



COVID-19 Update

July 17, 2020

This week, we have seen a few new positive cases emerge in our communities but no significant outbreaks. Our life plan communities continue to do large numbers of viral tests. By and large the results are coming back negative, even in the midst of a continued spike in California cases. We believe our ability to contain the virus is at least partially due to *everyone* following safety practices.

Some of the residents and staff who have tested positive for COVID-19 have had no symptoms. This highlights a major potential risk: that asymptomatic and pre-symptomatic people who do not know they are infected and contagious may spread the virus. That this hasn't happened at Covia so far emphasizes the importance of staying the course: staying safer at home whenever possible; wearing a mask or cloth face covering whenever you are out in your community or in a public area; maintaining at least six feet of distance between yourself and others; and washing your hands regularly.

We know we sound like a broken record, but we repeat these practices because they are important. It is by taking these simple steps that we can all work towards driving down the spread of COVID-19, and hopefully towards reconnecting in person once again. Thank you to everyone who is working towards this goal.

We want to give special thanks to our Executive Directors, Health Care Administrators, Infection Preventionists, and many others on our teams who are helping us stay on target. Along with addressing the understandable frustration and anxiety of residents and families, they have to manage the expectations, reporting, regulatory requirements, and regular scrutiny from a range of government agencies, including their local and state Health Departments and the Department of Social Services. Every week, our communities get visited via Zoom or in person by someone looking for what they are doing wrong. Every day and week, our communities have to submit yet another form (or two or three or four) to report on their activities and statistics. They have borne all of this pressure with incredible grace and fortitude, and we are grateful.

There's no doubt that this pandemic is hard on everyone. In a letter we will be sending to all Covia team members, our Task Force members shared: "COVID-19 has affected all of us in multiple ways, whether or not we have the virus. Our daily lives have changed significantly, and these changes affect us physically, emotionally, and spiritually. Be sure to rest, to stay in touch with friends and family, and to find ways to celebrate milestones and achievements – even if it's just getting through another week." Congratulations to all of us for making it through another week!