

Canterbury Woods

NOTICE TO RESIDENTS

FROM: Norma Brambilla & Beth Robinson
DATE: June 20, 2014
RE: INFECTION CONTROL

We have been steadfast in our efforts to curtail and stop the spread of colds, upper respiratory infections, and gastric intestinal viruses. This is a reminder to everybody of the important steps we can each take to stay healthy and keep our neighbors healthy.

Wash your hands Wash your hands before coming into the dining room Wash your hands with soap and water after toileting Wash your hands

If you haven't washed your hands before coming into the dining room, use the towelettes at the entrance to the dining room. There is also hand sanitizer at each entrance to the dining room. It is helpful for sanitizing hands between washing but know that hand sanitizer does not kill the highly contagious "cruise ship" Norovirus. Your best defense is washing well with soap and water. If we are notified that a resident or staff member has Norovirus symptoms, we will sanitize handrails, elevators, doorknobs, etc. with bleach products that do curtail the virus.

It is important to let the Health Center know if you have the flu, gastro intestinal distress or a cold. We will help set up tray delivery to your apartment to protect other residents and staff from being exposed. We can give you food that you can tolerate and provide plenty of extra fluids to help you heal quickly.

Please do not use your fingers to select food from our buffets; use utensils provided and put them back on the trays, not in the food.

If you need to sneeze and you are without tissue, sneeze into your shoulder or upper arm; this really helps to stop the spread of germs. Please do the same when you cough.

We are fortunate to have maintained a predominantly healthy campus. Your help in following these sanitation and simple infection control measures makes a world of difference in keeping us all healthy!