



# BERKS HEIM

## NURSING AND REHABILITATION

1011 Berks Road, Leesport, PA 19533 610-376-4841

Commissioner Chair  
CHRISTIAN Y. LEINBACH  
Commissioner Vice-Chair  
KEVIN S. BARNHARDT  
Commissioner  
MICHAEL S. RIVERA

Administrator  
TERRY BRENNAN  
Medical Director  
ROBERT BRACKBILL  
County Solicitor  
CHRISTINE SADLER

To All Berks Heim staff:

March 18, 2020

We understand you are concerned about the spread of COVID-19 (the new coronavirus) and want to know how it may impact us here at BERKS HEIM. Our first priority is ensuring our staff and residents are in a safe and healthy environment. Currently, we are relieved to report there are no cases in our facility.

1. **RESIDENT LAUNDRY** – All resident laundry must be laundered inside the facility. Family members are no longer permitted to come in and pick up soiled laundry and return clean laundry.

\*\*Current resident laundry that is already out may be returned only through:  
Friday March 20, 2020

2. **RESIDENT ITEMS** – No items from home may be dropped off to residents
3. **FLOWER DELIVERIES** – We are no longer accepting flower deliveries for residents or employees.
4. **FOOD DELIVERIES**
  - a. No deliveries from someone's home will be accepted as there are no regulations in place to ensure food safety during the COVID-19 Outbreak
  - b. Deliveries from restaurants can continue, however the delivery person must be met outside the front entrance, so the delivery driver does not enter the facility.

\*\*Please make these arrangements when ordering and explain that the drivers are not permitted inside the building.

## 5. ADDITIONAL GUIDANCE

Please remember that you are healthcare workers and vitally needed. Please be aware of the recommendations to limit your exposure to others in order to maintain the health of our staff and residents during the COVID-19 Outbreak.

Please remember that with the COVID-19 Worldwide and Nationwide outbreak information and guidance is changing constantly sometimes minute to minute. We are all working diligently to learn the new recommendations and guidance and provide information to staff, residents, families, and vendors. Please remain patient as we all navigate this together.

Sincerely,

Berks Heim Administration and all Department Heads.





# BERKS HEIM

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CHRISTINE SADLER

To All Berks Heim staff:

March 25, 2020

### COVID – 19 GUIDANCE

#### Cleaning:

- Sani-Cloth Bleach Wipes (White Container with Orange Lids) – These are to be stored in the medication rooms on each unit when not in use and **only used to clean glucometers.**
- Cleaning wipes (WETTASK SYSTEM Container) will be provided to each nursing unit to be used for internment surface cleaning. This is to be stored at the nursing station out of resident reach for safety.  
***For example:*** this can be used to clean and sanitize surfaces at the nursing station, med carts, treatment carts, etc.

#### Personal Protective Equipment (PPE):

PA Department of Health (DOH) released PPE guidance on 3/24/2020:

**The supply chain for PPE continues to be severely strained across the nation.**

The Centers for Disease Control and Prevention (CDC) has recommended guidance entitled:  
Strategies for Optimizing PPE and Equipment

Berks Heim is implementing the following PPE optimization strategies to extend supplies in accordance with PA Department of Health and Centers for Disease Control and Prevention (CDC):

- All staff that did not receive a flu shot no longer need to wear a mask
- Masks may **only** be used for the following:
  - Isolation Precautions: For staff caring for residents under isolation in droplet precautions, masks must be removed and disposed upon leaving the isolation room
  - Laundry Sorting: Masks will continue to be worn for staff working in the laundry sorting area
  - Visitors: Masks will be issued to approved visitors of the facility
  - **ALL OTHER USE OF MASKS IN THE FACILITY IS SUSPENDED:**  
*\*Exceptions must be approved by the Director of Nursing*

Sincerely,

Terence Brennan, Administrator  
Christie Kennedy, Assistant Administrator  
Doris Logan, Director of Nursing  
Rebecca Chambers, Infection Preventionist



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County Solicitor  
CHRISTINE SADLER

### READ & SIGN INFORMATION

To All Berks Heim Staff:

March 27, 2020

Our first priority is ensuring our staff and residents are in a safe and healthy environment. Currently, we are relieved to report there are no cases in our facility. We understand you may have specific questions about COVID-19.

