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March 2, 2020

Dear Families and Friends of Grace Center,

As many of you know *Covid-19* is a new viral respiratory illness currently spreading. It is caused by a new strain of *coronavirus*, like the virus which causes the common cold. Symptoms of *Covid-19* include fever, cough and difficulty breathing. These can range from minor to severe and, in rare cases can even become life threatening.

Covid-19 is transmitted in droplets emitted through coughing or sneezing and/or direct contact with a contaminated surface. We still don't know how long particles stay airborne after the ill person leaves. This potentially worsens *Covid-19's* ability to spread & contaminate others.

As with any other communicable disease, prevention is key. Due to the fragility of the population we serve at Grace Center, please keep Participants home if they are sick, have a cough, fever, sore throat, shortness of breath/difficulty breathing, diarrhea, or vomiting! Likewise, please do not visit Grace Center if ***you*** have any of these symptoms! If you are well and do visit us, please wash your hands and/or use hand sanitizer when entering and leaving. Preventing the spread of *Covid-19* includes the same steps as for the flu and the common cold:

- Avoid touching your eyes, nose or mouth with unwashed hands.
- Wash hands often with soap and water for at least 20 seconds.
You may also use an alcohol-based hand sanitizer that with at least 60% alcohol.
- Cover coughs/sneezes with a tissue, throw the tissue in the trash then wash your hands!
- Clean and disinfect surfaces that are often touched.
- If you or a loved one suffer from a chronic medical condition, consider restricting your out of home activities since you are more susceptible to illness.
- Stay current on your vaccinations, including flu vaccine.
- Eat well, get enough rest & sleep and exercise. These all help your body stay resilient.

Currently there's no vaccine or cure for this virus. Treatment focuses on reducing symptoms and promoting recovery. If you or your loved ones have any concerns about your Participant, please feel free to contact me. Current accurate information about *Covid-19* or other communicable diseases can be found online at the site of either the Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO).

Stay Well,

A handwritten signature in cursive script that reads "Monique DeOlus LPN".

Monique DeOlus, LPN

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