North Central Health Care
Person centered. Outcome focused.

Your Health & Safety is Our Top Priority

We want you to be reassured that we are continuing to take steps to ensure the health and safety of all of our residents, clients and patients.

What is Covid-19?

COVID-19 is a new coronavirus that emerged in December 2019. Symptoms include cough, fever and shortness of breath. Transmission is between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. In rare cases, COVID-19 can lead to severe respiratory problems, kidney failure or death. There is currently no vaccine to prevent the spread of COVID-19 so we are taking aggressive measures to prohibit the exposure of our residents and staff to COVID-19.

What is NCHC doing to protect your health?

- Creating restricted access zones in facilities to limit access and reduce exposure
- Screening all staff for signs of illness including temperature monitoring
- Screening new patients for exposure
- Screening current nursing home residents daily for signs and symptoms
- Implementation of a no visitation policy in our 24/7 care facilities
- Increased routine cleaning by housekeeping of high use areas
- Individual dining (versus group dining)

How can you protect your health while you are here?

Hand Hygiene – Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Report Any Symptoms Right Away – Symptoms may appear 2-14 days after exposure.

> Fever   **>** Cough   **>** Shortness of breath

Sign-up to receive updates by email on our website at **www.norcen.org/updates** or find the latest information at **www.norcen.org/COVID-19**.

PINECREST

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Mount View
Care Center

www.norcen.org