Below are links to guidance where you can find updated information on COVID-19 as it impacts Nursing Facilities and the community:

- **Centers for Disease Control and Prevention (CDC):**  
<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>
- **PA Department of Health: 2020 Health Alerts, Advisories, and Updates**  
<https://www.health.pa.gov/topics/prep/PA-HAN/Pages/2020-HAN.aspx>
- **Centers for Medicare and Medicaid Services:**  
<https://www.cms.gov>
- **Berks County Department of Emergency Services (DES):**  
[www.berksdes.com](http://www.berksdes.com)

If you have specific questions, please let us know and we would be happy to meet with you individually to provide answers. If you prefer you can also send any question via email to the Administrative Team listed below.

Please remember that with the COVID-19 Worldwide and Nationwide outbreak information and guidance is changing constantly. We are all working diligently to learn the new recommendations and guidance from the Centers for Disease Control and Prevention (CDC), PA Department of Health (DOH), Centers for Medicare and Medicaid (CMS) and Berks County Department of Emergency Services (DES).

Please remain patient as we all navigate this together.

Sincerely,

Terence Brennan, Administrator [tbrennan@countyofberks.com](mailto:tbrennan@countyofberks.com)  
Christie Kennedy, Assistant Administrator [ckennedy@countyofberks.com](mailto:ckennedy@countyofberks.com)  
Doris Logan, Director of Nursing [dlogan@countyofberks.com](mailto:dlogan@countyofberks.com)  
Rebecca Chambers, Infection Preventionist [rchambers@countyofberks.com](mailto:rchambers@countyofberks.com)  
Marguerite Kline, Human Resources Manager [mkline@countyofberks.com](mailto:mkline@countyofberks.com)





**Berks Heim Nursing and Rehabilitation  
READ & SIGN EDUCATION**

Screening for all **EMPLOYEES** entering the building:

1. All employees are required to complete the screening tool, answer the screening tool questions, and have temperature reading prior to starting their shift.
2. All employees must wash their hands prior to the start of their shift.
3. If an employee answers yes to any questions on the employee screening tool please consult with the nursing supervisor for further direction.

**100 or**

If the employee has a temperature (Greater than 100.0 Fahrenheit) have the employee to put on a facemask and end their work shift, leave the facility, and isolate at home until further direction given by your healthcare provider.

\*Please remain in contact with Rebecca Chambers at 610-376-4841 ext. 7412 to provide updates.

4. If an employee develops a sudden onset of respiratory symptoms during their shift:

Take the employees temperature and document results, have the employee to put on a facemask and end their work shift, leave the facility, and isolate at home.

5. If you need more assistance during regular business hours please reach out to the following:

DON – Doris Logan, Infection Preventionist – Rebecca Chambers,

NHA – Terry Brennan, Assistant NHA – Christie Kennedy

If you need more assistance during other hours please reach out to the following:

Nursing Supervisor on Duty

6. *In the event of an emergency or disaster provide immediate access to Fire, Police, etc.*

# Press Release

## For Immediate Release

### Contact Person:

Ronald R. Seaman  
Berks County Chief Administrative Officer  
Phone: 610-478-6136 x 6115  
County Cell Contact: 484-709-0642  
[rseaman@countyofberks.com](mailto:rseaman@countyofberks.com)

## **Berks Heim Nursing & Rehabilitation Center Immediately Implements Precautionary COVID-19 Visitors Policy**

**(Berks County, Pa. -- March 11, 2020)** The leadership of Berks County and Berks Heim Nursing & Rehabilitation Center are taking an abundance of caution in an effort to prevent COVID-19 by asking visitors to refrain from making visits during this time.

"Ensuring residents and staff are cared for in a safe and healthy environment is our first priority," said Ronald R. Seaman, Berks County Chief Administrative Officer. "Currently, we don't have any cases in our facility and are taking the best precautions to avoid the spread of COVID-19," he added.

Today correspondence was sent to families, residents and staff by Berks Heim Nursing & Rehabilitation Center administration and departments asking to refrain visitation during this time in the best interest of safety. "Berks Heim is limiting all facility visitors to those who are absolutely necessary. All individuals, including staff, who come into the building are being screened. We are also posting signs on our entryway doors to notify visitors of this policy," Seaman explained.

"We understand the importance of loved ones remaining in contact and encourage visitors to use alternative communications methods if possible, such as telephone, email, text, video chat or social media. Family members of residents are asked to make sure their social worker has their accurate contact information. Loved ones are encouraged to call to check in on those residents who are not be able to communicate via alternative methods," he said.

