

We find ourselves at a critical moment – dealing with an issue that many of us have never experienced before. The Coronavirus pandemic can lead us to feeling a great amount of fear and uncertainty in knowing what is best to do for our families. At Bickford Senior Living, our **Top Priority** is to ensure we are doing everything to protect and prevent COVID-19 in our branches. We are focused on the health, welfare and safety of our Residents, our BFM's and their families. We successfully manage infectious diseases and viruses within our Branches each year making us well equipped to manage this new challenge. Check back often to see updated information.

## COVID-19 Update -

Due to our sincere concern about our residents' and BFM's safety and wellbeing we have implemented the following:

- Temporary hold on all Branch events that include outside guests
- Temporary hold on all Branch outings
- Temporary hold on all outside entertainers
- Internal Branch resident activities and events will continue as normal
- Common area cleaning has been increased to multiple times per day to sanitize hard surfaces and common touch areas (i.e. hand rails, dining room)
- Branch doors will be locked at all times and entry restricted to the front door
- Access to Branch will be restricted to Bickford personnel, health care professionals, immediate family members, tours and interviews
  - Each individual granted access will be screened using a screening tool and their temperature will be taken prior to entry
- Families are being discouraged from visiting
- Bickford is currently working on ways we can support our BFM's with challenges they may encounter related to caring for their families during this crisis
- We are actively monitoring local, state and federal health guidelines and will adjust as necessary

## Information and Training

- For the most up-to-date information from the CDC, [click here](#)
- Video about COVID-19, [click here](#)
- Ensure you use appropriate handwashing techniques, [click here](#)
- For up-to-date information being provided to residents' families, [click here](#)
- Use this graphic to update yourself on the process for handwashing.



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Handwashing infog

## Take steps to protect yourself



### Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



### Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Take steps to protect others



## Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).



## Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.