

Monday CBCF

Unit Quarantine: What to Expect

We want to share with you what we have learned from our first full unit quarantine so you can be prepared if we have to declare one. Odds are, given the spread of the virus in the community at large, we will at some point have to quarantine. We are just preparing you for that very real possibility. If we have to quarantine here is what you can expect:

- Quarantine: lasts 14 days
- Public Health Department: We will follow PHD's recommendations regarding testing and cohorts of the population if it is determined to be necessary.
- Meals: You will have your meals on the day floor with disposable dinnerware
- Programming: All groups and classes may be suspended or modified. We will do our best to modify them if possible in order to keep programming going given the circumstances.
- Recreation:
 - Multipurpose Room recreation will be suspended.
 - Outdoor rec-yard and patio, weather permitting, are allowed to get fresh air, no activities allowed.
- Smart mail and phone calls: will be allowed but modified due to the need to clean in between use.
- Staff will wear PPE when working the floor or in direct contact with a resident.

Of course all of this is subject to change as we continue to learn more about COVID 19 and how it spreads.

What can you do to help prevent a possible quarantine?

The more proactive you are in taking preventive measures to reduce your risk of exposure can help prevent a quarantine. It is not 100% preventable, but taking personal responsibility helps reduce the likelihood of it happening. We want you to complete the program successfully and without any delay if it can be prevented so:

Wear a mask!

Wash your hands.

Get a Flu Shot.