Berks Heim Nursing & Rehabilitation Center is following the recommendations of The Centers for Disease Control and Prevention (CDC) on prevention steps, including: following strict handwashing procedures; wearing gowns and gloves when interacting with residents as recommended; and performing routine environmental cleaning of all frequently touched workplace surfaces. Employees who are sick or have any symptoms of respiratory illness, such as cough, fever, sore throat, runny nose and/or shortness of breath are asked to remain at home. Employees should report any respiratory symptoms that develop while at work and practice etiquette for coughing and sneezing.

"Berks Heim administration is in close contact with the local and state Emergency Management Agencies and health departments, and are following their guidance," Seaman concluded.

###



# BERKS HEIM

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County Solicitor  
CHRISTINE SADLER

To All Berks Heim staff:

March 12, 2020

We understand you are concerned about the spread of COVID-19 (the new coronavirus) and want to know how it may impact us here at BERKS HEIM. Our first priority is ensuring our staff and residents are in a safe and healthy environment. Currently, we are relieved to report there are no cases in our facility.

To help reduce potential for the virus to enter our building, we are implementing recommendations by The Centers for Disease Control and Prevention (CDC). We also need your help in battling COVID-19. Below are examples of how you can help protect yourself and our residents, as well as prevent the virus from spreading throughout the community.

1. **Sick employees should stay home.** At this time, we request that you stay home if you have any symptoms of respiratory illness. Those symptoms include: cough, fever, sore throat, runny nose and/or shortness of breath.
2. **Notify us if you develop respiratory symptoms while at work.** These include: cough, fever, sore throat, runny nose, and/or shortness of breath.
3. **Practice proper handwashing hygiene.** All employees should wash their hands for at least 20 seconds or use alcohol-based hand sanitizer that contains at least 60-95% alcohol upon entering the building and before and after interaction with residents. Soap and water should be used preferentially if hands are visibly dirty.
4. **Cover your mouth and nose with a tissue when coughing or sneezing.**
5. **Perform routine environmental cleaning.** Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label. No special cleaning is necessary for COVID-19.

Our facility is following the CDC recommendations on using basic contact precautions to prevent the spread, including wearing gowns and gloves when interacting with residents who present symptoms—as we always do. We are staying up to date with the CDC recommendations as they may continue to change and will keep you informed of any changes. In addition, our facility is in close contact with the local and state Emergency Management Agencies and health departments and are following their guidance.

We are asking all non-essential visitors to avoid coming into the building unless absolutely necessary. In addition, we are actively screening all individuals entering the building, including staff. Signs are being posted on our entryway doors to notify visitors of this policy and request that they do not enter the building.

We will notify you if any residents or staff are diagnosed with COVID-19. If you have any questions, please feel free to contact Nursing Administration and/or Infection Control.

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

Sincerely,

**Berks Heim Administration and all Department Heads.**



## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.





**Berks Heim Nursing and Rehabilitation  
READ & SIGN EDUCATION**

7. For visitors who are APPROVED and have met all screening criteria at the front desk.

Remind the approved individual to:

- a. Wash their hands or use alcohol-based hand rub throughout their time in the nursing home
- b. Not shake hands with, touch or hug individuals while in the nursing home
- c. Wear a facemask while in the nursing home
- d. Restrict their visit to the resident's room or other location designated by the facility

**CONTACTS FOR COVID-19**

Pennsylvania Department of Health (PA DOH): 1-877-724-3258 [www.health.pa.gov](http://www.health.pa.gov)

Berks County Department of Emergency Services: [www.berksdes.com](http://www.berksdes.com)

Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)

Centers for Medicare & Medicaid Services (CMS): [www.cms.gov](http://www.cms.gov)



# 15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

**IF YOU FEEL SICK**, stay home. Do not go to work. Contact your medical provider.

**IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.

**IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

**IF YOU ARE AN OLDER PERSON**, stay home and away from other people.

**IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit  
**CORONAVIRUS.GOV**

# DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

**IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY**, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

**AVOID SOCIAL GATHERINGS** in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

**AVOID DISCRETIONARY TRAVEL**, shopping trips, and social visits.

**DO NOT VISIT** nursing homes or retirement or long-term care facilities unless to provide critical assistance.

## **PRACTICE GOOD HYGIENE:**

- *Wash your hands, especially after touching any frequently used item or surface.*
- *Avoid touching your face.*
- *Sneeze or cough into a tissue, or the inside of your elbow.*
- *Disinfect frequently used items and surfaces as much as possible.*

