



Nationally Accredited Continuing Care Retirement Community

January 12, 2021

Dear Westminster Towers Residents,

Westminster Towers has a deep commitment to ensuring the health and safety of our residents and staff during this pandemic. We appreciate all your sacrifices during this unprecedented time, and we rely on you to continue to follow guidelines to prevent further transmission to yourself and others. We have three confirmed Covid-19 cases in the Towers. As you all know, the positivity rate in SC is very high and the virus is raging.

After careful consideration and in consultation with your management team and our Resident Association Officers it has been decided that due to positive Covid-19 tests in Westminster Towers Independent Living that we will institute a 14-day quarantine for your protection.

Newly Revised Restrictions

Effective Immediately Westminster Towers has initiated a 14-day quarantine for Independent Living residents due to an outbreak in the towers. We do not wish to undue alarm and with the mitigation measures outlined below, we will hopefully limit cases and will be able to move back into our new normal.

All Independent Living residents are required to follow the quarantine rules and stay in your apartments effective immediately. Please review the guidelines for your safety and begin to follow them until notified otherwise.

1. You may leave your apartment only to go to the laundry room or trash chute. We must insist that only one person utilize the laundry at a time. You must wear your mask and maintain the recommended 6' distancing while leaving your apartment for these functions.
2. The Fitness Room and Pool are closed at this time.
3. All common areas are closed at this time.
4. Mail and meals will be delivered to you. Please do not leave your apartment to check your mail or to socialize in the lobby.
5. Packages and supplies dropped off by family members will be delivered to you. Please do not leave your apartment to meet them at the front door.
6. For the time being if you have questions please call the appropriate staff member. For example, for housekeeping questions you would call Cindy Ashworth at 5010 or Jennifer Tucker 5077 for Social Services questions.



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7. You may opt to have personal laundry services provided. Should you utilize this, you will need to put your personal laundry out on the same day as your linens. There will be an additional charge of \$6.75 per load. Whites and colored items will be in separate loads.
8. Only one resident should be on an elevator at any time. (This excludes residents who live together, they may utilize the elevator at the same time.)
9. J-Lu and Daniel can pick up your groceries/supplies on a pre-planned/scheduled, limited basis. A family member or friend may drop them off as well. We ask that your list be in a legible format. Please do not leave the apartment to get groceries, medications or supplies.
10. Housekeeping services will be suspended for the duration of the quarantine. Emergency housekeeping will be dealt with on a case-by-case basis. Please contact Cindy Ashworth at 5010 for specific questions.
11. Life Enrichment will televise activities as appropriate as there will be no in person activities. Please check TV-99 as we will provide updates to keep you informed of changes to the restrictions as they arise.
12. Home Bridge services will continue with increased use of Personal Protective Equipment for the staff members.
13. Salon services are suspended at this time.
14. Patio visits with family are allowed as needed but are not encouraged due to community Covid-19 spread. Please contact Christy O'Connor at 5018 to schedule these visits.
15. Walking outside is allowed for exercise.
16. No one should leave the campus. If you do, you are a threat to the safety of others. Please be mindful that you can be positive for Covid-19 with no symptoms and you are able to transmit the virus to others.

Many residents had questions about doctor's appointments. I encourage you to call your doctor, explain that you are under quarantine due to an outbreak and ask if you can safely postpone your visit.

Non-adherence to these temporary safety measures risks the termination of your contract as defined by the Sponsor termination agreement of the Residency Agreement, Section 8.A.3. As previously reported, some formal contract violation notices have already been issued.

This memo is to be considered Westminster's policies, rules, regulations under your Residency Agreement.

We have attached the CDC Covid-19 Facts information for your review. This is the most updated guidance and may be helpful in understanding the virus.



