

3/18/2020

Dear Residents, Families and Friends of Citizens Care and Rehabilitation Center,

Just an update on the Coronavirus- COVID-19; as of today, there are 107 cases of Covid-19 in the state of Maryland. Fredrick County has one known case as of this moment but it's a rapidly changing number. We are continuing to follow the Centers of Medicare and Medicaid (CMS) guidelines for Nursing Homes. The latest direction dated 3/13/20 continues to direct restriction of ALL visitors except for emergent end of life compassionate care situations. Our staff are working hard to assure residents and families are able to communicate with their loved ones in some manner (telephone, skype, facetime, etc..), and please continue to feel free to call the unit staff to inquire about your loved one's condition. To those who are coming to the lobby to pick up clothing to be washed and deliver items to be given to your respective family members; thank you for your cooperation in all our attempts to safeguard the residents.

Healthcare workers are being screened every shift to assure their well-being in caring for the residents; this includes our medical staff. Vendors have been re-routed to avoid resident care areas and they too are being screened. We are working hard to meet the needs of the resident and our staff. The guideline has directed that we cancel communal dining and group activities and actively screen our residents for fever and or respiratory symptoms. Temperatures are being taken daily, along with observation for shortness of breath, cough and sore throat. The medical staff continue to come daily and review the medical needs of the residents.

We are having weekly updates with the Fredrick County Health Department and Fredrick Memorial Hospital in efforts to be knowledgeable of the most current issues and consistently meet the need of our residents. In addition, there are teleconferences and webinars by the Center of Disease Control to keep us informed of the latest information. Govern Hogan has done a tremendous job in all his guidance to protect the citizens of the State of Maryland. These are necessary steps considering the nature of this pandemic. Please remember to be diligent in your practice of social isolation (six feet from each other) and no communal activities. Don't forget frequent handwashing and or alcohol gel remains the biggest prevention of all infections. Cough etiquette using a tissue and throwing it away immediately following the use along with rewashing your hands.

Thanks to everyone for working cooperatively with the facility staff while we all are trying to safeguard our residents. Stay well until we can all get back together again!

Donna Wilhelm RN, Infection Preventionist