

NEWLY POSTED-3-1-17

HEALTH NOTICE TO TENANTS & STAFF

First: Always seek medical advice when you are ill. Illness could be spread through the air, bodily fluids or through touch. The following practices can help:

- Stay home, or within your apartment, if you are ill!
- Wash and sanitize your hands often.
- Try not to touch your face. Viral infections enter through the nose, mouth and eyes.
- Employees are NOT allowed to work ill. Report illness immediately and cover your shift with another crew member.
- Use your apartment bathroom as often as possible **instead of using the lobby restroom or a public restroom.** During times of community illness, it is always best to try to use your own bathroom as much as possible. We have increased the number of times the restroom is sanitized but a public restroom is a primary location for the spread of germs especially with a virus that causes diarrhea. **If you are ill NO NOT USE THE LOBBY RESTROOM.** If you have used the lobby restroom and have diarrhea or vomiting while there, please let the office know so housekeeping can sanitize the restroom appropriately.
- On occasion, someone may vomit while in one of the community areas such as the dining room. If this occurs, the wait staff or dining room manager will work quickly to move all residents away from the spot of occurrence, and then seek housekeeping staff to clean the area or a vendor. There is no reason to be embarrassed; these things happen on occasion.
- See your doctor as quickly as you can when ill for proper diagnosis and care.

It is important in congregate housing, which provides community areas, to stay home within your personal apartment when ill so you do not pass illness to your neighbors and staff. Here is a list of illnesses that require you to abstain from all group activities, including the dining room until healthy. If you have any of the following, please

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order your meals to be delivered to your apartment until you are healthy enough to return.

When you are ill, please ask your doctor if you are contagious and should refrain from group activities.

OUR STAFF IS NOT ALLOWED TO CLEAN OR WORK IN AN APARTMENT THAT IS INFECTED BY THE FOLLOWING. Please seek help through a family member, friend or in-home health care worker. If you need a list of those you can call please, call the office and we can assist you.

EXCLUSION LIST:

Diarrhea: Diarrhea from *Campylobacter*, *E. Coli*, *Giardia*, *Norovirus*, *Rotavirus*, *Salmonella* or *Shigella*: For most kinds of diarrhea (defined as 3 or more loose stools in 24 hours), you should stay home until diarrhea stops.

E. coli

For the most severe type of *E. coli* you must abstain from group activity until the diarrhea stops and 2 lab tests taken 24 hours apart test negative for *E. coli* O157:H7.

Fever by itself

Stay home for a fever 101 degrees or higher by mouth, or 100 degrees or higher if taken under the arm. You can return to group activities when the fever is gone.

Fever with Rash, Behavior Change or other Symptoms

You should abstain from group activities if you have severe illness such as a rash, change in behavior, earache, vomiting, confusion, sore throat or irritability. Seek immediate medical assistance.

Head Lice or Scabies

Head Lice and Scabies are HIGHLY contagious. They not only live the on the body but off from the body for up to 72 hours. That means they can be in your clothing, your furniture, car, and bed as well as on your body and can fall off or hop off from you onto surfaces that other people touch. That is how they travel to the next victim. Scabies will

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also travel on animals. **Anyone with head lice or scabies is forbidden in common areas as you can infect the furniture and those around you.** You can return to group activities after a doctor has cleared you. Report head lice or scabies to the office immediately so we can work to contain it. Our housekeeping crew is NOT allowed to clean an apartment infected with lice or scabies as it can contaminate the next apartment. You will need to seek outside treatments.

How do you know if you have them? If you have an unusual itch in your scalp or other areas of your body you should consult a doctor. If you have a rash you should be seen by a doctor. Scabies appears as a rash or dots on the body. You must seek immediate medical assistance. If you do not report infestation prior to our crew cleaning you may be charged for additional fees incurred by the property.

Hepatitis A / Yellow Jaundice

Anyone with acute hepatitis A may return to group activities 1 week after the start of the jaundice.

Hib (*Haemophilus influenzae* Type B)

Anyone with a proven Hib infection needs to be out of group activities until at least 24 hours after they complete their antibiotics.

Open Sores: If sores are weepy, oozing or wet or cannot be covered, you should seek medical attention and remain home. You can return to group activities if the sores have stopped oozing or can be covered appropriately.

Influenza or Influenza-Like Illness (ILI) Anyone with ILI or the flu should exclude themselves from group activities with a fever of 100 with cough and/or sore throat until fever-free for at least 24 hours without any fever medicines.

Meningitis

Anyone with signs of meningitis (high fever, rash, stiff neck) must remain quarantined until a healthcare provider says that you may return to group activities.

Pink-eye / Conjunctivitis

If your eyes are red or pink, and you have eye pain and reddened eyelids, with white or yellow eye discharge or eyelids matted after sleep may have Purulent Conjunctivitis. You should not be in any group activities until you have been examined and treated. Pink-eye is highly contagious and can be passed by touching surfaces. You should stay within your apartment and seek assistance.

Rash

Anyone who has a rapidly spreading rash or a rash with fever or behavior change should seek medical assistance and not participate in group activities.

Shingles

Stay home if you have shingles lesions/sores/blisters that cannot be covered. Once the lesions are dried or scabbed, you can return to group activities.

Staph or Strep Skin Infections (includes MRSA)

Anyone with a ***draining sore, boil, or abscess*** that cannot be covered, or with sores that ooze through and soak dressings, should remain home. You may return once the draining stops, or if the drainage (oozing) can be contained in the dressing, so that no one else comes into contact with the drainage. Because treatments vary, there is no requirement for numbers of hours on an antibiotic.

Giardia

When diarrhea stops or you have taken antibiotics for at least 24 hours.

Salmonella typhi (Typhoid fever)

After 24 hours without diarrhea, if a doctor clears you to return.

German Measles / Rubella

Stay home until 7 days after rash starts.

Ringworm

Anyone with ringworm of the scalp must remain out of activities until they have begun treatment with a ***prescription oral antifungal medication***. Anyone with ringworm of the body may return once they

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have begun oral or topical antifungal treatment, unless the affected area can be completely covered by clothing.

“Strep Throat” / Streptococcal Pharyngitis

Anyone with “Strep throat” can return to group activities 24 hours after starting antibiotics if there is no fever.

Tuberculosis (TB)

Anyone with TB should stay home until the doctor treating the TB says you are no longer contagious.

Open Wound: All wounds should be covered in proper bandages. No one is allowed in common areas with open wounds or at work with an open wound. None contagious rashes should also be covered while at work as they could become infected. Seek medical advice from a health professional.

If you have any of these symptom, please consult your doctor immediately.

If you have any questions or need any assistance, please call the office at 845-0572. We care about all of our residents and staff and are committed to your health and well being.

Please ask your doctor if you should report your illness to the manager. They will inform you if it should be reported or if you are contagious. We will keep it private.

Thank you.