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Lastly, I am very pleased to introduce to you Ms. Angela Elliott who is our Resident Services Director, replacing Amy Laughlin. Angela started on January 8, 2021 and what a start it has been for her! Although new at Westminster Towers, Angela has extensive experience in Long Term Care management spanning 30 years in various roles including Regional Director of Operations, Chief Compliance Officer and Executive Director/Administrator roles. She will be directing Life Enrichment, Dining Services, Home Bridge, and the Manor among other duties.

She is a graduate of Pfeiffer University with a degree in Health Administration. Angela has been an integral part of the development of this plan and is working very closely with me on all of this. She will be a great point of contact for any questions or concerns. She can be reached at 5014 and would be happy to assist you.

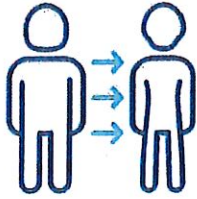
A handwritten signature in blue ink that reads "Jim Thomason". The signature is fluid and cursive, with the first name "Jim" being more prominent.

Jim Thomason

President/CEO

COVID-19

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 (coronavirus) in February 2020.



The virus usually spreads from **close person-to-person contact** through respiratory droplets from coughing and sneezing.

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to **avoid being exposed** to this virus.



Symptoms may develop within **14 days of exposure** to the illness.

SYMPTOMS OF COVID-19 INCLUDE:



Cough



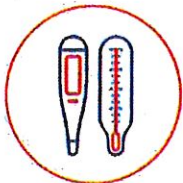
Shortness of Breath



Sore throat



Fatigue



Fever



Headache

Some people may experience:

- aches and pains
- nasal congestion
- runny nose
- diarrhea
- chills
- loss of taste/smell

THE BEST WAY TO PROTECT YOURSELF



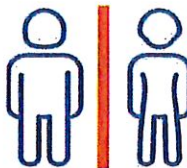
Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing. Put distance between yourself and other people. Stay 6 feet apart and practice "social distancing"



Wear a face mask if you have respiratory symptoms or when advised by a healthcare professional.



Clean and disinfect surfaces and objects people frequently touch.

What do I do if I feel different?

If you have any changes in your condition tell a healthcare provider **immediately.**

Do not wait!

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot: To reduce discomfort from fever:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.
- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

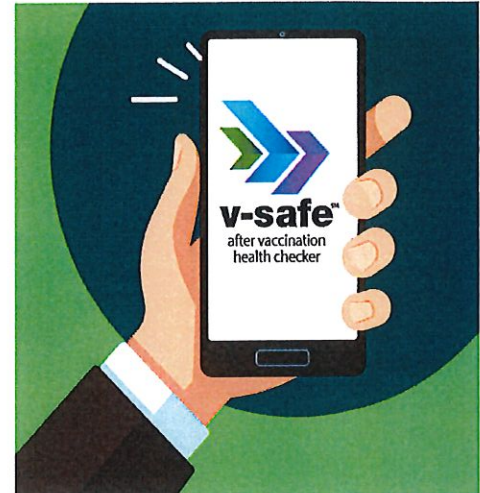
If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.
(type and dose or amount)



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about v-safe.
www.cdc.gov/vsafe

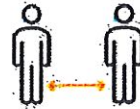


cdc.gov/coronavirus

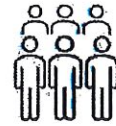
**CASES ARE RISING.
ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

Facts about COVID-19 Vaccines

Updated Jan. 4, 2021

[Print](#)

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

How do I know which sources of COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Learn more about [finding credible vaccine information](#).

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended [COVID-19 vaccines or COVID-19 vaccines currently in development in the United States](#) contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about [how COVID-19 vaccines work](#).

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some [antibody tests](#). Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about [who should be vaccinated first](#).

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a [severe illness](#), have [long-term health effects](#), or even die. There is no way to know how COVID-19 will affect you, even if you don't have an [increased risk of developing severe complications](#). Learn more about [how COVID-19 vaccines work](#).

Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease. Learn more about [how COVID-19 mRNA vaccines work](#).

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Last Updated Jan. 4, 2021