

Facebook Covid-19 Update #20

September 25, 2020

Once again, BallouLife Communities staff remain Covid-19 free. All results from last week's tests are negative. This week's swabs are in process and were picked up by the lab this morning. We continue to remain vigilant in this time of Covid-19.

The positivity rate for the state continues to climb, which was somewhat expected, related to the opening of school. We will watch this closely. The state has added a spreadsheet to their statistics with school information. Additionally, cases are starting to show in scattered nursing homes throughout the state. Again, this will be closely monitored, as this is very concerning for us.

CDC/CMS has released visitation guidelines, as did RIDOH last week. These guidelines are in line with what we have already set up. We had inside visitation since the beginning, as our facility didn't lend itself to outdoor visitation. Our visitation guidelines will remain as they have been set up.

In regards to visitation, we have noticed that visitors are not calling to let us know that they are here or are just showing up at the door. Please call the facility upon arrival and wait in your car for the staff to let you know it is safe to come inside. Thank you for your kind attention to this detail.

Cold & flu season has arrived. Please seriously consider getting your flu vaccine this year, given all that is going on with Covid-19. It is more important than ever to be vaccinated. Additionally, please do not come to the facility, if you are not feeling well; a simple cold for you could turn into pneumonia for your loved one. I know your visits are precious and important for you and their emotional well-being, but we must protect their fragile immune system. We have started the vaccination process here in the facility, unfortunately the pharmacy cannot supply all the vaccines that we need at this time. As they become available, we will vaccinate.

On the flip side, Mary Gumbley returned this week; she held her first "Blitz with Mary" game! As evidenced by the pictures posted by Tina on Facebook, everyone had a grand time. The staff and residents won blanket raffles this week and there will be more to come. Again, a big shout out to Eva Gamache for supplying these beautiful blankets that are coveted by one and all. There is currently a beautiful autumn blanket up for grabs; raffle tickets are \$1.00. This can be seen in the front lobby, and the proceeds go to the Bingo fund.

Polka Paul welcomed fall to BallouLife Communities with an eagerly anticipated outdoor concert on Tuesday, September 22nd. It was a wonderful celebration; even Mother Nature cooperated. It was a bit chilly, but nothing that sweaters and warm companionship could not handle. The residents truly enjoyed this musical interlude along with scrumptious treats provided by Tiffany.

As always, wash your hands, wear your facemask and socially distance.
Respectfully submitted,

Ruth A. Daly, RN,
Infection Preventionist

COLD vs. FLU vs. ALLERGIES vs. COVID-19

SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** (can range from mild to serious)
Fever	Rare	High (100-102°F), Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy / Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO.

**Information is still evolving