



Sept. 23, 2020

Dear Sunrise Residents and Families,

Over the past several months, we have all been adjusting to a 'new normal' in our day-to-day lives and behaviors in an effort to combat the spread of COVID-19. We have also learned that measures such as wearing a mask, washing our hands and maintaining social distance can help prevent the spread of COVID-19. In our communities, we have carefully implemented and maintain expanded infection control measures while still supporting our residents in staying active, engaged and connected with loved ones.

As we enter the fall and winter months, there is even more reason to remain vigilant with infection control - flu and virus season. Sunrise carefully plans and prepares for this every year to help minimize the impact to our residents, team members and communities. The steps we're currently taking to help stop the spread of COVID-19 can also help prevent the spread of the flu and other contagious viruses. This season, there is one more important action we should all consider taking - **getting the flu shot.**

In line with guidance from the Centers for Disease Control and Prevention (CDC), who recommend everyone over the age of 6 months (with limited exception) get the flu shot, Sunrise also encourages our team members, residents and family members to get the vaccine. It can help protect you and those around you from getting and spreading the flu. This is especially important for those who live in our communities as seniors may be especially vulnerable to serious illness if they contract flu.

Helping minimize the spread of the flu is especially important this year since we're still amidst the COVID-19 pandemic. Not only do flu and COVID-19 have similar symptoms, it is possible to be infected with both viruses simultaneously, which may lengthen the duration of illness and potentially lead to more severe symptoms.

Getting a flu shot is free under most medical insurance plans including Medicare and Medicaid. Reach out to your community's leadership for more on how residents may be able to get their flu shots on site either through community Flu Clinics or from visiting physicians.

We encourage residents and their families to review information on the CDC's [influenza](#) website and [Misconceptions about the Flu Vaccine webpage](#) for more and to consult with your doctors about the potential dangers of the flu and the importance of getting the vaccine.

Thank you for your continued partnership, trust and support. I wish you all good health this season.

Sincerely,

Sue Coppola

Sunrise Chief Clinical Officer