**CORONAVIRUS.GOV**

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address children's care needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

# Coronavirus disease 2019 (COVID-19) and you

## What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



# What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

## Stay home except to get medical care

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 and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## 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 healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT  
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT  
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT  
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT  
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT  
5**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)

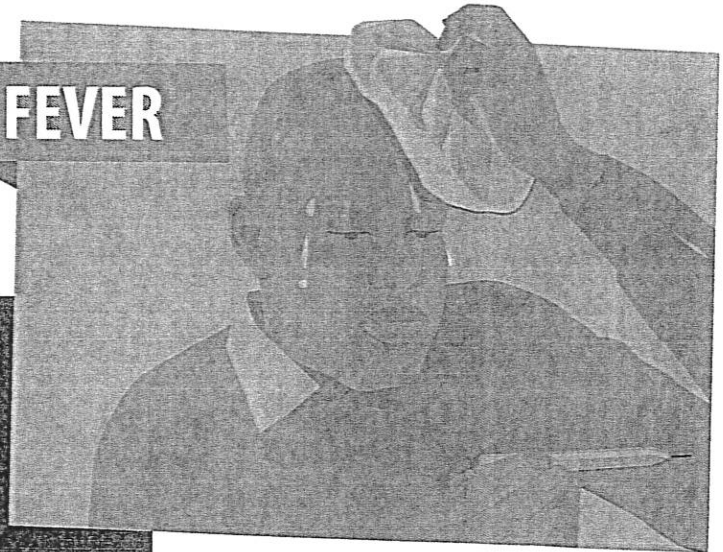


# SYMPTOMS OF CORONAVIRUS DISEASE 2019

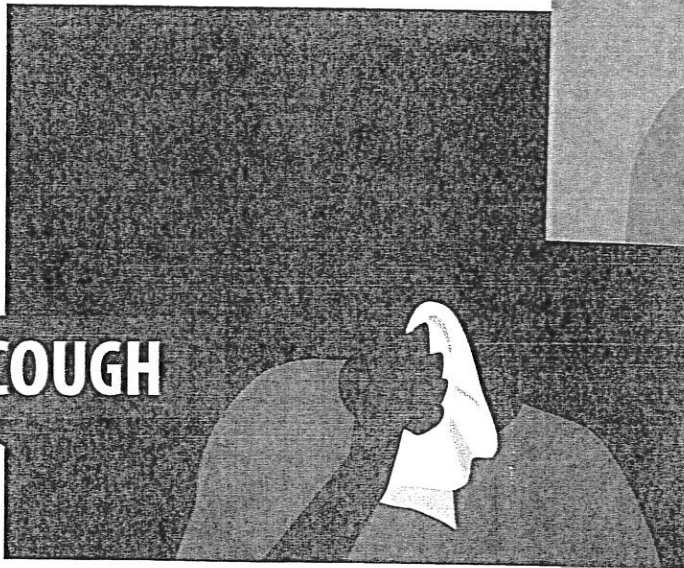
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**

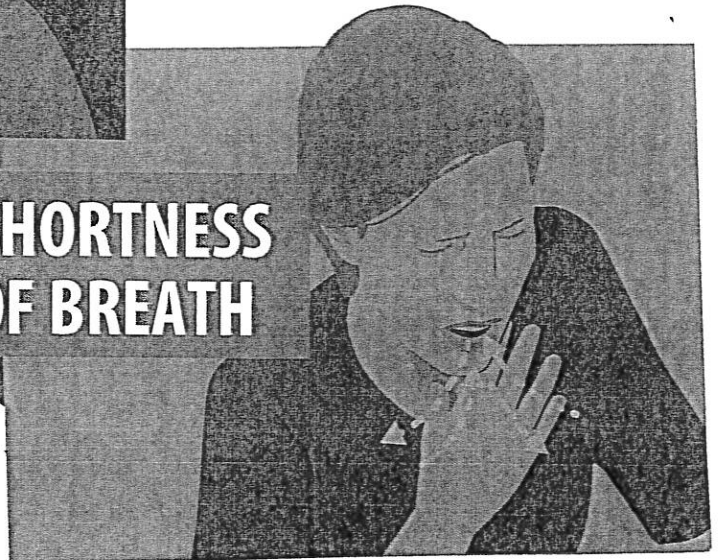


**COUGH**



\*Symptoms may appear 2-14 days after exposure.

