

Staff Update | May 27, 2020

www.goodwinhouse.org/staffupdate

Update on COVID-19 Cases

GHBC mourns the loss of a second Residential Living resident to complications associated with COVID-19. This resident passed away over Memorial Day weekend.

Goodwin House COVID-19 cases as of Wednesday, May 27:

GHA	GHBC
Residents: no resident cases	Residents: 4 existing resident cases
Staff: 3 existing staff cases, 2 pending results	Staff: 7 existing staff cases, 5 pending results
Recovered: 4 total staff	Recovered: 2 total staff, 1 resident

Should You Report Feeling Unwell? Yes!

The common symptoms of COVID-19 are cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat and new loss of taste or smell. Less common symptoms include nausea, vomiting and diarrhea.

But the most important thing to remember and be aware of is that **many people show no symptoms or very mild symptoms**. If you experience any symptoms that are unusual for you, no matter how mild and no matter if they are considered “common” symptoms of COVID-19, please talk to your doctor and report it to your department director. It’s always best to practice caution.

Should You Wear Gloves Outside of Goodwin House?

Many of us have been wondering how best to protect ourselves from potential exposure when we have to go out in public. You may have seen some people in grocery stores and the like wearing disposable gloves in addition to a mask. Are gloves really necessary?

According to the CDC, no, gloves are not necessary to wear when you’re out in public. What *is* important to do is wear a mask, practice social distancing, and frequently wash your hands. The CDC recommends you take special care to wash your hands before touching your eyes, nose or mouth, before preparing food or drinks, before eating, and before and after caring for someone who is sick. Read their full list of [Key Times to Wash Hands](#) on the CDC website.



As always, continue to wear gloves at Goodwin House when you are directed to do so.

What You Can Expect from Testing

As we continue testing across Goodwin House, we can expect to see more positive cases from those experiencing no symptoms. We've already seen this at GHBC, where several staff members have tested positive while experiencing no symptoms. We have prepared for this possibility and have adjusted staff schedules while the staff members who tested positive isolate at home for 14 days. We also have established procedures to trace those who might have come in contact with a positive case.

How You Can Stay Safe as Virginia Re-Opens

As Northern Virginia starts to reopen, please continue to practice good hygiene (especially hand washing!), social distancing and mask wearing as if we were still in Phase Zero. Don't forget that Governor Northam is now requiring all Virginians to wear face masks in public indoor settings. To protect one another and the residents and members we serve, we must all remain committed to these practices at home and everywhere in between.

Remember—our efforts have kept the few cases within our community from turning into an outbreak. Let us continue the good work and keep our case count low.



Words of Thanks from Residents' Families

Here are two of the special thank you notes we received from residents' loved ones this week:

“Thank you for all that you are doing to keep your residents safe. I know it is a challenging time for everyone, and you deserve much acknowledgement for the excellent care and concern you provide each and every resident. I am so grateful to know that my mom is in great hands with all of you.”

“Thank you all so much for your kind and compassionate care for my mother. I know your jobs are challenging under the best of circumstances, and these can't be described as that, so I am doubly appreciative of not only your medical and personal care but also for being my mother's "social circle" when she cannot see many other people. You all are doing wonderful work, and I am very grateful.”



Thank You for Being Our Heroes!

*We are committed to keeping residents and staff healthy.
Thank you for your efforts to keep our community infection-free.*



Infection Precaution