

Facebook Covid-19 Update #15

August 21, 2020

BallouLife Communities continues to remain Covid-19 free. All of the results from last week's testing have come back negative. This continues to be a testament to the fortitude of our staff. This week's swabs are in the book and at the lab being processed. Infection control remains paramount; wearing a mask 8-16 hours a day is sheer will and fierce determination. It would be easy to let one's guard down, but we all look after each other, and spot checks keep us on our toes. The BallouCrew truly are heroes. I am in awe of the compassion and dedication they have shown to the residents, the facility and each other.

Visitation continues to go well. While it isn't the best scenario, it has become our new norm. The only issue that we are still continuing to see is while you are waiting to come into the facility to visit. We do ask that you remain in your cars, until we tell you that it is okay to come into the building. You have been great calling us to let us know that you are here; please continue to wait for the return call stating that it is alright to come in. We need to make sure that the previous family has left and the visiting area is cleaned. Also, we need to ensure that social distancing remains between families leaving and families arriving. Our goal is to ensure your safety and well-being, as well as staff and residents.

The State of Rhode Island has not had an increase in cases, but a slight, and I mean slight decline. We are stable. The healthcare system has not become overwhelmed and that is an exceptionally good scenario. I believe the bigger test over time will be children going back to school and how that impacts the Covid-19 numbers. Another factor is that cold and flu season is just around the corner and the signs and symptoms of these viral infections overlap Covid-19. BallouLife Communities provides the immunizations to the residents and to the staff. It would behoove you to think of getting your vaccination sooner rather than later as it does take two (2) weeks for the vaccine efficacy. I have attached a poster showing the signs and symptoms of colds, flu, covid-19 and allergies for good measure. This is a guideline; always check with your primary care doctor for any and all concerns. Please be safe, wash your hands, wear your facemask and maintain social distancing.

Respectfully submitted,

Ruth A. Daly, RN,
Infection Preventionist

COLD vs. FLU vs. ALLERGIES vs. COVID-19

SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** (can range from mild to serious)
Fever	Rare	High (100-102°F), Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy / Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO.

**Information is still evolving