



To Our Residents and Family Members:

We know many of you are concerned about the spread of COVID-19 (the new coronavirus) and how it may impact us here at Gulf Coast Health Care. Ensuring residents are cared for in a safe and healthy environment is our top priority. The Centers for Disease Control and Prevention (CDC) as well as the Centers for Medicare and Medicaid Services (CMS) have recommended a variety of steps that we are implementing to help reduce the potential for the virus to enter our building. However, we need your help in battling COVID-19.

At this time, we request that family and friends do not visit our Centers. Out of an abundance of caution, we are limiting all visitors to our Centers unless absolutely necessary as in the case of an end-of-life situation. Please understand that you could be a carrier of the virus without any symptoms and entrance to our Centers could possibly cause an unintentional outbreak for our vulnerable population. We are posting signs on our entryway doors to notify visitors of this policy and actively screening individuals, including staff, who must come into the building.

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 during this time. These may include telephone, email, text, video chat or social media. If you believe a visit to the center is absolutely necessary, we request that you contact your local center prior to your arrival.

Please make sure we have your most current, emergency contact information. We want to make sure we efficiently communicate with you should there be any new developments. Please reach out to the Admissions Coordinator with your updated contact information.

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 also avoid shaking hands and hugs with any individual. **If you are experiencing a cough, fever, sore throat, runny nose, and/or shortness of breath, please let a staff member know immediately.**

Our Center is following the recommendations of the CDC on prevention steps, including following strict handwashing procedures, and in many circumstances, wearing gowns and gloves when interacting with residents who present symptoms. We also are staying up to date with the CDC recommendations as they may continue to change. In addition, our Center is in close contact with the local and state health department, and we are following their guidance as well.

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