

10-Day Quarantine



Dear Resident,

We all have a responsibility to limit the impact of the current coronavirus (COVID-19) pandemic. Following guidelines from public health organizations, Goodwin House requires that residents who meet certain criteria quarantine or isolate at home in order to reduce the risk of spreading COVID-19. The specific criteria are subject to change as the situation evolves.

If you are receiving this letter, Goodwin House has determined that you must quarantine or isolate in your apartment. During your period of quarantine/isolation, we will monitor your condition and provide you with anything you need to support you in your apartment. We are providing you this letter to answer frequently asked questions during quarantine/isolation.

Here are additional details related to your quarantine:

1. **If you have had a direct exposure to COVID-19, you will be required to be quarantined for a period of ten days.** You will need a test on Day 7 or 8.
2. **If you have had a positive COVID-19 test, you will be required to isolate in your apartment for 10 days.** You may leave your apartment on Day 11 if you are asymptomatic. You do not need a test.
3. During your quarantine/isolation period, you should record your temperature twice daily and report to the clinical staff only if your temperature is greater than 99 degrees. Monday through Friday, you will call the Clinic (ext. 7227) if you have an elevated temperature, and on the weekends, you will call the Nursing Supervisor (ext. 7256). If you do not have a working thermometer, contact the Clinic. Please report any changes in your status and if you develop any COVID-19 symptoms.
4. Housekeeping will place a chair outside your apartment door. We will use this chair for drop-off and pick-up of any items we need to exchange with you, including the following:
 - a. Meals: Dining Services will deliver a packet with the menus for the rest of the week, please fill them out and return them to the chair outside your apartment the same day to ensure your meals will be delivered. If you are still under quarantine/isolation, Dining Services will deliver another packet on the following Friday, please fill out the menus and return to the chair outside your apartment by Saturday to ensure your meals are delivered. If you have any questions, please call the Dining Services Supervisor line at ext. 7645.

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



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- b. Trash: Housekeeping will use the chair to leave heavy-duty plastic bags for you. You will use those bags to collect trash inside your apartment. When you need to schedule trash pickup, call the Housekeeping office (ext. 7240). Staff will call to let you know they are on the way to your apartment. When they arrive, you must go to another area in the apartment and remain there until the staff member has left the apartment. We are unable to compost any food or disposable items during your quarantine.
 - c. Laundry: If you have a washer and dryer in your apartment, you should use your own machines to launder your clothing on the highest possible temperature. If you do not have your own machines, place your personal laundry inside a heavy-duty plastic bag along with your name and apartment number. Any Goodwin House sheets, towels, and other linens should be put in a separate heavy-duty plastic bag. When you are ready for laundry pickup, call the Laundry office (ext. 7234) and let them know the number of bags you are sending to launder. The Laundry staff will let you know when they are ready to come to your apartment. The resident should go to another area of the apartment when they hear the knock and remain there until the staff member has left the apartment. Laundry staff will return the clean laundry in a regular plastic bag(s), leave the bag(s) outside the apartment door, and ring the doorbell to let you know the laundry has been returned.
 - d. Mail: If you would like your mail delivered, please dial "0" to reach the Reception Desk. They will bring your mail to your apartment, leave it on the chair outside your apartment door, and ring the doorbell to let you know the mail has been delivered.
5. Pets: If you own a pet and need assistance in caring for your pet, please contact Ann Lam (ext. 7213).
6. Wellness: If you are interested in exercising during this time or would like activities to keep your mind active, please contact Tiffany Proctor at ext. 7222 or Elizabeth Whitehouse at ext. 7221 and they will be able to assist you.

If you need any other services or support during your quarantine, please don't hesitate to let us know. Contact the Clinic at ext. 7227 and they will ensure you receive whatever you need during your quarantine. We realize these are difficult times, and we appreciate your cooperation during your quarantine. Thank you for helping us in the efforts to keep Goodwin House residents and employees healthy.

Sincerely,
Karen Doyle, MSN, LNHA, HSE
Associate Executive Director

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