

June 9, 2020

Dear Residents and Families;

Thank you for trusting us to care for you or your loved one during the COVID-19 pandemic. As you are aware, older adults (adults over age 60) might be at higher risk for developing more serious complications from COVID-19, as well as being at higher risk of death due to COVID-19. In order to reduce the spread in our vulnerable communities, recent federal recommendations encourage the testing of skilled nursing and assisted living residents for COVID-19. As such, Grand Oaks has partnered with DC Health to provide COVID-19 testing this Wednesday, between 10am-2pm in your apartment.

Here is some background regarding resident testing at Grand Oaks Assisted Living

- The District of Columbia Department of Health has assembled a team of area clinicians and lab personnel to assist local facilities in performing testing
- All residents will be given a COVID-19 test. Testing for COVID-19 is important in order to isolate individuals who test positive.
- The District of Columbia will be using the nasopharyngeal swab test (nasal swab). During this test you may feel some discomfort, this is normal.
- We expect to receive test results within 3-4 business days. For your safety and the safety of others, you should remain in your residence in isolation until receiving further instructions. When you receive your test result you will be instructed regarding if you need to remain in isolation at your residence and if so for how long. Beginning Wednesday, we will pause the engagement and movement groups while we await testing results.

#### COVID-19 General Information

- As of June 7, 2020, approximately 9,389 D.C. residents have tested positive for COVID-19; the United States is reporting 1.99 million cases nationwide
- Signs and symptoms in older adults COVID-19 can present with a variety of symptoms in older adults and can progress rapidly. It is important to promptly report if you experience symptoms.
- Early symptoms in older adults may be non-specific, such as loss of appetite or unusual fatigue. Symptoms may also include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea
- The best way to prevent COVID-19 is to avoid being exposed to this virus. Stay in your apartment and avoid close contact with other people
- Wear a cloth face covering or facemask at all times if you need to go out of your apartment

According to the World Health Organization, it is estimated that 80% of infections are mild or asymptomatic, 15% are severe infection, requiring oxygen and 5% are critical infections, requiring ventilation. Therefore, it is possible that we may see asymptomatic positive results as a result of mass testing. Regardless of testing results, the Grand Oaks team will continue to work diligently to care for all residents and maintain the safest environment for each of you.

Sincerely,

A handwritten signature in blue ink, appearing to be 'H. Zia', with a long horizontal stroke extending to the right.

Hasan A. Zia, MD, MBA, FACS  
Interim President & CEO, Sibley Memorial Hospital  
Johns Hopkins Medicine