



FAIRMOUNT COVID-19 PREVENTION AND PROTECTION UPDATE

July 30, 2021

Dedicated to Faith, Family & Community

On Friday, July 30, we were informed that a team member in Personal Care tested positive for COVID-19. That team member will quarantine at home before returning to work. Due to the positive case and the potential exposure to residents and team members who visit and work in both Personal Care and Health Care, we are suspending visitation in Wheat Ridge Personal Care and the Valley View neighborhood (first floor) of Health Care. However, visitation for Farm Crest Personal Care residents remain unaffected. Visitation at Farm Crest Personal Care continues with normal visitation hours:

- Monday through Friday from 9:30 am to 11:30 am and 1 pm to 4 pm
- Monday, Wednesday and Friday from 5:30 pm to 7 pm
- Saturday and Sunday from 1 pm to 4 pm

As cases of the Delta variant of COVID are popping up across Lancaster County and the rest of Pennsylvania, it is important to continue to be safe by getting vaccinated, wearing your mask in public, frequently washing your hands and avoiding large group activities, especially indoors.

This week, we have experienced several cases of respiratory syncytial virus, or RSV, among our Mountain View (second floor) Health Care residents. RSV is a common virus that affects the lungs and breathing passages. Some of these residents have been moved to our Dogwood hallway for observation and as a measure to prevent spreading the virus to others. RSV infections can be dangerous for certain adults. See the back side of this update to see who is most at risk and ways you can protect yourself and your loved ones.

Due to the recent outbreak of RSV, visitation to our Mountain View neighborhood residents has been suspended at this time.

VACCINATION OPPORTUNITIES

Our team members and residents continue to receive the COVID-19 vaccine. If you are interested in receiving the vaccine, there are opportunities available to you.

- Fairmount will be hosting a vaccination clinic on August 19 starting at 4 pm in the Chapel. Anyone interested in receiving a Moderna or Johnson & Johnson vaccine that day should contact the receptionist at 717-354-1800.
- WellSpan Ephrata Community Hospital is offering COVID vaccination clinics. You may schedule your appointment by calling the WellSpan COVID-19 hotline 1-855-851-3641 or online through your MyWellSpan account or by visiting www.wellspan.org/make-an-appointment/covid-19-vaccine.

Older Adults

are at High Risk for Severe RSV Infection

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

RSV infections can be dangerous for certain adults. Adults at highest risk for severe RSV infection include

- Older adults, especially those 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems

Each year an estimated 177,000 older adults are hospitalized and 14,000 of them die in the United States due to RSV infection.

Severe RSV infection

When an older adult gets RSV infection, they typically have mild cold-like symptoms including runny nose, sore throat, cough, and headache. But RSV can sometimes lead to serious conditions such as:

- Pneumonia (infection of the lungs)
- More severe symptoms for people with asthma
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD) (a chronic disease of the lungs that makes it hard to breathe)
- Congestive heart failure (when the heart can't pump blood and oxygen to the body's tissues)

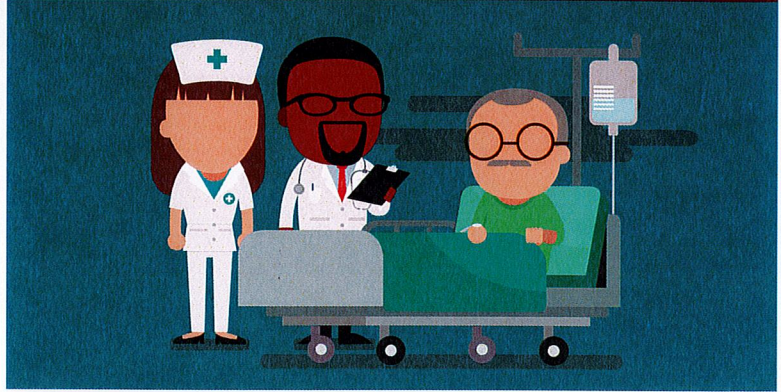
Older adults who get very sick from RSV may need to be hospitalized. Some may even die. Older adults are at greater risk than young adults for serious complications from RSV because our immune systems weakens when we are older.



Scientists are working to develop vaccines

There is no vaccine to prevent RSV infection yet, but scientists are working hard to develop one. If you are concerned about your risk for RSV, talk to your doctor.

www.cdc.gov/rsv



How to protect yourself and loved ones

RSV season occurs each year in most regions of the U.S. during fall, winter, and spring. If you are at high risk for severe RSV infection, or if you interact with an older adult, you should take extra care to stay healthy:

- **Wash your hands often**
Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Keep your hands off your face**
Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Avoid close contact with sick people**
Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes**
Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash afterward.
- **Clean and disinfect surfaces**
Clean and disinfect surfaces that people frequently touch, such as doorknobs. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- **Stay home when you are sick**
If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.



Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases