Dear friends,

These are indeed challenging and uncertain times. As always, we remain concerned for your health and we strive to provide you with the most up-to-date information.

The best way to prevent COVID-19 (coronavirus) infection is to follow the guidelines from the Centers for Disease Control and Prevention (CDC):

- Wash your hands with soap and water, for 20 seconds
- Hand sanitizer must contain at least 60% alcohol
- Avoid touching your eyes, nose or mouth
- Avoid close contact with people who are sick
- Put at least 6 feet of distance between yourself and people who don’t live in your household
- Wear a cloth face cover in public and when around people who don’t live in your household
- Cover coughs and sneezes with a tissue
- Throw used tissue in the trash
- Immediately wash your hands for 20 seconds or use hand sanitizer
- Clean and disinfect frequently touched surfaces daily
- Stay home if you are not feeling well
- Be alert for symptoms like fever, cough, and shortness of breath
- Take your temperature if symptoms develop

**Remember:** Older adults and people with underlying chronic illness are at higher risk for serious complications from COVID-19 illness.

Please call your healthcare provider if you have any of the following symptoms: Cough, fever, shortness of breath.

More information can be found on the CDC websites: