

# COVID-19 Precautions & Resources

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## COVID Mitigation Efforts

UPDATED JUNE 19, 2020

### Results are 100% Negative for COVID-19

#### CAMPUS-WIDE TESTING AT CLARK-LINDSEY VERIFIES NO CASES

We know that elders are at high risk for complications from COVID-19, and living in a senior living campus, COVID-19 can spread very quickly. That's why Clark-Lindsey, the area's only non-profit, life plan community is now conducting regular campus-wide testing of its residents and staff. This week more than 500 tests were conducted and 100% were negative for COVID-19.

While the campus-wide testing is not required, Clark-Lindsey's president and CEO, Deb Reardanz, says it is a precaution she believes is necessary. "Regular, campus-wide testing is a way to quickly identify employees or residents who may have COVID-19 but are asymptomatic. We are thrilled that there are no positive cases at Clark-Lindsey. As restrictions continue to relax across the state, regular testing will serve as a valuable tool to keep the virus from spreading here."

To date, there has only been one confirmed positive case of COVID-19 associated with Clark-Lindsey. It was confirmed on April 27, 2020 that one resident of Clark-Lindsey's Meadowbrook Health Center tested positive with Coronavirus (COVID-19). That resident has recovered and is doing well. Immediately after the resident tested positive, all residents of Clark-Lindsey's Meadowbrook Health Center and Green House Homes were tested and 100% of the tests were negative for COVID-19. All results from employees who were tested were also 100% negative.

C-U Public Health was on site to evaluate the procedures Clark-Lindsey has in place and they had no further recommendations for change. When asked why only one individual within the community tested positive, Julie Pryde, C-U Public Health Administrator, said on May 12th to The News-Gazette, "The case investigation was not able to determine a specific epidemiologic link. The individual could have been infected by a trip outside the community for medical treatment, or within the facility. What we do know, however, is that Clark-Lindsey employees' adherence to strict infection-control protocol prevented spread within the facility." <https://www.news-gazette.com/coronavirus/coronavirus->

**[response-ask-the-admin-any-theory-of-how-the-first-resident-became-infected/article\\_9f74fb6f-af06-55ad-869b-967c17f01f7e.html](https://coronavirus.illinois.gov/s/restore-illinois-introduction)**

An internal interdisciplinary task force on COVID-19 was initiated on March 4, and communication to residents regarding the Centers for Disease Control and Prevention guidelines started on March 10. The task force continues to meet daily, taking steps to ensure the community is prepared.

**PHASE 3- REOPENING**

The health and safety of residents and staff remains a top priority at Clark-Lindsey. Our reopening will have many stages and we are intentionally taking a more cautious approach than Governor Pritzker's plan due to the high vulnerability of our campus resident population. The virus that causes COVID-19 is still circulating beyond our campus. Executive leadership will continue to assess conditions for each stage to decide when to move to the next stage, or if additional restrictions are necessary. In accordance of the Central Region moving to Phase 3 of the Restore Illinois Plan on May 29th, (see **<https://coronavirus.illinois.gov/s/restore-illinois-introduction>** for details) we want to announce the following changes:

- The Salon will be open for business starting June 1st.
- Small group activities of 10 or less will resume in June.
- Full housekeeping services will resume June 1st.
- Starting Friday, May 29th, Village residents may leave the campus without requiring a 14-day quarantine for the following reasons:
  1. A medical appointment, using Clark-Lindsey transportation
  2. Walking off campus, including Meadowbrook Park
  3. Driving off campus, so long as it is in a manner that does not require exiting the vehicle off campus

(except for fueling) or sharing the car with someone other than a fellow resident (no outside visitors).

Off-campus trips other than those listed above are allowed, but require a 14-day quarantine in the apartment. Also, we strongly encourage residents to continue to practice social distancing, hand hygiene, AND wearing face masks while on and off campus.

**STAFF REQUIREMENTS**

All employees are required to wear masks. Prior to the start of their shift, all employees are screened for signs and symptoms of COVID, including having their temperatures taken. This process is repeated midway through their shift for

those employees working 4 or more hours. Staff are required to wash their hands upon entering the building. Additional break rooms have been established so that staff may maximize their time on their unit. Staff who work in the isolation unit of Meadowbrook Health Center change into Clark-Lindsey provided scrubs when they arrive for duty, and change back into their street clothes before they leave. **RESIDENTS OF MEADOWBROOK HEALTH CENTER AND THE GREEN HOUSE HOMES** Meadowbrook Health Center and the Green House Homes will remain with full, restricted operations in accordance with state and federal guidelines. The week of 5/24/20, there was a surprise inspection from the Illinois Department of Public Health Long Term Care Division on our COVID-19 prevention preparation and infection control related to COVID-19. They concluded with their survey on 5/21/20 and notified us that our team is doing an excellent job and there were no deficiencies cited.

