



4/6/2020

Dear Staff of Sapphire Health Services,

As we continue to navigate the unprecedented times, I am grateful for each of you in your effort to remain healthy and providing high quality care to each of our residents. Continuing to practice social distancing, hand hygiene, appropriately covering your face when you cough or sneeze, not touching your face, limiting time spent in the community, and self-monitoring remain important interventions in keeping yourself and family healthy. Additionally, the following interventions should be considered by all employees to further provide protection against the Coronavirus.

1. Do not embrace family members or pets right away when getting home. Doing so may pass any virus that may be on clothing to them. Pets have been known to get COVID 19 from infected owners. It maybe possible to get the virus from an infected animal or one that has the virus on its fur. Wash your hands after touching any animal.
2. If possible do not enter your home through the main entrance. Entering through a side entrance or garage access will help limit the potential of bringing the virus into main living areas.
3. Remove shoes before entering your home. Spray them down with an approved disinfectant that kills coronavirus.
4. Remove clothing as soon as possible and place in the washer or receptacle that can be closed. This will help prevent the virus that may be on clothing being sped to furniture, floors, table tops etc.
5. Take a shower so that any virus that maybe on your skin is washed away. Take a moment to brush your teeth, and clean glasses or other accessories that cannot go into the washing machine. If you wear contact lenses consider switching back to glasses for the time period. This will prevent you from introducing something possibly contaminated into your eye.
6. Spray the interior of your vehicle down with disinfectant. If you ride a motorcycle consider disinfecting you helmet (inside and out) as well. Please be cautious with this as some disinfectants can be harsh for people with respiratory disorders or damage surfaces.
7. Increase disinfecting high touch or traffic areas of your home.

Employee health is a primary concern during this time period. Take extra time to take care of yourself and your surroundings. Your employee benefit program is available to you to use in helping deal with the added pressures from the pandemic. If you would like to speak with a councilor to help deal with your stress please see your facility administrator for information on the employee benefit program.

In highest regards

Sapphire Health Services Senior leadership team.