



COVID-19

Questions and *Answers*:

(NOTE: This document will be updated on a regular basis as more questions are raised.)

Community Center:

- Can residents enter the community center? *Yes, for a purpose only (pick up mail, get a library book, etc.)*
- Are we restricted to a particular area? *No, but please don't linger and don't gather in groups*
- Can we pick up our mail? *Yes*
- **UPDATE:** Can we enter through the staff entrance? *Yes, but please take the service elevator at the far end of the hall so that you are not getting off the elevator in Linden.*
- Can I go to the Library? *Yes. If you wanted to sit quietly and read a book, that would be fine. But don't gather in groups and be sure to sanitize the space you were in when you leave. The hours may be restricted.*
- Can I use the Art Room? *No; residents with supplies in the art room may come retrieve them to use at home.*

Visitors:

- Does “no visitors” only mean outside people coming to Wake Robin? *No, this applies to other residents in the community visiting your home as well. You can go outside with a neighbor, take a walk, or connect by phone, FaceTime, Zoom or something similar.*

Leaving Wake Robin:

- Can we go out to grocery store, pharmacy, the gym, etc? *You should **not** go to any outside gyms and should plan to cease all nonessential activities*

*outside of Wake Robin. We can support you with needs like groceries. We can't prohibit you from leaving campus, but **strongly** recommend that you don't go out unnecessarily. Remember that this is for your safety and the safety of your neighbors.*

- **UPDATE:** *Is it safe to get newspapers delivered, or should we cancel our subscription? It's at your discretion, but the Burlington Free Press is now being delivered in bulk to apartment buildings (ES will collect and deliver to your doors) and being delivered directly to cottage doors. And, you can go green and get it online. You already pay for a subscription and that should give you access to the online version. The New York Times is being delivered to the Front Desk daily.*

Absences:

- What actions can I take if I am returning from a trip?
 - *We are recommending for your first 2 weeks that you are cautious and limit your interactions on and off campus.*
 - *Call the Front Desk and they can help get your mail delivered.*
 - *Limit your off-campus trips to essential only*
 - *Limit your movement on campus to your home and outside as much as possible.*
 - *Call Resident Services for any support or questions: 264-5196*
 - *Take everyday precautions to keep space between yourself and others.*
 - *We are recommending no visitors in your homes or on campus. This includes other Wake Robin residents.*
- If I'm quarantined because of returning from a trip, how can I get my mail? *Let the Front Desk know; we can make sure it's delivered to you.*

Resident support:

- What can residents do to help staff? *Stay tuned! The WRRRA is working on this.*

Health concerns:

- If a resident has symptoms, should they notify the Wellness Clinic or call their primary care provider? *You should notify both.*

Preventing Illness:

- What actions can I take to reduce the risk (to myself and others) of getting sick?
 - *Stock up on supplies.*
 - *Take everyday precautions to keep space between yourself and others.*
 - *Stay home as much as possible to further reduce your risk of being exposed.*
 - *We are recommending no visitors in your homes or on campus. This includes other Wake Robin residents.*
 - *Avoid crowds as much as possible.*
 - *Avoid cruise travel and non-essential air travel.*
 - *When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.*

Helpful Links:

[CDC – How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html)

https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html

[The Washington Post – Why Outbreaks Like Coronavirus Spread Exponentially, and How to ‘Flatten the Curve’](https://www.washingtonpost.com/graphics/2020/world/corona-simulator/)

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UPDATE - Deliveries:

- If I live in one of the apartment buildings and I am expecting a delivery of groceries from a local business, should I have it delivered to the Community Center front desk? *You can have them deliver to your building, but let them know you will meet them outside the main entrance so they don't need to enter the building. If this is not possible, have the delivery left at the Community Center front desk before 5 pm on weekdays.*