

July 23, 2021

Hi everyone,

Hope you're having a good summer thus far. I have nothing new to report (except for an update to the numbers in the table below). I am also sending some info on the symptoms associated with the DELTA variant.

Similarities and Differences between Hay Fever and COVID-19 symptoms:

Common symptoms of COVID-19 ^o	Common symptoms of the Delta variant of COVID-19	Common symptoms of hay fever:	Common symptoms shared by all:
<ul style="list-style-type: none"> • High Temperature • New, continuous cough • Loss or change to your sense of smell or taste 	<ul style="list-style-type: none"> • Headache • Sore throat • Runny nose 	<ul style="list-style-type: none"> • Sneezing • Itchy eyes and nose • Clear runny fluid from nose • Cough from a postnasal drip • Headache - can be a side effect from medication and/or poor-quality sleep 	<ul style="list-style-type: none"> • Cough • Runny nose • Headache

^oaccording to NHS

Positivity Rates:

Manchester's positivity rate is currently at .8%, **SAME** as last week.

County	7/20/2021	7/13/2021	7/5/2021
Belknap	0.70%	0.80%	2.10%
Carroll	1.10%	0.40%	0.50%
Cheshire	1.40%	0.60%	0.80%
Coos	1.90%	9.20%	1.60%
Grafton	0.70%	0.50%	0.30%
Manchester	0.80%	0.80%	0.70%
Merrimack	0.90%	0.80%	0.50%
Nashua	1.90%	1.20%	1.90%

Rest of Hillsborough	1.50%	1.00%	0.60%
Rockingham	1.80%	1.20%	1.20%
Strafford	1.50%	0.20%	0.70%
Sullivan	2.90%	0.50%	1.50%

The following interventions continue to be in place:

- All unvaccinated staff continue to wear an N95 mask and surgical mask.
- All vaccinated staff are wearing a surgical mask in resident care areas.
- We continue to do staff screening before all shifts.
- We are testing all non-vaccinated staff once per month per state guidelines.
- All residents are assessed for signs and symptoms of Covid-19, 2 times a day.
- If an incoming patient/resident has been fully vaccinated, they no longer have to be placed on a 14-day quarantine and are being admitted to the appropriate floor.

Reminder - Last Minute Visits:

As you already know our online visit scheduling system doesn't allow you to book a visit unless it is more than 3-days out. But, you can call on the current day and if there is an opening you can come in.

To make is a bit easier, you can call our receptionist (instead of Barbara) and ask her the availability of open times for a **same day visit** (she will not schedule regular visits, those need to be done online). Also, to accommodate weekend visits slots that may go unfilled, you can call the receptionist by 4:00 on Friday's and she can let you know if there are open slots over the weekend that are available. Hopefully, this will streamline the same day or weekend scheduling process for everyone. **Remember this is for same day/next day visits and weekend visits only not for the general scheduling of a visit.** Lastly, you are also welcome to come in as often as you would like based on the availability of open unscheduled time slots. Hope this helps those of you that have been wanting to come in more often.

NOTICE: We need all visitors to comply with the guidelines for visiting. If we find visitors wondering around the facility i.e. the lobby area, dining rooms etc. your visits going forward will be changed to a monitored in-lobby visit going forward. This will also apply if you do not follow the masking rules. We have seen unvaccinated visitors take their mask off once they get into the room; this IS NOT allowed. Thank you in advance for your cooperation with our visitation guidelines. For the majority of you that do follow the guideline we thank you 😊

Past News Letters/Other Info:

- News letters are posted on our web site under COVID Updates.

- MTC's visitation guidelines can be found on our web site.
<https://mtcarmelrehabcenter.org/covid-19-update/>.
- ❖ **If you have any problems scheduling a visit please call Barbra Gray, Life Enrichment Director, Monday-Friday at 935-4607 and she can assist you.**

ZOOM Meeting:

Our next zoom meeting will be on August 19th at 6pm, mark your calendars.

Have a great week,

Joe Bohunicky, NHA, MBA, Administrator
Mt. Carmel Rehabilitation and Nursing Center
235 Myrtle St.
Manchester, NH 03104
P: 603-627-3811 -- F: 603-626-4696