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COVID-19 Prevention Efforts and Updates for Independent Living March 12, 2020

Based on the updates provided by The Centers for Disease Control (CDC) and the Virginia Department of Health, we want to make you aware of additional steps we are taking at Culpepper Garden. The safety and well-being of our residents, as well as team and family members is vitally important to us. At this time, we do not have any known cases of Covid-19 at Culpepper Garden.

We will continue to monitor and follow the guidance of The CDC, the Virginia Department of Health and the local health department in implementing precautions, recommendations and guidance in order to prevent and stop the spread of the virus. However, we need your help in battling Covid-19.

New Recommendations

Out of an abundance of caution, we request that family and friends do not visit Culpepper Garden unless absolutely necessary. We are limiting visitors to only those individuals who need entry at this time. We understand that connecting with your loved ones is incredibly important, and there are a variety of other ways you might consider communicating with them. These may include telephone, email, text, video chat or social media. If you believe a visit to the center is necessary, we request that you contact Culpepper Garden prior to your arrival. For approved visitors, we will ask that visits occur in the resident's apartment with limited exposure to common areas of the buildings.

Visitors entering the building will be signed in, screened and asked to use the hand sanitizer that is available at the front desk. Visitors who answer any questions on the screening with a "yes" will be denied access to the community.

We are suspending all outside group and volunteer activities until further notice. We will continue to monitor the situation and will keep you informed as to when outside volunteers and group programs can be re-started. We are currently working with AFAC to determine how the distribution of AFAC food will be handled later this week. Further instruction concerning AFAC will be circulated as soon as we can work out the best plan for distribution.



A Non-profit Retirement & Supportive Services Community



Culpepper Garden does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, its federally assisted programs and activities.

Please make sure we have your most current emergency contact information. We want to ensure efficient communication with you should there be any new developments. Please reach out to **Candy Dragity or Zachary Castro** (zcastro@culpeppergarden.org;703-528-0162) with your updated contact information.

We have implemented increased training and education of team members to reinforce infection control measures and protocols, including proper handwashing and cleaning processes.

Important Reminders

Residents, please help prevent the spread of infection by exercising proper hand washing hygiene as well as coughing and sneezing etiquette. We offer hand washing and alcohol-based hand sanitizer stations throughout the building, which you are welcome to use. Please wash hands for a min of 20 seconds. When hands appear soiled please wash hands with soap before sanitizing.

Please avoid shaking hands and hugs with any individual. Limited interaction with others is recommended.

If you are experiencing a cough, fever, sore throat, runny nose, and/or shortness of breath, please stay in your apartment and contact your medical provider immediately. Obtain further instruction from your medical provider and notify the Culpepper Garden Administration. Please contact myself, Paul Timpane (ptimpane@culpeppergarden.org or Pasha Kelly (pkelly@culpeppergarden.org) via email or phone (703-528-0162) with this information. In the circumstance that you cannot contact the listed administrators please contact Zachary Castro (zcastro@culpeppergarden.org;703-528-0162 ext. 141.)

Please contact 911 in case of emergency.

If you are diagnosed or if you suspect you have been in contact with someone who has been exposed to or diagnosed with Coronavirus please stay in your apartment and contact Culpepper Garden Administration (listed above) immediately so that proper quarantine restrictions can be implemented.

If you have recently traveled to any CDC Level 2 or Level 3 countries, please communicate this with Culpepper Garden Administration immediately so that proper quarantine restrictions can be implemented.

Should you have any questions, please feel free to contact Culpepper Garden at 703-276-2303. Please be sure to check our website at www.culpeppergarden.org for updates.

For additional information, please visit the CDC's coronavirus disease [information page](#)