



Our Approach to Health

How we handle COVID-19 and other infectious diseases

The safety and well-being of our residents and team members is always our highest priority. We have many safety measures in place to not only cover pandemics but also the common flu and cold seasons. In all our health protocols we adhere to CDC guidelines and best practices.



Infectious disease management protocols



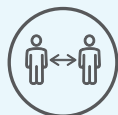
Sanitization

- Sonida Senior Living follows the cleaning and disinfecting protocol set forth by the CDC. It includes the use of antibacterial and commercial cleaning agents, frequent disinfection of high-touch areas, frequent trash collection, the use of gloves, hand sanitizer and frequent handwashing.
- Sonida utilizes the Aseptic Plus+® sanitization program provided by Air Essentials®. We chose this company after evaluating the safety and efficacy of their materials, processes and ability to provide services in a 24/7 environment with limited disruption to our residents.



Community access and screening

- When necessary, Sonida regulates access to our communities based on guidance from the CDC, state health departments and community infection rates.
- Where state applicable, and when required, Sonida routinely screens all residents by taking temperatures and O2 saturation levels in assisted living and memory care communities.
- Sonida provides regular testing for employees and residents using CDC-approved test kits, as per state regulations and clinical indications.



Social distancing

- Sonida follows community-wide social distancing as per state guidelines.
- Sonida provides meal delivery service, in the event of illness or medical necessity, to our residents in the comfort of their homes.
- Sonida provides activity room services, such as organized hallway games and entertainment carts that deliver crafts, music and refreshments to residents' homes or designated areas. Our activities accommodate staggered sessions for smaller groups, with physical distancing per guidance.
- Sonida follows vaccinated and unvaccinated CDC and state guidelines upon admission.



Masks, hand sanitizers and personal protective equipment (PPE)

- Per state guidelines, Sonida may require all team members, emergency personnel and authorized medical partners to wear masks while in our communities, and encourage residents to wear masks in the common areas of the community.
- Sonida maintains a supply of masks for our residents, associates and visitors, as well as N95 masks and additional PPE to be used as needed.
- Sonida provides hand sanitizer stations throughout each community.



Urgent responses for infection control

- **Social distancing.** Sonida will provide in-apartment dining, delivering meals to our residents in the comfort of their homes as well as activity room services.
- **Modified activities.** Our activity experts can quickly modify activities to accommodate physical distancing. If in-person activities are not possible, our staff is trained to create safe and meaningful ways to stay engaged.
- **Minimizing visits.** In the event that Sonida needs to limit community access, we are equipped to facilitate alternative types of interaction, such as video calls, drive-by and/or window visits.
- **Single point of entry.** Sonida has single point of entry to effectively screen and take the temperatures of all visitors and employees prior to entry.

Sonida provides staff infection control training and continuing education per state mandate and as needed.

COVID-19 protocols

If any person in one of our communities is confirmed or presumed positive for COVID-19, we employ our COVID-19 protocol, which requires notification, sanitization, PPE use, testing and quarantine.

Company-wide protocols

- At the first sign of illness in a resident, Sonida initiates community-wide social distancing in-apartment protocol and promptly seek the advice of the resident's primary care provider or other relevant health care providers.
- Associates who show signs or symptoms of COVID-19 are directed to leave the community and self-quarantine as per CDC and state guidelines.
- Sonida follows our COVID-19 checklist, which outlines the heightened safety measures and protocols that must be followed.
- Sonida strictly follows CDC and state guidance on the management of confirmed COVID-19 cases in healthcare settings, which outlines steps to minimize exposure, the use of PPE and visitor access.
- Upon a confirmed case of COVID-19, the community notifies every resident's primary contact (typically a family member) in a timely manner, while protecting resident privacy.

Flu and cold season protocols

Sonida has protocols in place in each of our communities to keep our residents as safe and healthy as possible during flu and cold seasons.

Company-wide protocols

- On-site flu shot clinics for residents and staff
- Ensure residents have had pneumonia vaccination
- Ensure proper disinfection is occurring daily in common areas
- Implement staff training on handwashing and infection control measures
- Ensure adequate supply of thermometers and PPE are on hand
- Obtain an order for antivirals and initiate within first two days of symptoms (per physician)

Sonida monitors ongoing practices and changes in guidance from the CDC and state health departments to develop and implement infection control practices to protect the health and wellness of our residents and staff.





Our team

Our amazing team of caregiving, housekeeping, dietary and maintenance personnel show up every day to keep our residents safe, healthy and engaged. Our associates are compassionate, resilient and reliable individuals who love working with seniors. They create fun and joy while providing companionship and comfort.



Our commitment

All our communities are dedicated to giving our residents the best senior living experience.

- We will continue to implement our stringent safety protocols to keep our communities safe and healthy, adjusting protocols to follow recommendations from the CDC and our state and local agencies.
- We will continue to equip our team members and healthcare partners with PPE to safely provide the personalized care our residents expect and deserve.
- We will continue to provide a strong sense of belonging and community by keeping our residents safe, engaged and connected to each other and their families.
- We will continue to be transparent with our residents, families and partners.
- We will continue to welcome new residents into our communities, taking precautions to help them transition safely and successfully.





At Sonida Senior Living, we bring quality senior living to life by focusing on what matters most. We provide comfortable, safe, affordable communities where residents can form friendships, enjoy new experiences and receive personalized care from dedicated team members who treat them like family.

[Learn more at sonidaseniorliving.com.](https://sonidaseniorliving.com)

Find your joy here™

