

Infection Precaution Update

March 26, 2021



Infection Precaution

Update on Goodwin House COVID-19 Cases as of Friday, March 26:

GHA	GHBC
Residents: 0 cases	Residents: 0 cases
Staff: 0 cases, 0 pending test results to return to work	Staff: 0 cases, 0 pending test results to return to work

Update on New Staff Case

Last week, the COVID-19 case report above showed that a GHA staff member had tested positive for COVID-19. This staff member had a very low level of the virus, meaning there was a minimal chance of spreading the virus. The staff member was fully vaccinated and asymptomatic. A few days after the first test, the staff member was re-tested and the results were negative. The staff member still quarantined at home for 10 days. We are sharing this background for two reasons:

1. This serves as a good reminder to everyone that it is possible to contract COVID-19 even if you have been fully vaccinated. This means that the basic infection precaution measures are important to continue. These measures include wearing a mask, socially distancing and practicing good hand hygiene.
2. The second reason is to point out that society is entering a new phase of managing through the pandemic as more and more people get vaccinated and yet from time to time, someone who has been vaccinated tests positive. Experts have indicated that we can expect this to happen. Research will continue, and health departments will update guidance on how to handle these types of situations even after people are fully vaccinated. Goodwin House will also continue to learn more about how best to safely navigate the evolving situation and update our protocols accordingly.

For now, any positive test for COVID-19 will result in a quarantine for that individual, whether they are a resident or a staff member.

Please Take Our Survey About This Update

As we envision the future of this Resident Update, we are asking you for input. If you have not already done so, **please submit your responses no later than Friday, April 2.** Printed copies are available at the Reception Desk.

GHBC: <http://bit.ly/ghbc-survey>

GHA: <http://bit.ly/gha-survey>

Updates to Visit Policies

We have two new updates to our policies for visitors.

- **Visits to Independent (Residential) Living Residents** may now be scheduled for same-day. Visitors must continue to use our online booking system to schedule visits. www.goodwinhouse.org/campus-visits
- **Assisted Living Residents** may now receive up to two loved ones for visits in their apartments. Visits must be scheduled at least 48 hours in advance.

Goodwin House Featured in The Washington Post

This week, Goodwin House was featured in not one but two articles published in The Washington Post! The first was an op-ed by GHBC resident Margaret Sullivan about her experience during the pandemic and what getting the vaccine meant to her. If you subscribe to the Post, you can read the article here: <http://bit.ly/margaret-sullivan>

The second article was about reunions between residents in retirement communities and their loved ones. Reporters Rebecca Tan and Rachel Chason spoke with several people who enjoyed happy reunions earlier this month, including some GHA residents. Post subscribers can read the article here: <http://bit.ly/covid-reunions>

Refresh Your Diet! Talk to Our Dietitians

Goodwin House Dietitians Saba Barkneh (GHA) and Alison Liggett (GHBC) can offer you personalized recommendations for following a diet that suits your nutritional needs. Contact Saba at 703.824.1236 or Alison at 703.578.7252 to learn how you can boost your diet.

Fully Vaccinated Staff May Use Our Salons and Fitness Centers

Staff members who are fully vaccinated may make appointments in the GHA or GHBC Salons. Staff must maintain social distance and wear a mask for the duration of the appointment. Fully vaccinated staff members may also use the GHA or GHBC Fitness Centers. Staff must maintain social distance, wear a mask and wipe down the equipment they use when they are done. Residents may be present when staff use the Salons or Fitness Centers, though we ask that staff avoid times of high resident use.



To mark National Social Work Month, GHBC Social Workers Barbara Fornoff and Aaron Zajdel organized a table last week to share more about the work they do with residents. This was just one of the ways that we recognized social workers this month. We thank all Goodwin House social workers for the work they do for residents, members and our entire GHI family!