

Email blast regarding COVID-19  
FINAL – 3.12.20

Email via MailChimp to Seek On, Education MN, EFS, and AAG email lists

**Subject line:** Lifesprk Preparedness; COVID-19 Update

Dear Lifesprk Community,

Nothing matters more than the health and well-being of our clients, family members, employees, and community members. We know many of you are concerned about COVID-19, more commonly known to us as the coronavirus, and we want to alleviate any fear. Because we work directly with the senior population, we have escalated our infection control procedures. At this time, none of our Lifesprk clients, family members, or employees have been exposed to COVID-19, but we expect that may change and we want you to know we are prepared.

This is a time for both calm and proactive preparedness. Over the past two weeks, Lifesprk has initiated an Infection Control team led by Dr. Nick Schneeman, Lifesprk Chief Medical Officer, Cathy Lauring, ARNP, and Paulette Duncan, RN. The team meets weekly to keep our teams updated on the latest information from the Minnesota Department of Health (MDH) as we learn more about COVID -19 and we are sharing with you what we are doing to keep you safe.

**What our team is doing to protect you:**

- Following strict droplet and contact precautions and you may see our team utilizing masks when working with clients with cough or fever, eye shields to prevent potential fluids from getting in the eyes, and gowns.
- Wearing gloves for any type of care.
- Verifying with every client if they have family members who have been out of the country or are showing respiratory symptoms and a fever; this is no different than what we already do with the flu.
- Closely monitoring our nursing and caregiving teams regarding any contact they've had, symptoms they might be experiencing and taking the necessary precautions.
- Verifying any/all contact our employees have had with clients and family members who may have been traveling or are experiencing any symptoms and then putting in place the appropriate steps to minimize spread.

**What you can do:**

- Limit exposure of people visiting and close contact with others - recommendation is to be 3-6 feet away from others.
- Wash your hands thoroughly with soap and water for 20-30 seconds several times per day.
- Hand sanitizer that contains at least 60% alcohol (traditional hand washing is recommended).
- Stay home when you are feeling sick. Even if it's not COVID-19 related, if you have a weakened immune system you are at a higher risk of contracting the coronavirus.
- Avoid touching your eyes, nose and mouth, and always cover your cough or sneeze.
- Throw tissues in the garbage immediately after one use and wash your hands with soap and water.

- Clean and disinfect surfaces that are touched often.
- Check in with your senior loved ones and neighbors and reach out to our team if you feel they need support including supplies or medical attention.

For additional resources, FAQs, and information on what you should do if you suspect you've been exposed to COVID-19, please visit our web site at [Lifesprk.com/coronavirus](https://lifesprk.com/coronavirus).

Each of us has an important role to play in helping safeguard every member of the community and minimize the spread of COVID-19. We thank you for your patience and willingness to work together to control the impact this has on our clients, family members, employees, and partners.

If you have any questions, please reach out to us directly at 952.345-8770.