

January 15, 2022

Hello Everyone,

Just sending a weekly recap of what's going on here at MTC.

This is a complete list of those that have tested positive this week. We continue to wait for one more staff test results to be returned from the state lab (probably won't get until Tuesday-Monday is a Holiday).

Residents:

7 on 3rd floor
2 on 4th floor

Position	Last Worked	Floor	
RN	1/10	-	(PCR test was neg on 1/10-Antegin test on 1/14 was pos)
RN	1/12	2	
RN	1/13	4	
LPN	1/13	3	
LNA	1/7	2	
LNA	1/13	3	
Laundry	1/10	-	
Agency LNA	1/11	2	
Rehab	1 Week Ago	-	

Some of the staff testing positive are cases originating outside of the facility. All positive staff are out on quarantine. While working, all had full PPE on (N95 and surgical masks and eye protection), which substantially reduces the chance of infecting anyone. Staff are able to return to work on day 8 with a negative test. All residents, although positive, continue to stay well 😊

We will continue to do facility wide PCR testing Sunday through Tuesday this week to include all residents and all staff. This will continue until we go two weeks with no positive cases.

The following interventions continue to be in place:

- Residents are quarantined on the 3rd floor per City Health Department Guidance.
- All staff on the 3rd floor is now wearing a surgical gown/mask, an N95 and eye protection at all times and in all resident/patient care areas.
- All other staff are wearing a surgical mask, an N95 and eye protection at all times and in all resident/patient care areas.

- All residents are assessed for signs and symptoms of Covid-19, 2 times a day and if there is a noticeable change in their condition.
- We screen all staff, visitors, vendors, and other healthcare providers upon entering the building.
- We are testing following the outbreak guidelines which is once weekly of all staff and residents. We are also doing an antigen test as needed for staff and residents if anything is suspected.

All Visitors:

We had a positive visitor in the building this past week. Her mom tested positive so we tested the visitor; she tested positive but no symptoms. This could be any visitor!

I sent out some visitation guidance via email last Thursday that we have implemented as of January 13th. Hopefully all of you have read it and have passed it on to your family members and any potential other visitors of your loved one.

New Hampshire/Manchester is in a very high “**RED**” transmission status and we need to keep the residents and staff safe/STOP the spread. We need your help in following the guidelines when testing positive for COVID **OR** being exposed to someone with COVID.

COVID Symptoms:

Dr. Sanjay Gupta, CNN's chief medical correspondent, recently said that the Omicron variant of COVID-19 seems to be causing more mild symptoms. "Omicron appears to be **very transmissible**." "Though there is early evidence it may be causing less severe illness." For many people, these can include **flu-like symptoms**. But COVID can cause a range of symptoms, and severe disease is still possible—**especially if you're unvaccinated**.

Watch out for these symptoms: The CDC warns that "**symptoms may appear 2-14 days after exposure to the virus**". People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The CDC hopes everyone follows the fundamentals to help end this pandemic. If you live in an area with low vaccination rates, wear an **N95 face mask**, don't travel, social distance, avoid large crowds, don't go indoors with people you're not sheltering with (especially in bars), practice good hand hygiene, and to protect your life and the lives of others, get vaccinated.

Sincerely,

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