

Mayflower Health & Wellness

Infection Prevention and Management

Update #8: COVID-19 Situation

March 25, 2020

Things are changing rapidly while we all do our best to adapt. At this writing, there are four COVID-19 confirmed cases in Poweshiek County. Here are some more updates for you about Mayflower living during these times.

- **Stay at Home.** This is the safest choice. However, essential services are still available in Grinnell, including groceries, pharmacies, gas stations, convenience stores, banks, and delivery restaurants.
- **High Risk.** If you have chronic health conditions such as hypertension, cardiac disease, renal disease, diabetes mellitus, obesity, pulmonary disease, or are immunocompromised, you are at high risk for complications from COVID-19.
- **Guidelines for Symptom Stays at Home.** If you have had a fever of over 100.4° or other COVID-19 symptoms, please stay at home until you have been 72 hours (3 days) fever-free without medication or 7 days symptom-free.
- **Out-of-State Travels.** If you have returned from a trip, Mayflower recommends that you self-isolate at home for 14 days.
- **Visitors to Your Home.** We have now posted signs on all apartment building doors, asking residents' visitors to proceed directly to your home, to wash their hands, and leave by direct route. We are also asking that you limit in-home visitors to four (4) at one time and to maintain social distancing.
- **Code Alert or Other Calls for Assistance.** The Mayflower nursing staff member will call ahead to get answers to screening questions as required by the Iowa Department of Public Health. This will determine how staff will respond, including calling 9-1-1 if required. All staff will wear a mask up entering the home.
- **Mayflower Supplies of Personal Protective Equipment (PPE).** Currently, we have adequate supplies. However, with onset of COVID-19 illness, we will need more masks. We are awaiting guidelines for the making of homemade masks.
- **Off-campus Appointments for Health Center/Beebe Residents** – We are now limiting these to emergent health conditions only.
- **Meals.** The Mayflower kitchen is eager to take your order for breakfast or anything else on the day's menu for your pick-up or our free delivery. Be sure to regularly return the green washable containers.
- **Groceries.** Mayflower's kitchen is happy to provide staples between grocery orders. We even have a limited supply of toilet paper available. Call ahead (641-

236-6151 x216). Hy-Vee no longer delivers, but Fareway and McNally's continue deliveries at this time.

- **Medication Pick-up from Hy-Vee Pharmacy.** As the Grinnell Hy-Vee has suspended all delivery service, Mayflower is now picking up orders from the Hy-Vee pharmacy on Tuesdays and Thursdays. Then, the Beebe Assisted Living staff delivers the medications to Mayflower residents' homes. When you call in, let the pharmacy know that Mayflower will be picking up.
- **Haircuts.** There is no beauty or barbershop now open per order from the Governor. Let's just assume the long-hair look of the '70's will be back! Steve Langerud has offered to giveaway his little-used pair of clippers.
- **Advance Directives for Health Center/Beebe Residents:** Rhonda Hudson, LBSW, Mayflower's Social Worker is helping to get documents in order. If you would like guidance, call or email her at 641-236-6151 X205 or rhudson@mayflowerhomes.com.
- **Staying in Touch with Others:** We are using the FaceTime® computer application to keep Health Center and Beebe residents connected with family. If you wish assistance in setting it up on your phone or computer, contact Deb Jack for referral.
- **Getting "Cabin Fever?"** This difficult time will last for an unknown period. You might considering taking Yale University's widely popular "Happiness Course" that is available FREE on-line: https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html?utm_term=158513914824629c5f4bdc4c9&utm_source=Results+are+in+03.25.20&utm_medium=email&utm_campaign=193289_1585139148250&bt_ee=%2BXRc0LnsMfbTVbQINEjqwdvWxxsrVW9A9d%2BRh3YMNT1fMpb0%2FsaVAu8EbwIkE5kH&bt_ts=1585139148250

Questions about COVID-19 Illness?

- The best source for immediate information is a phone call to **2-1-1**, which takes you to a CDC (U.S. Centers for Disease Control and Prevention) operator.
- The most current **Mayflower COVID-19 information** is contained on our website (<https://www.mayflowerhomes.com/>), top right, "COVID-19" double-click.
- The most current source of information for the **state** is this website: <https://coronavirus.iowa.gov/>.
- Mayflower's primary contact for health information is **Jacki Hicklin, RN**, Mayflower Assistant Director of Nursing/Infection Control Nurse at 641-236-6141 x233 or jhicklin@mayflowerhomes.com.

Steve Langerud
Executive Director

Kellie McGriff
Associate Director/Administrator