



## Protocol for Independent Living Residents: COVID-19 Symptoms

The Mayflower Community administration suggests that you self-monitor for symptoms of COVID-19. Two websites are available to help you:

- **CDC** website will provide guidance regarding preventions, potential symptoms, and getting tested: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html> and <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html#cdc-chat-bot-open>
- **Test Iowa** website is a resource when deciding if further assessment and potential testing is warranted. The current criteria for testing is not transparent at this time. <https://www.testiowa.com/>.

If you have symptoms of cough, fever, or shortness of breath, contact UnityPoint Health—Grinnell's Respiratory Clinic at The Light Center (641-236-2378) Monday through Friday, 8:00am to 5:00pm and Saturday, 8:00am to 2:00pm. The Respiratory Clinic nurse will assess you via phone and determine if an in-person evaluation and COVID-19 test is warranted. If you are tested, your results will be reported directly to you.

If you are tested for COVID-19, you will be asked to self-quarantine until the test comes back.

- If your test **results are negative**, you will be asked to remain in self-quarantine until you are fever-free for 24 hours (without medication).
- If your test **results are positive** for COVID-19, you should remain in self-quarantine for 7 days beyond onset of symptoms AND 3 days fever-free without anti-pyretic medications AND resolution of respiratory symptoms. A representative of Poweshiek County Public Health will check on you every three days via phone to determine when you can discontinue self-quarantine.

We ask that you remain in self-quarantine until you are symptom free for 7 days from the onset of symptoms, fever-free for 3 days (without medication), and without respiratory symptoms. Continue wearing a mask, washing hands frequently, and maintaining six-foot social distancing. If at any time you feel that your symptoms require immediate medical assistance, please use the Emergency Room at UnityPoint Health -- Grinnell and/or call 9-1-1.

**Transportation** for independent living residents will be assessed on a case-by-case basis. Currently, we are transporting those residents who do not have COVID-19 for essential appointments only.

**Code Alert.** We will not send a nurse to independent living residents' homes to assess for COVID-19 in order to minimize the risk of spreading the virus to staff and residents.

Please use the resources above for your assessment needs. If you have questions, contact Kellie McGriff, Associate Director/Administrator at 641-990-8557 or [kmcgriff@mayflowerhomes.com](mailto:kmcgriff@mayflowerhomes.com).