



## COVID-19 Update

October 23, 2020

This week, we received encouraging news regarding the overall rate of COVID-19 infections throughout Covia to this point in time. Throughout the U.S., the infection rate for those age 65 and older is 1.74%. For California, it's at 1.45%. For our communities, the rate is just 0.67% - less than half that of the state.

These numbers are a positive indicator of the work we've done so far, but also a reminder of how important it is that we continue to be vigilant – especially as we enter the colder months and tend to stay indoors more. Being indoors makes it all the more important to wear masks or face coverings whenever you leave your home, and to maintain a distance of at least six feet from others.

We're also entering cold and flu season. If you have not yet gotten your flu vaccine, we encourage you to do so soon. It can take up to two weeks for antibodies to develop after you get your shot, so the sooner you get your vaccine, the sooner you will protect yourself – and others.

We asked people throughout Covia where and why they got their flu shot. Benson Lee, Housing Administrator for Bethany Center Senior Housing in San Francisco, said, "Since I/we work with our residents almost daily, we may unwillingly expose them to the flu if we are infected. Therefore, getting the flu shot means we are lowering the risk of infecting everyone in the community, as well as our family members." Hear what other Covia team members said about their flu shots on page two of this memo.

Also as cold and flu season starts, it is all the more vital to stay home if you are sick. Please don't say, "It's just a cold." Although it might be as simple as a common cold, we would much rather people stay home than share *any* virus. Be sure to pay attention to symptoms you are experiencing, and stay on the safe side.

After last week's update, we received an email at [C19info@covia.org](mailto:C19info@covia.org) from a resident, asking if all residents should get tested for COVID-19, just as the residents returning to Spring Lake Village had. We answered that, though testing had been required for our residents to return, it actually isn't the best tool we have to prevent community spread. Any test, whether rapid or not, only provides information of infection status at the time of that test. As soon as the test is completed, a person may become infectious. That's why we ask everyone to keep following the day-to-day protocols of staying home, wearing masks, distancing, and washing hands. As the residents and staff of Spring Lake Village explain, they'll help us lock the virus out! <https://youtu.be/BuU1vAQgoal>

## Where and why Covia leaders got their flu shot

**Chris Dana**, VP of Information Technology: “I got my flu shot at my primary care physician’s office. They have a special queue setup just for that purpose. I get it every year and I haven’t had the flu since 1946.”

**Christina Spence**, Executive Director, San Francisco Towers: “I went to CVS with my family since our doctor’s office did not have a supply of the flu shot. We scheduled ahead online and we were in and out in half an hour. This is an especially important year to get vaccinated, due to the pandemic and the fact that our baby is too young to receive her own flu shot. We did this to protect others who are more vulnerable as well as ourselves.”

**Christopher Ichien**, VP of Life Plan Operations: “Stephanie, three boys and I received ours at the San Jose Kaiser drive through. It was safe, easy and no tears were shed.”

**Clara Allen**, Executive Director at Friends House: “I got mine by a nurse at Friends House. I got to select a candy bar afterward. I chose Almond Joy!”

**David Dolan**, Housing Administrator, Presidio Gate Apartments: “I received my flu shot at the Kaiser USF San Francisco location. I am a firm believer in preventive care.”

**Grant Edelstone**, Senior Director of Risk Management: “I received mine at CVS. I wanted to reduce the likelihood of getting flu illnesses, having doctors’ visits, and missing work due to flu, as well as protect my family.”

**Karim Sultan**, VP of Affordable Housing: “I went today to a drive in station at USF. Super quick and easy.”

**Laura Darling**, VP of Communications: “I went to a free drive-through flu shot clinic hosted by my county’s Public Health Department. Everyone was so great! I get the flu shot so that I don’t have to worry about getting sick – or getting other people sick.”

**Mary McMullin**, Chief Strategy and Advancement Officer: “I was able to get my flu shot at the Front Porch Home Office. Unexpectedly, I was here the day of their clinic and they had 2 extra doses and offered one for me. I believe I have a responsibility to get the shot to maintain my health and try to defend against flu. I do not want to spread any disease unnecessarily.”

**Prab Brinton**, VP of Human Resources: “I’m going this weekend to the Kaiser drive thru clinic. I get the flu shot because I make a horrible sick person - so anything I can do save my family from ‘sick Prab’. ☺ In all seriousness, I get the flu shot to protect myself from the seasonal flu.”

**Tracy Powell**, VP of Community Services: “Getting mine Friday at Kaiser!! (Along with shingles vaccine!!!!) Doing it to reduce risk—especially during COVID times—as well as keep family safe!!!”

**Victor Ceron**, Senior Director of Facilities Services: “I went to a drive through service at Kaiser for the flu shot.”