

## CASCADE LODGE COVID-19 INFORMATION AND MITIGATION PLAN

The goal of the lodge Covid-19 guidelines is to have everyone come and remain healthy, and then return home healthy without an unexpected surprise of bringing the virus home and possibly infecting others.

**CRITICAL GUIDELINES:** (The group leader must walk through these guidelines with everyone upon arrival at the lodge.)

1. Encourage everyone to wash their hands thoroughly and frequently daily.
2. Avoid hugs, kisses, hand-shaking just in case someone is A-symptomatic (which is someone who has no symptoms and therefore thinks they are safe.)
3. Spend as much time outside as possible enjoying the fresh mountain air and beauty. It will refresh your spirit and help to decompress your mind from all your responsibilities back home.
4. At the lodge social distancing for a family reunion or church group may be challenging, but do your best to maintain the 6 foot rule.
5. Wear your face masks when doing something with another person or group particularly when you are 6 ft or closer like when a group is putting a puzzle together on a table or showing someone the latest pictures on your phone.
6. Everyone has their temperature taken daily by the leader or a designated person.

WHAT TO DO IF SOMEONE IN YOUR GROUP STARTS TO SHOW COVID-19 SYMPTOMS LIKE high temperature, headaches, coughing, hard to breath.

- [COVID-19 testing in Silverton](#) is available. Call 970-387-0242 to make an appointment.
- Use the [Public Health Symptom Tracker](#) or call 970-387-0242 or email [director@sjcph.org](mailto:director@sjcph.org) to help us track COVID-19. Symptoms from as far back as January can be reported. [Read more on Covid-related symptoms.](#)
- **When to Seek Medical Attention**  
If you have any of these **emergency warning signs\*** for COVID-19 get **medical attention immediately**:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse

- Bluish lips or face

This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning to you. Call 911 if you have a medical emergency: Notify dispatch if you may have COVID-19. If possible, put on a cloth face covering before medical help arrives.

### Colorado resources

- [Safer at Home Colorado Guide](#)
  - **myColorado mobile app** helps Coloradans stay current on COVID-19 information and access food, cash, medical, and early childhood assistance. The app can be downloaded from the [Apple App Store](#) or [Google Play](#)
  - [Covid19.colorado.gov](#) has the latest info for the State
  - [2-1-1 Colorado](#) for a resource navigator to connect with human services and programs. Or call 866-760-6489
1. Immediately isolate the person. Call home and develop a plan to remove the person from the lodge as soon as possible. Also call Russ Akins at: 970-769-7620. The best place to isolate a person in the lodge is the last bedroom at the end of the hall.
  2. Once the person is isolated or removed, sanitize again the whole lodge common areas. See the cleaning and sanitizing instructions.
  3. The leader needs to make sure that we have the names, addresses and phone numbers of everyone in their group just in case contact tracing is required.

### Covid-19 cleaning instructions:

1. Use the sanitizer provided to clean all tables, benches, bathrooms, door handles, stair railings, piano keys and other common touch areas twice/day. Two people can sanitize the lodge in 10 minutes or less.
2. Use the dish washing soap provided to clean dishes and tables as normal.
3. All used dish rags, towels and used optional sheets put into the laundry basket.
4. Carefully follow the Lodge Clean-up checklist.