All residents in Meadowbrook and the Green House homes have their vital signs checked approximately every 8 hours (including their oxygen saturation level) and are assessed for any signs or symptoms of COVID-19. Dining service has been modified so that social distancing can be maintained. Residents who are able to dine in their rooms are encouraged to do so. Group activities are limited to 10 people or fewer and social distancing standards are maintained. Residents are encouraged to wear masks when outside their rooms or while in their rooms when in contact with other people. Frequent disinfection of high-touch surfaces is happening throughout the day.

We have been given a directive from the Illinois Department of Public Health related to ongoing COVID-19 testing. At this time, we will not be retesting residents unless they develop symptoms, or there is a positive case on our campus. We will be testing Meadowbrook and the Green House Homes staff on a biweekly basis with our next testing occurring the week of June 29th.

A resident's loved one will be contacted if the resident is suspected or diagnosed with COVID-19. Updates are provided weekly, or each subsequent time a confirmed infection of COVID-19 is identified and/or whenever three or more residents or staff members with new onset of respiratory symptoms occurs within 72 hours.

#### **MEADOWS EDGE VILLA RESIDENTS**

Independent Living residents living in the villas may have meals and in-house mail delivered to their door. They are not permitted in the main building. For salon services, atHome with Clark-Lindsey is able to offer their mobile stylist.

## **VISITORS**

Only essential visitors are allowed on campus and each visitor must be pre-approved prior to admittance. All screening requirements that apply to employees apply to essential visitors (signs and symptoms as well as temperature check). Visitors, including approved third-party caregivers, must wear a mask while on campus. All visitors must wash their hands upon entering the building. Groceries, laundry, and other items may be dropped off at the main entrance. Staff will deliver the items to the resident. Staff is assisting residents throughout the campus with video calls. iPads have been made available to residents.

Together, we have made a number of impactful changes at Clark-Lindsey which were designed to limit the spread of this virus. There are things about this pandemic that are not within our control, but the behaviors we choose are. Over the course of the last several months especially, we have proven that we are adaptive and resilient. Clark-Lindsey's Leadership is confident in the work we are doing on prevention, in the highly competent and caring co-workers who are doing their very best day in and day out, and in the resiliency of the Clark-Lindsey community. The health and wellbeing of residents and staff is our top priority.

Please know we are here for you. We will provide ongoing updates to residents, family members and staff through e-mail and follow-up letters, and on the resident portal. Should you have any questions, please call Residential Services. We will respond as soon as we are able.

Click [HERE](#) to see the measures that Clark-Lindsey has previously taken.

### **IN THE NEWS:**

<https://www.youtube.com/watch?v=Z6GrX6Zog3k>

[https://www.news-gazette.com/coronavirus/coronavirus-response-clark-lindsey-addressing-positive-test/article\\_a6967efd-0487-55ab-b62b-501079a902ea.html](https://www.news-gazette.com/coronavirus/coronavirus-response-clark-lindsey-addressing-positive-test/article_a6967efd-0487-55ab-b62b-501079a902ea.html)

### **MINIMUM SAFETY PROTOCOL REQUIRED FOR ALL INDIVIDUALS**

- Maintain at least 6-8 feet separation from other individuals not within the same household
- All residents are recommended to wear a face covering (over the nose and mouth) while outside the home, as tolerated. While a face covering is not required outdoors, it is recommended if feasible and tolerable. A cloth face covering is recommended when in the presence of any other person not within the same household while indoors.
- Routine cleanliness and hand sanitation should be rigorously practiced. Wash or disinfect hands upon leaving home and after any interaction with others or 'high touch' surfaces--

even while practicing social distancing. Make sure to wash your hands upon your return home too.

- Self-screen for any of the following symptoms of possible COVID-19 before leaving your home. If you experience any of these symptoms, stay home. If the symptoms are unusual for you, more severe than usual or worsening, stay home and contact Resident Services through the front desk 217-344-2144:
  1. Shortness of breath or difficulty breathing
  2. Chills
  3. Repeated shaking with chills
  4. Muscle pain
  5. Headache
  6. Sore throat
  7. Loss of taste or smell
  8. Diarrhea
  9. Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit or 2 degrees above your normal temp
  10. Known close contact with a person who is suspected or confirmed to have COVID-19

#### **WHAT TO DO IF YOU DON'T FEEL WELL**

If you have new signs or symptoms, please stay in your home and call the Front Desk so that Resident Services can follow-up with you. **Do not leave your home if you are not feeling well.** Please call 911 in an emergency.

In addition to reporting new signs or symptoms to Resident Services, below are some useful COVID hotlines to call. Each of them will help you to decide what steps to take next, and all are recommending that you call either your provider or the hotline BEFORE arriving at the clinic or hospital.

- **Carle**                      **217.902.6100**  
(select 1 for patients. If someone doesn't answer, you have two options: select 1 for COVID information, select 2 if you are experiencing symptoms and you will be transferred to a patient advisory nurse / available 24/7)
- **Christie Clinic**        **217.366.4070**  
(available Monday-Friday, 8am to 5pm only)
- **OSF**                        **833.673.5669**  
(select 1 for frequently asked questions only, select 2 if experiencing symptoms / available 7 days a week 7am to 11pm)