

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Check your mail regularly Notices will be coming soon for annual inspections.

Reminder if you live on 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> Floors you cannot have your windows blocked this is a fire violation.

## FREQUENTLY ASKED QUESTIONS ABOUT COVID-19 AND OTHER RESPIRATORY INFECTIONS



**What if my COVID-19 test is expired. Can I still you use it?**

Yes, you can use the test if it is expired. The test is good as long as you get a line in the C (control) box. The T (test) box will only show a line if your test is positive.

**If there is a line in the T (test) does this mean I have COVID 19?**

Yes. You will need to follow the CDC isolation guidelines which is isolate away from others for a full 5 days after start of symptoms or if no symptoms from positive test.

**When do my 5 days of isolation start?**

Your first day of symptoms or positive test if no symptoms is day 0 you add 5 days to that day. Here is an example. If you start with symptoms on Monday that is day 0 and your isolation goes through Saturday which would be day 5. **Isolation means you stay in your apartment and away from other for the full 5 days.**

**Do I have to wear a mask after I am out of isolation?**

**Yes.** To protect your loved ones and others you should be wearing your mask when you are around people and out in the public for an additional 5 days. You can potentially still spread the virus for a full 10 days. This is why it is important wear a well fitted mask.

If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at [maryjos@ohawcha.org](mailto:maryjos@ohawcha.org). Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



## **If I take a COVID-19 test and it is negative does this mean I for sure do not have COVID-19?**

**No.** All it means is that at the time of the test you did not have enough virus to test positive that is why it is important to test again in 24-48 hours to make sure it is not COVID19. Some people may take several tests before they test positive.

## **It seems like I only have a cold should I still wear a mask?**

**Yes.** If we have learned one thing it is stay away from others if you are not feeling well and wear a mask. COVID-19 can feel like a cold for some people. If you need to be around others please wear your well fitted mask over your nose and mouth and practice social distancing so they are not exposed to whatever illness you have.

## **How long is someone contagious after a viral infection?**

The length of time your contagious (able to give the infection to others) depends on the type of virus you have. You often spread the infection to other people before you start to feel sick.

**Bronchitis** -The length of time you can spread bronchitis varies, depending on its cause. In most cases, bronchitis is caused by the same virus that causes the common cold or flu, and you're likely to spread the infection as long as you have cold or flu symptoms.

**Common Cold**- You can spread the common cold a few days before your symptoms start until all the symptoms are gone. Most people will be contagious for up to 2 weeks. Symptoms are usually worse during the first 2 to 3 days, and this is when you're most likely to spread the virus.

**Coronavirus (COVID-19)**- If you have COVID-19 you can spread the virus to others for up to 10 days from when your illness starts. But many people will no longer be contagious to others after 5 days. Wearing your mask for the full 10 days will help to stop the spread.

**Flu**- You can spread the flu from 1 day before your symptoms start until around 5 to 7 days after your symptoms start.

**With any of viral infection child and people with lowered immune systems may be contagious for a few days longer.**

<https://www.nhs.uk/common-health-questions/infections/how-long-is-someone-infectious-after-a-viral-infection/>

**If you need a mask or COVID-19 test please call the Housing Authority Nurse 920-424-1470 ext. 124.**

**Our working hours are Monday - Friday 8AM to 4PM**

**Erin RN and Lori RN**





## Tips for Adjusting to Daylight Saving Time

Sunday, March 12th is when daylight saving time begins and we “spring” our clocks forward one hour. Are you someone that misses that hour of sleep and finds yourself more irritable after the change to daylight saving time? Here are some tips that can help the adjustment to the new schedule go smoothly.

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.



Come meet Erin Housing Nurse. Erin is working the hours previously held by Teresa, RN before Teresa's retirement. **Wednesday, March 15th at 2pm in the Activity Room.** Refreshments will be served. Housing Nurses are a great resource with a wealth of information and they are always willing to help with a smile. You can reach either Erin, RN or Lori, RN at 424-1470 Ext. 134

### UPCOMING ELECTION:

Tuesday, April 4th the polling location is the lower level of the Oshkosh Public Library at 106 Washington Ave  
7:00 am—8:00 pm Ward 14



# March 2023

## Marian Manor Staff

### Stacy, Senior Property Manager

424-1470 Ext. 126

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

### Mary Jo, Social Services

#### Coordinator

424-1470 Ext. 136

Monday-Thursday

8:30 am—4:30 pm

Friday 8:00 am— Noon

### Scott, Maintenance

Monday -Thursday

6:00 am-4:30 pm

### Ruth, Custodial

Monday, Tuesday, Thursday

7:00 am - 3:30 pm

Friday 6:30 am—3:00 pm

### After Hours Maintenance

920-966-4235

### Nurses- 4th Floor Office

424-1470 Ext 124

Teresa, RN

Lori, RN

### Wendy Fromm

Executive Director

424-1450 Ext. 112

### Office Closed for Lunch

Noon—1:00 pm

### Housing Offices Close at Noon on Fridays

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 2:00 pm Fire Alarm Testing	2	3	4
5	6	7	8	9	10	11
12 	13	14 Bug Inspection 401-410	15 Meet Erin Housing Nurse 2 pm Activity Room	16	17 	18
19 Spring Begins 	20	21	22	23	24	25
26	27 Joint OHA/ WCHA Board Meeting 3:30 pm @ Court Tower	28	29	30 	31	

