

27 July 2021

## **COVID COMMUNICATION NO. 13**

Dear Covid Fatigued Residents,

On Sunday 25<sup>th</sup> July 2021, President Ramaphosa announced that South Africa would be moved back to an adjusted Level 3 effective immediately. This news, coupled with the fact that the majority of our Residents have now been fully vaccinated, is welcome news indeed.

In terms of the details published in the Government Gazette No. 11314/44895 dated 25 July 2021, we can make a number of changes to the restrictions that have been in place under Level 4:

1. Visitors to independent living Residents are now permitted with immediate effect. The No Visitors signage at the gates has been removed.
2. Controlled visits to Fleming House and Resthaven Residents are now permitted on Residents' patios, the Secret Garden and through windows where applicable. These visits do still need to be pre-arranged by family members with Matron Jayne and/or Sister Janine or Sister Joy via email.
3. External service providers (Physios/podiatrists/hairdressers etc) will be permitted to resume their services at Fleming House and Resthaven on a pre-arranged basis with Matron Jayne or Sister Janine and Sister Joy. Strict Covid protocols will need to be adhered to in these instances.
4. Hairdressers working on the Estate can resume their services. We will contact them to establish when they want to work and share that with you.
5. Activities/exercise classes can resume in the RJM Hall from Monday 02<sup>nd</sup> August 2021. The Covid protocols in place before Level 4 will remain in place – i.e. mask wearing/social distancing/bring your own refreshments etc. Please liaise with Margie Dolgoy to schedule the time/day you want your activities/exercise classes to resume. (011) 887 7366

6. The Creative Corner will resume classes from Monday 02<sup>nd</sup> August 2021. Please liaise with Gabby Kruger for information on the days and times her classes will operate. Cell number: 082 492 7885
7. PerkUp (our coffee shop) will reopen on Tuesday 03 August 2021. Collection of takeaway meals will go back to the Resthaven Dining Room as they were before Level 4 – from Monday 02 August 2021.
8. The 10 day quarantine period for Estate Residents returning from a get –away, will no longer apply. Management would like to remind you all that each and every one of us has a responsibility towards containing the spread of the Covid -19 virus. Anyone presenting with flu like symptoms on their return should responsibly isolate, consult your GP and test if need be. Should you test positive you will need to inform all those you were in contact with. If you are needing any guidance regarding the steps to take to commence quarantine please make contact with Matron Jayne, Sr Janine, Sr Joy and Estate Carer Phillipine.

We urge you to be cognisant of the fact that although Covid-19 vaccines are effective and are a critical tool to bring the pandemic under control, no vaccines are 100% effective at preventing illness in vaccinated people. There will always be a small percentage of fully vaccinated people who still get sick, are hospitalised, or die from Covid-19. We do not want this to happen to anyone, so please continue to be vigilant in taking care of yourselves and those around you.

Remember that your body takes a full 21 days (from the day after receiving the vaccine) to build up sufficient antibodies.

Those who received their 2<sup>nd</sup> dose on:

- 9<sup>th</sup> July - 21 days is Sat 31<sup>st</sup> July
- 12<sup>th</sup> July – 21 days is Tue 03<sup>rd</sup> August
- The handful of Residents receiving their 2<sup>nd</sup> dose on 29<sup>th</sup> July – 21 days is Fri 20<sup>th</sup> August.

I received my 1<sup>st</sup> dose of the vaccine on the 20<sup>th</sup> May and I fell ill 13 days later on the 02<sup>nd</sup> June. Thankfully I am still slowly recovering. Please believe me when I say that I would not wish Covid on my worst enemy.

Stay safe everyone!



Warmest regards  
**Gail Kruger & The Team**

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