

Facebook Covid-19 Update #19

September 18, 2020

BallouLife Communities' staff, after another week of testing, once again remains Covid-19 free. We have already subjected ourselves to the swabbing for this week, just waiting for the swabs to be picked up by the lab. The staff are true champions for dealing with the weekly swabs. As previously noted, it is not a pleasant sensation, but we do it to protect your loved ones and ours.

Good news, number 1, Eva Gamache has resumed making those gorgeous fleece blankets for raffling off to the staff and the residents. As always, the proceeds go towards the Bingo Fund. Right now, up for grabs is a Patriots' themed blanket and ornament. Go Pats! I've gotten a glimpse of the next few, and Eva has truly outdone herself. Thank you, Eva.

Good news, number 2, Mary Gumbley has agreed to come back as a volunteer, and she has been swabbed. Anyone, who has any kind of contact with the residents, must be swabbed to be in the building. Barring unforeseen results, she will be back next week.

The residents are looking forward to "Blitz with Mary," and they can't wait. She will be in several times during the week.

Good news, number 3, Tina is having a "Celebrate Fall with Polka Paul" concert per resident request. He will set up in our Gazebo, which has recently been facelifted and electrically upgraded. If you drive by later in the day/evening you can see how pretty it looks with the lights shining as a beacon of hope in these trying times. A rain date has been booked in case of bad weather; keep your fingers crossed. We are beyond excited to be able to provide this much needed musical respite for the residents.

Rhode Island Department of Health (RIDOH) released updated visitation guidelines on September 11, 2020. After having read them over, our visitation policy will not change. As stated, they are guidelines and all nursing homes have written their own policies and submitted them to the state. All facilities are unique in what they have available to them to provide visitation and we have done our best to provide what we could, based on the constraints of the size of our facility and available space.

Jen and Kyla are doing a great job in the scheduling and proctoring of the visits that do occur.

We thank you for your cooperation. We continue to monitor the daily Covid-19 numbers, and while our positivity rate overall is good, there are a few cities and towns that are showing increased cases. School has also started and some have already had to close; others are doing hybrid learning and some are only doing distance learning. This is an evolving scenario; one that will be closely monitored. As members of the community at large, our staff have children

in school, and we want to protect your family and ours. Be safe, wash your hands, wear your face masks and continue to socially distance.

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