



February 28, 2020

Dear Goodwin House Residents –

Your health and safety is our first priority always and especially when there are public health risks, such as the coronavirus. Today, I am writing to update you on our infection precaution efforts.

Since news of the coronavirus's escalation in January, we have been following guidance from the Centers for Disease Control (CDC), local health departments and the Virginia Department of Health (VDH). VDH is monitoring the outbreak and reports that, although the virus continues to spread and is increasing concerns of a pandemic, no cases have been confirmed in Virginia as of today.

Over the last two weeks we have initiated regular contact with local health departments and have initiated comprehensive planning across the entire organization for heightened infection precaution and control procedures, as well as communications with our residents.

First, Goodwin House has ongoing practices that we follow in order to be prepared for a health issue or other crisis at any moment in time:

- **Infection precaution practices:**
 - Keep residents and staff informed of the CDC guidelines which recommend everyday actions to help prevent the spread of respiratory diseases such as the coronavirus. These everyday actions include social distancing, avoiding crowds, handwashing and respiratory etiquette.
- **Food, water and critical supplies:**
 - Maintain an inventory of food and water for seven days of full operation at both GHA and GHBC. Our primary food vendors have Emergency Preparedness and Crisis Management Plans in place. They are prepared to deliver emergency food products and supplies if needed.
 - Review the personal protective equipment that is needed, based on guidance from local health departments, and make provisions for necessary inventories.

Second, Goodwin House is expanding our ongoing efforts with the following:

- Maintaining regular contact with our local health departments, VDH and the CDC for current guidance and updates.
- Reminding everyone of our organization-wide handwashing practices as well as different forms of Transmission-Based Precautions to appropriately contain infections from any source. We recently completed an update and training for all employees to rigorously practice hand and cough hygiene
- Engaging all our business supply partners to put plans in place for escalated supplies as needed.

Third, we want to ensure our residents are reminded of best practices for hygiene and infection prevention. These practices will help you protect your health whether you are at GHA, GHBC or out in the larger community. Goodwin House follows these hygiene practices recommended by the CDC:

Hand Hygiene Practices:

- Wash your hands with soap and water and/or apply alcohol-based hand sanitizer throughout the day, especially before and after meals, after you have touched doors, elevator buttons and other objects in public areas and after having contact with respiratory secretions.

Cough Hygiene Practices:

- Cover your mouth and nose with a tissue when coughing or sneezing OR cough into your elbow or sleeve.
- If you cough or sneeze into a tissue, use the nearest waste receptacle to dispose of the tissue immediately after use.
- Wash your hands.

If you are not feeling well:

- Please stay in your apartment and call the clinic.
- One of our nursing staff will visit you in your apartment.

Should you have any questions, please contact the following health care leaders:

- GHA: Cathy Farmer at 703.824.1157
- GHBC: Karen Doyle at 703.578.7260

Thank you for joining us in the efforts to help Goodwin House residents, guests and employees remain healthy.

Linda L. Lateana
Chief Operating Officer