

NEWSLETTER

UPDATE ON CORONAVIRUS (COVID-19)

CDC's (Centers for Disease Control and Prevention) website <https://www.cdc.gov>
It is critical that we all remain vigilant in order to decrease the current COVID-19 outbreak.

Per CDC, the following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Sore Throat
- Shortness of Breath/ Difficulty Breathing

Please call your primary care provider if you develop these symptoms and have been in close contact with a person known to have COVID-19.

Per CDC's website, below are some helpful reminders regarding protection.

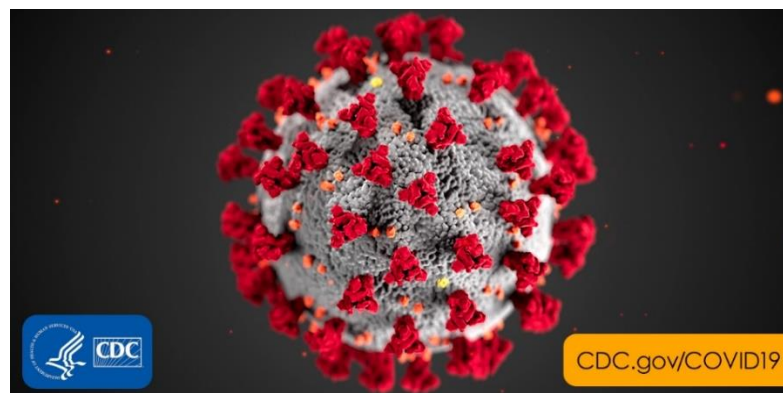
TAKE STEPS TO PROTECT YOURSELF

1. CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

2. AVOID CLOSE CONTACT

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick.](#)



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TAKE STEPS TO PROTECT OTHERS

1. STAY HOME IF YOU ARE SICK

- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).

2. COVER COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

3. WEAR A FACEMASK IF YOU ARE SICK

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

4. CLEAN AND DISINFECT

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

TRAVEL

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

Please continue monitoring the ongoing updates through the CDC's website: <https://www.cdc.gov>