



Aspen non-COVID outbreak update 2

This information is current as of Jan. 7, 2022, 1:34 p.m.

Hello Aspen residents and primary contacts,

Aspen’s non-COVID outbreak status remains in place.

Please self-monitor each day and report any symptoms to Reception:

• Fever	• Chills
• Cough	• Muscle/joint aches
• Shortness of breath/difficulty breathing	• Nausea/vomiting/diarrhea/ unexplained loss of appetite
• Runny nose or sneezing	• Feeling unwell/fatigue/severe exhaustion
• Nasal congestion/stuffy nose	• Headache
• Hoarse voice	• Loss of sense of smell or taste
• Sore throat or painful swallowing	• Conjunctivitis/pink eye
• Difficulty swallowing	• Altered mental status

- Please always wear a mask covering your chin, mouth and nose when outside of your suite, as well as when anyone is inside your suite, including Silvera employees and health care aides. Additionally, please practise hand hygiene, and limit close contacts with others.
- We continue enhanced cleaning throughout the community.
- Visitors are still permitted for non-isolating residents, with proof of vaccination.

We will provide another update early next week.

With thanks for your goodwill and support,

Sandi Montford, Community Manager, smontford@silvera.ca