

# Mayflower Health & Wellness Infection Prevention and Management

## Update #7: Coronavirus Situation *March 20, 2020*

We are all dealing with “news overload” in regard to COVID-19 (“coronavirus”). Being mindful that you may be getting all the news you need, we are sending you some critical updates about Mayflower. In addition, we have attached some information about a burgeoning growth in mis-information and fraud that has burst into the conversations.

Here are some Mayflower thoughts:

1. **Symptoms Awareness** – In all that you do at Mayflower and in welcoming visitors to your home, please keep abreast of the primary symptoms of COVID-19: Fever (100.4°+), dry cough, breathing difficulty, tightness in the chest, headache, muscle ache.
2. **Group Gatherings** – The Governor’s proclamation limits groups of people to 10 or less in social distancing (minimum of six-foot separation). At Mayflower, we are suggesting that you use the number 4 instead of 10.
3. **Self-Isolation** – In the event that you have symptoms or are not feeling well, please stay in your home, ideally for 14 days or at least until you have been symptom-free for 7 days.
4. **Meal Time**. Given that the Buckley Dining Room, along with all other restaurants in Grinnell, is closed for dining in, consider ordering take-out food and eating with a friend or two. Let’s call this “Lounge Lunch.” Use any common space at Mayflower (except the Dining Room!) and keep your group, ideally, to four or less, six feet apart.
5. **“Grinnell Eats”** – The Grinnell Chamber of Commerce has produced a listing of Grinnell restaurants, their services, and phone numbers. Copies were sent out via email and are available at apartment building mail desks. (Scott Gruhn encourages you to think “Mayflower” first for your carry-out or free delivery. Please return the containers regularly.)
6. **Food Staples** – Available from the Buckley kitchen for a fee.
7. **Drinking Water** – The Iowa Dept. of Natural Resources assures us that the COVID-19 virus has not been detected in drinking water and the risk is low. They suggest that you use tap water vs. bottle water, to save the latter for emergencies.
8. **Physical Therapy** – The Total Rehab clinic, lower level of the Health Center, is open to independent living patients. Access via the skywalk and Health Center elevator to “B.”
9. **Exercise** – Four NuStep machines are now available to independent living residents—Edwards and Montgomery lounges, Watertower Square 2<sup>nd</sup> floor lounge, and Buckley 3<sup>rd</sup> floor lounge.

10. **Travel** – Like most governmental sources, Mayflower recommends that you eliminate all travel out of Grinnell except for medically necessary trips. If you have traveled out of the country or to U.S. COVID-19 “hot spots,” consider self-isolating for 14 days.
11. **Cleaning Supplies** – the City of Grinnell asks that no products except toilet paper be flushed down toilets, as our system is not geared to other items, even if they are touted as “flushable.”
12. **Visitors to Your Home** – It is your choice as to whether you invite guests to your Mayflower home. However, we encourage you use the safety guidelines listed in items #1 and #2 above.
13. **Mayflower Staffing Plans** – We have assessed the status of each employee from the following perspectives:
  - a. **Symptoms** – If not feeling well, employees are asked to stay home. We have provided them with guidelines as to length of stay and return to work arrangements. In addition, when arriving for work, we daily take each staff member’s temperature.
  - b. **Child Care** – We have inventoried all employees’ potential need for childcare in the event of extended school closure. We are working with community partners to provide alternatives for childcare.
  - c. **Work from Home** – Unfortunately, our work generally cannot be accomplished from home. We are making arrangements for those who could work from home if necessary.
14. **Volunteers** – A number of independent living residents have offered to run errands or provide other resident support. If you have a need, please contact Deb Jack, Pearson Receptionist (641-236-6151 x100).
15. **Anxiety and Stress** – Be aware of the potential exacerbation of these issues. There are a number of good sources for guidance—print and Internet. At a minimum, find others with whom to talk. Think about “Lounge Lunches.”
16. **County Offices in Montezuma** – Closed to the public. You can make appointments by phone to conduct business. For details, see <http://poweshiekcounty.org/wp-content/uploads/2020/03/COVID-19-news-release.pdf>.

Questions about COVID-19 or illness? Calling 2-1-1 now takes you to a CDC (U.S. Centers for Disease Control and Prevention) phone line to answer your questions. In addition, Mayflower’s primary contact is Jacki Hicklin, RN, Mayflower Assistant Director of Nursing/Infection Control Nurse at 641-236-6141 x233 or [jhicklin@mayflowerhomes.com](mailto:jhicklin@mayflowerhomes.com).

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