



June 2, 2020

Hi everyone,

Such a fun parade on Friday. Organized by ES staff! I was just told where to be and when to be there. How's that for bottom up leadership? I know the staff had a blast and really enjoyed seeing you all. Thanks for the kudos and pictures. We will make sure to share them all.

Several people have asked about **the difference between Isolation, Quarantine and Observation**. Attached is a great chart from Vermont Dept. of Health describing the differences and the recommended actions a person should take under each scenario. I have been using the terms (incorrectly) interchangeably. Now I know!

Also here is an interesting story from NPR on different activities and the risk level for each:

<https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit>

Looking at this and checking it against our current restrictions, I'm feeling like we have assessed risk levels pretty effectively. We will continue to review over the next few weeks.

We are pleased to announce that the Wellness Center will be open to Independent Living Residents for footcare. To schedule an appointment, please call Beth at 264-5132. We will not allow drop-in appointments; please ensure you call.

Lecesse will be working in the upper level Community Center restrooms Wednesday through Friday. Please plan on using the lower level restrooms if you can't wait until you get back home. They will also be doing some work on the flooring outside of the restrooms, so those of you entering the CC through the side entrance will need to take a detour through the library, into the lounge and out through the café to get to the front desk and mailboxes. Please do NOT climb over or around the barriers that will be set up. You can also consider coming through the front door instead. Thanks.

Testing Information

COVID-19 Pop-Up Test Sites Open for Asymptomatic Vermonters: Appointments are still available at pop-up sites located throughout the state to test people who do not have symptoms of COVID-19 for the virus. Find locations and make an appointment to be tested at www.humanresources.vermont.gov/popups. You can also call 2-1-1 or 802-828-2828. All clinics operate from 9:00 a.m. to 3:00 p.m. We especially encourage health care workers, first responders, childcare providers, and people returning to Vermont – such as college students, people who winter out of state and second homeowners – to consider being tested.

Vermonters With Even Mild Symptoms Should Call Their Doctor to Be Tested: People with even mild symptoms are encouraged to call their health care provider to get tested. This includes parents of children who have possible symptoms. Your health care provider will ensure you receive proper care and treatment.

Again, just a reminder now that you are all getting out and about, if you start experiencing any of the following symptoms, please don't hesitate to reach out to your PCP and the Wellness Center:

One of the following symptoms:

- A new dry cough other than baseline?
- Shortness of Breath or other respiratory concerns

Two of the following symptoms:

- Fever
- Muscle pain
- New loss of taste or smell
- Chills
- Headache
- Repeated shaking with chills
- Sore throat

Have a nice week.
Stay well.

Martha



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President and CEO