

Hello,

Like most Americans, we are closely monitoring the evolving COVID-19 situation across the U.S. and locally. We are striving to provide current information to our staff, residents and associates regarding the daily practice of routine preventive actions and addressing new developments as they arise.

In addition to the high standards we maintain for hygiene and cleanliness in our properties, we are following recommendations and guidance from the Centers for Disease Control (CDC) and our state public health agencies.

Staff and residents are being encouraged to follow recommended measures from the Centers for Disease Control (CDC) to aid in prevention of the spread of COVID-19, as follows:

- Wash your hands well and often with soap and water (for at least 20 seconds), especially after blowing your nose, coughing, or sneezing, or having been in a public place. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with your sleeve or a tissue when coughing and/or sneezing
- Avoid touching your face, nose, or mouth with unwashed hands
- Avoid close contact with sick people
- Stay home when you are sick
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.
- If you are experiencing any of these symptoms seek care right away. Before you go to the doctor's office or emergency room, call ahead and explain your symptoms and any recent travel, and avoid contact with others.

Be sure to follow the advice of public health professionals about when to get tested for COVID-19 and whether to self-isolate. If you have concerns for your safety or that of others, consult your health professional.

[Centers for Disease Control](#)

It's worthwhile to view our current circumstances with an historical perspective. In the last 100 years, the United States has faced the Spanish Flu in 1918 and the H1N1 virus (Swine Flu) in 2009, along with many other significant societal challenges. While this virus should be taken seriously-which is why we are implementing these precautionary safety measures-it is worth noting that we as a country, and as a community, have overcome huge challenges before. We will overcome this challenge by working together.

Thank you and be well!

