



NEWS FROM OUR "HOME"

July 2020

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COVID –19 Update PHASE 1 APPROVED

**JUNE 22ND WE MOVED INTO PHASE 1 OF OUR REOPENING PLAN!
The following are what phase 1 means for LCNH.**

Residents can leave their rooms and we can have small group activities providing that we can have proper social distancing of 6 feet between everyone and everyone must be wearing a mask.

The outdoor visiting area is now opening back up and you can schedule visitation with your loved ones with the Life Enhancement Department.

As long as there is no community spread and no suspected or confirmed cases in the facility we will continue to move onto Phase 2. The next phase can only be approved by the county health department and only after being in the current phase for a minimum of 14 days. If there is a suspected case we will immediately go back to room restrictions and the outside visiting area will be closed again. Phase 1 will start over once we have confirmation that there are no longer any suspected or confirmed cases in the facility.

Again we would like to thank all family, friends and community for understanding that this is a long process. Our main goal is to ensure that we are able to keep everyone as safe as possible during this pandemic. As soon as we move into PHASE 2 and get all the information of what Phase 2 will entail we will post that on our website and all other forms of communication we have been using with family members.

GETTING READY FOR PHASE 2

In getting ready for the next phase we would like to prepare you and have you thinking about the following.

1. During Phase 2 Residents will be allowed 2 visitors that have to remain the same 2 visitors during the entirety of Phase 2.
2. Be prepared to be screened into the building and if you have any covid-19 related symptoms you will not be permitted to enter. **MASKS WILL BE REQUIRED**



Elders

July 15th - Marian Gross

July 28th - Darrel Portenier

LCNH Team Members

July 7th - Nancy Tice

July 7th - Cierra Kahrs

July 12th - Crystal Patrick

July 15th - Casandra Lee

July 20th - Jordan Richardson

July 26th - Abigail Sikes

July 30th - Connie Howley

July 31st - Malanie Schulze

HAPPY
WORK ANNIVERSARY!
YOU ARE SIMPLY

AWESOME



23 Years - Rhonda Ohlde

8 Years - Melissa Miller

6 Years - Heather Almendarez

3 Years - Shawna Rozean

2 Years - Tori Williams

1 Year - Carly Kolle

Upcoming Events at LCNH

**DUE TO COVID-19 RESTRICTIONS
NO ACTIVITIES OR MEETINGS UNTIL
FURTHER NOTICE**

Wearing a
mask shows...



Love

Linn Community
Nursing Home

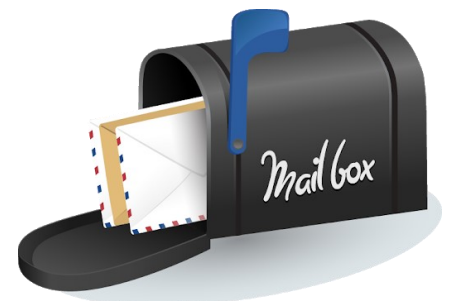
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MAILING LIST

News from our 'Home' is mailed free of charge to the volunteers, families and friends of the Linn Community Nursing Home. If you know of someone who is interested in receiving our newsletter, have them give us a call. We do have the capability of emailing out our newsletter. If you would rather receive the newsletter via an email, please let us know.



If you are sick with COVID-19

Stay home except to get medical care.

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom if you can. Do not share personal household items like dishes, towels, bedding, or eating utensils.

Call ahead before visiting your doctor.

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from being exposed.

Wash your hands often.

Wash your hands with soap and water for at least 20 seconds frequently, but especially after blowing your nose, coughing or sneezing. Wash your hands before eating or preparing food. If soap and water aren't available, use alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your face.

Clean high-touch surfaces everyday.

These surfaces include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards and bedside tables. Use diluted household bleach solutions (4 teaspoons per quart of water), alcohol solutions with at least 70% alcohol, or most common EPA-registered household disinfectants. You can find a list of these disinfectants at <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.

Monitor your symptoms.

Seek prompt medical attention if your symptoms or illness worsens. Call your healthcare provider ahead of time to let them know you are coming. Call 911 if you have a medical emergency and notify dispatch that you have or are being evaluated for COVID-19.

Stop Germs! Wash Your Hands.

When?

After using the bathroom

Before, during, and after preparing food

Before eating food

Before and after caring for someone at home who is sick with vomiting or diarrhea

After changing diapers or cleaning up a child who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching garbage

How?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

www.cdc.gov/handwashing