



Main Line Health®



**Thomas Lawrence, MD, CMD**  
System Medical Director of Geriatric Medicine  
and Long Term Care, Main Line Health  
Medical Director, Dunwoody Village

April 10, 2020

### **Important Notice for Residents: Recommendations for the COVID-19 Pandemic**

I would like to take a minute to encourage all of our residents during this very difficult time in the history of our Nation to continue to persevere through the difficult shelter in place recommendations. In the coming weeks the COVID-19 viral pandemic is expected to accelerate and reach a peak in the Delaware Valley area. As this risk continues to expand and the pandemic continues to spread throughout the surrounding community I would like to give some very specific medical advice to all of our residents in the independent apartments.

Here is what we know about how COVID-19 affects older adults differently:

**In seniors:**

- COVID-19 infection symptoms and severity of illness are greater;
- There is a higher risk of hospitalization and complications;
- There is a higher risk of dying from the infection.

The wisdom of the Centers for Disease Control and Prevention (CDC), our local health care leaders, and experts in infectious disease, as well as my own advice to you follows.

For the immediate future over the next 2 to 3 weeks our leadership team at Dunwoody strongly recommends:

- Do not leave campus except for a dire emergency;
- We do not recommend you leave the Dunwoody Village campus—use the grocery ordering and delivery services offered by Dunwoody;
- Specifically we recommend:
  - Do not gather with others on campus;
  - When walking on campus maintain social distancing of at least 6-10 feet at all times;
  - Wear a cloth or fabric face covering (partially protective) or surgical facemask (more protective) when outside of your apartment.

The COVID-19 virus is stealthy, and has been showing up in outbreaks in senior communities all over the area.

I urge you to follow all of these directives and that you encourage your neighbors to do likewise.

Working together we will succeed in maintaining a healthy community through this difficult time. *Let's all stay well together in spirit but separate in body!*