



March 27, 2020

CC Young Residents, Families, and Staff

Re: Coronavirus (COVID-19) Precautions

Dear Friends,

As medical director of The Clinic at CC Young, I would like to make a few comments about the campus response to the Coronavirus pandemic.

The spread of this disease has sadly become an historic event, the likes of which we've not seen in over a century. I've seen many reports comparing Coronavirus to Influenza, but I hope everyone realizes that what we're now facing is an infinitely bigger problem than the flu. Coronavirus is more contagious than the flu, and current data suggests it is more deadly. Mortality rates are highest for those over 65 and particularly alarming for those over 80, which is why there is so much concern for those living in senior communities like CC Young.

The worst part about the Coronavirus is it's "incubation period". When patients contract influenza, they develop symptoms in 2 days on average – at which time they either get tested or just quarantine themselves to keep others from getting sick. With Coronavirus, however, symptoms usually take at least 5 days to develop but can occur up to 14 days after exposure. The result is that many people are walking around and transmitting the virus to others before they even realize they have it themselves. This is why the disease has spread so quickly.

Like you, I am frustrated by the inability to continue carrying on with life as usual. This situation is not something any of us have ever experienced. Please also know that the leadership team and staff at CC Young hate these precautions as much as anyone. But the campus' current policies on isolation, distancing, and quarantine are by far the best way to protect you, and I fully support them. They are important for both residents, and employees who are at particular risk for bringing the disease in from the community. Information on this disease is changing daily, but CC Young's policies are based on current



government guidelines and have been made in consultation with the campus medical staff. In some ways they may be slightly stricter than at other facilities. But I believe they are absolutely prudent, and I would not want my loved ones at a facility less restrictive.

America was surprisingly unprepared for this in terms of protective equipment and testing capacity. As such, our primary weapon in this fight is prevention. Evidence from around the world has proven that distancing, and isolating those with symptoms or possible exposure, are the only way to curb the Coronavirus spread. So despite the frustration and boredom, we should all resolve to abide by the current policies and the federal, state, and local mandates with regard to social distancing. Even if you aren't worried about yourselves, failure to make an effort here could very easily end up hurting your neighbors. And if there is one thing I've always admired about the CC Young community, it's the strong sense of caring you all have for one another. This commitment to each other is needed now more than ever.

Now for the good news. We live in the greatest country on earth, and I believe we will see the best of it in the next few months. Things will likely continue to escalate in the short-term, but I have no doubt that we will all get through this together, and I remain very grateful to be part of an organization as committed, caring, and proactive as CC Young.

Wishing you the best of health,

A handwritten signature in black ink, appearing to read 'Grady Goodwin'.

Grady Goodwin, MD