

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:

- <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>
- https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html