

FAMILY & FRIENDS COVID-19 CHRONICLE

Not Feeling Well? Is it COVID-19 or Allergies?

The summer allergy season is in full swing in Texas. Pollen is blooming and those who suffer from allergies are starting to sniffle, sneeze and carry a tissue box around with them right as a spike in the number of COVID-19 cases are being reported across the state.

It can be confusing whether people should go to the doctor and get tested for COVID-19 or just to their local pharmacy to pick up an allergy medication. According to an allergist at Loyola Medicine in Maywood, Illinois, Dr. Rachna Shah says, “the big differentiating factor between allergies and COVID-19 are those itchy symptoms—itchy eyes, itchy nose and sneezing.”

Below is chart of symptoms for COVID-19, cold, flu, and season allergies to help.

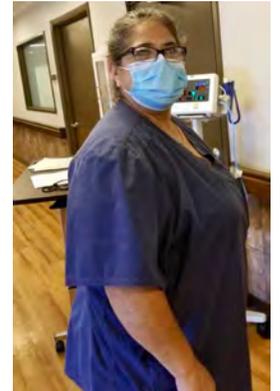
Symptoms	Coronavirus* (COVID-19) <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>	Seasonal Allergies <small>Abrupt onset of symptoms</small>
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 3/27/20 • aafa.org/covid19

CNA Week: Getting to Know Some of the Regency Superstars!

Delia Enriquez, Certified Nurse Aide, Windsor Nursing & Rehabilitation Center of Seguin

Delia Enriquez became a Certified Nursing Assistant in 1993. Her mother was an aide and Delia would go to work with her mother and watch how she would care for her residents. This instilled a great sense of compassion in Delia that would drive her to become one of the best Certified Nurse Aides at Windsor Nursing and Rehabilitation of Seguin.



Delia went to work at the nursing facility 23 years ago and has never looked back. She was the Environmental Services Supervisor for 15 years, a van driver for a year, all the while keeping her C.N.A. certificate valid.

AJ Saldana, Administrator at Windsor Seguin said, "She is always willing to help out in any capacity and frequently assists activities as well as serves as a secondary transportation aide. Oh and I cant forget to mention that she also assists in the kitchen in emergent situations, she really is a woman of many talents."

"The facility is very fortunate to have such a wonderful person on our team. I am sure every facility has their respective version of a Delia, but in our eyes, she is one of a kind and we appreciate her contributions more than we could ever state with words."

Laura Sanchez, Certified Nurse Aide, Windsor Calallen

Laura Sanchez has been a Certified Nurse Aide for 19 years and has been at Calallen since it opened in 2015. She started as a housekeeper at the beginning of her career when the Director of Nursing pulled her aside and told her that she should sign up for the next C.N.A. class.

During Laura's time at Calallen, she has worked hard and has been designated Lead C.N.A. by her Administrator. She helps train and mentor new coworkers to the profession. Her advice to new C.N.A.s is, "In the beginning it's hard work, but if you have compassion, this job is very rewarding and very satisfying."

Laura went on to say, "I try and help anyone I can and I also try and do whatever I can to help. I have a great team around me and I look forward to coming to work everyday."



How many patients and staff have recovered from COVID-19 to date?

Total # of
COVID-19 Recovered
Patients and Staff:

452

#teamregency



CNA Week Celebrations!

