venues such as movies theaters, restaurants, stadiums, and places of worship can open with "[strict physical distancing protocols](#)."

- Hospitals, which have been hit hard by the health crisis, may resume elective surgeries, which are critical to their income, and gyms can re-open with new protocols. Bars should remain closed.
- **The second phase –**
  - **All vulnerable individuals should continue to Shelter in Place.**
  - **Visits to senior living facilities and hospitals should be prohibited.**
  - All individuals, when in public (e.g. parks, outdoor recreation areas, shopping areas) should socially distance from others.
  - The guidelines recommend groups of more than 50 be avoided where social distancing is not practical (applicable to states and regions with "no evidence of a rebound" in cases).
  - Non-essential travel can resume, while schools and youth camps can reconvene and bars with "diminished standing-room occupancy" may re-open.
- **The third phase –**
  - **All vulnerable individuals can resume public interaction** but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
  - **Scheduled visits to senior care facilities and hospitals can resume with diligent hygiene practices.**
  - Employers resume unrestricted staffing of workplaces.
  - Large venues (EX: Sit down dining, places of spiritual worship, movie theatres, and sporting venues) can operate under limited physical distancing protocols.
  - Gyms can remain open if they adhere to standard hygiene protocols.
  - Bars may operate with increased standing room occupancy where applicable.

**Q: So, what phase does the Waters Senior Living fit into?**

Given that the Waters Senior Living serves some of the most vulnerable individuals, our business type will be one of the last to “re-open”; that is, the conditions need to be such that vulnerable individuals are no longer at risk. *Please know that The Waters will be evaluating each phase and identifying areas where we may be able to gradually and safely lift restrictions.*

**Q: So, when might I be able to begin visiting my loved one on a regular basis?**

We anticipate that, it will be several months from now and will depend upon the State of Minnesota’s ability to first meet the established requirements for re-opening. Until this

milestone is reached, the phases do not yet begin. Therefore, “Shelter in Place” will continue over these next couple of months.

**Q: Now with warmer, spring weather coming, does my loved one still need to be “Sheltering in Place” in MN?**

Yes. Please know that we continue with the “**Shelter in Place**” and precautions **based upon guidance from the CDC and MN Department of Health (MINNESOTA DEPARTMENT OF HEALTH)**. It is essential that we have the support and cooperation of each and every resident with all the precautionary measures we have implemented in all of our Communities. The MINNESOTA DEPARTMENT OF HEALTH strongly advises these critical prevention measures to minimize any spread of COVID-19. *Please know that The Waters will be evaluating creative ways to safely lift restrictions.*

**Q: What are the critical guidelines for “Sheltering in Place?”**

- Encouraging Tele-health
- No communal dining
- No gathering/socializing in common spaces
- Strongly recommend residents wear a cloth mask when out of their apartment
- Highly discourage outings to the grocery store or running errands
- No resident-to-resident apartment visits
- Discouraging visits to see family members

*Please remember, every time you venture out in to public settings, you are placing yourself at risk by exposing yourself to the virus and, in turn, bringing that risk of exposure back to the other residents and staff in the building. **Note: If you choose to depart the Community for travel or family home visits, you will be required isolate in your apartment for 14 days.***

**Q: When will the Health and Wellbeing Studio be available for use again?**

Phase One states that gyms will re-open with sanitation and social distancing protocols. The Waters is evaluating when and where we may be able to gradually and safely lift restrictions. For now, the Active Life Wellness Centers will remain closed.

**Q: How does The Waters continue to protect everyone who lives in or works at the Communities affected?**

We continue aggressive, proactive infection control measures and screening procedures. This includes continuing to only allow “medically essential” personnel, who are screened upon arrival.

**Q: What can any resident or Team Member do to protect themselves?**

Continue to follow CDC guidelines for standard hygiene practices to help mitigate Coronavirus risk (i.e. Wash your hands often, avoid touching your eyes, mouth, nose, and practice social distancing, etc.).

**Q: Will The Waters Corporate Emergency Preparedness Leadership Team continue to monitor this public health concern daily?**

YES! Please know that The Waters Corporate Emergency Preparedness Leadership Team continues to monitor this public health concern daily.

**Q: How can I continue to stay informed?**

**GO TO: <https://www.thewatersseniorliving.com/> FOR ANSWERS TO COMMONLY ASKED QUESTIONS.**

Your cooperation in referencing our web site for answers to commonly asked questions will help minimize the disruption among Team Members who are trying to care for our residents.

In addition, you are always welcome to directly contact the Executive Director of the respective Waters Senior Living Community.

***We thank you for choosing The Waters Senior Living and wish you continued good health.***