



March 16, 2020

Dear Associates, Residents, and Families:

The U.S. healthcare system is at a critical stage in the fight against the spread of COVID-19. Healthcare facilities have limited resources – including beds, respirators, supplies, doctors, nurses, and staff. Accordingly, the public needs to work to “flatten the curve,” in other words, attempt to stop a sharp increase in the numbers of exposures and instead try to slow its spread.

To slow the spread of COVID-19, we all need to engage in “social distancing.”

What is social distancing?

Social distancing is deliberately increasing the physical space and decreasing the number of contacts between people to avoid spreading illness.

How can you social distance in your own life?

AVOID

- Social gatherings, parties, and playdates
- Concerts, theaters, and athletic events
- Crowded stores and malls
- Gyms, churches, restaurants
- Visitors in your home
- Non-essential workers in your home
- Mass transit systems

USE CAUTION

- At the grocery store
- Getting take-out
- Picking up medications

SAFE TO DO

- Going for a walk or hike
- Yardwork and housework
- Reading and watching TV
- Calling or texting a friend, family member, or elderly person to check on them
- Working from home

Always try to keep six (6) feet between people (other than those with whom you live) and self-quarantine if you believe you have been exposed to illness.

What is “self-quarantine”?

People who have been exposed to COVID-19 or who are at risk for contracting COVID-19 should practice self-quarantine. Self-quarantine means remaining in your homes for fourteen (14) days. Two weeks provides enough time to know whether one will become ill and be contagious to other people.

What is “isolation”?

For people who are confirmed to have COVID-19, isolation is required. Placing someone on isolation means keeping that person with a contagious illness strictly, physically separated from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.

As the adage goes: “the one who stayed away saved them all.” Please do your part to distance yourself from others to reduce and slow the spread of COVID-19. Encourage your family members and housemates to practice social distancing. Your health and the health of others, including the most vulnerable, depend on it.

Any questions can be sent to COVID19@UMCommunities.org. Please check the COVID-19 Response on our website www.umcommunities.org, in addition to updates posted on social media.

Thank you for your attention to this matter.



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