**SHORTNESS OF BREATH**



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)



# Press Release

## For Immediate Release

### Contact Person:

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## **Berks Heim Nursing & Rehabilitation Center Immediately Implements Precautionary COVID-19 Visitors Policy**

**(Berks County, Pa. -- March 11, 2020)** The leadership of Berks County and Berks Heim Nursing & Rehabilitation Center are taking an abundance of caution in an effort to prevent COVID-19 by asking visitors to refrain from making visits during this time.

"Ensuring residents and staff are cared for in a safe and healthy environment is our first priority," said Ronald R. Seaman, Berks County Chief Administrative Officer. "Currently, we don't have any cases in our facility and are taking the best precautions to avoid the spread of COVID-19," he added.

Today correspondence was sent to families, residents and staff by Berks Heim Nursing & Rehabilitation Center administration and departments asking to refrain visitation during this time in the best interest of safety. "Berks Heim is limiting all facility visitors to those who are absolutely necessary. All individuals, including staff, who come into the building are being screened. We are also posting signs on our entryway doors to notify visitors of this policy," Seaman explained.

"We understand the importance of loved ones remaining in contact and encourage visitors to use alternative communications methods if possible, such as telephone, email, text, video chat or social media. Family members of residents are asked to make sure their social worker has their accurate contact information. Loved ones are encouraged to call to check in on those residents who are not be able to communicate via alternative methods," he said.

Berks Heim Nursing & Rehabilitation Center is following the recommendations of The Centers for Disease Control and Prevention (CDC) on prevention steps, including: following strict handwashing procedures; wearing gowns and gloves when interacting with residents as recommended; and performing routine environmental cleaning of all frequently touched workplace surfaces. Employees who are sick or have any symptoms of respiratory illness, such as cough, fever, sore throat, runny nose and/or shortness of breath are asked to remain at home. Employees should report any respiratory symptoms that develop while at work and practice etiquette for coughing and sneezing.

"Berks Heim administration is in close contact with the local and state Emergency Management Agencies and health departments, and are following their guidance," Seaman concluded.

###





# BERKS HEIM

## NURSING AND REHABILITATION

1011 Berks Road, Leesport, PA 19533 610-376-4841

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To All Berks Heim staff:

March 12, 2020

We understand you are concerned about the spread of COVID-19 (the new coronavirus) and want to know how it may impact us here at BERKS HEIM. Our first priority is ensuring our staff and residents are in a safe and healthy environment. Currently, we are relieved to report there are no cases in our facility.

To help reduce potential for the virus to enter our building, we are implementing recommendations by The Centers for Disease Control and Prevention (CDC). We also need your help in battling COVID-19. Below are examples of how you can help protect yourself and our residents, as well as prevent the virus from spreading throughout the community.

1. **Sick employees should stay home.** At this time, we request that you stay home if you have any symptoms of respiratory illness. Those symptoms include: cough, fever, sore throat, runny nose and/or shortness of breath.
2. **Notify us if you develop respiratory symptoms while at work.** These include: cough, fever, sore throat, runny nose, and/or shortness of breath.
3. **Practice proper handwashing hygiene.** All employees should wash their hands for at least 20 seconds or use alcohol-based hand sanitizer that contains at least 60-95% alcohol upon entering the building and before and after interaction with residents. Soap and water should be used preferentially if hands are visibly dirty.
4. **Cover your mouth and nose with a tissue when coughing or sneezing.**
5. **Perform routine environmental cleaning.** Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label. No special cleaning is necessary for COVID-19.

Our facility is following the CDC recommendations on using basic contact precautions to prevent the spread, including wearing gowns and gloves when interacting with residents who present symptoms—as we always do. We are staying up to date with the CDC recommendations as they may continue to change and will keep you informed of any changes. In addition, our facility is in close contact with the local and state Emergency Management Agencies and health departments and are following their guidance.

We are asking all non-essential visitors to avoid coming into the building unless absolutely necessary. In addition, we are actively screening all individuals entering the building, including staff. Signs are being posted on our entryway doors to notify visitors of this policy and request that they do not enter the building.

We will notify you if any residents or staff are diagnosed with COVID-19. If you have any questions, please feel free to contact Nursing Administration and/or Infection Control.

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

Sincerely,

**Berks Heim Administration and all Department Heads.**



## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

