

March 15, 2020

To Our Residents and Family Members:

Our community continues to follow the recommendations of the CDC on prevention steps, including following strict handwashing procedures and staying up to date with the CDC recommendations as they may continue to change. Many states are starting to recommend either suspending dining or at least limiting to small groups. Limit dining to small groups of 10-20 residents at time, keep as much space between them as possible, avoid sitting face to face. Based on new recommendations, our community has implemented the following:

Suspension of communal dining and group activities

Large groups dining will be avoided. Meals will not be served in main dining room. Residents will be encouraged to eat in their rooms. Team members will deliver meals to resident rooms. If there are circumstances which make it difficult for a resident to eat in their room, meals will be provided in an area that promotes social distancing and limited to small groups.

Group activities will be avoided. Community team members will continue to encourage and support residents to participate in meaningful individual activities/interests/hobbies.

To our residents, please help prevent the spread of infection by exercising proper hand washing hygiene as well as coughing and sneezing etiquette. We offer hand washing and alcohol-based hand sanitizer stations throughout the building, which you are welcome to use. Please also avoid shaking hands and hugs with any individual. **If you are experiencing a cough, fever, sore throat, runny nose, and/or shortness of breath, please let a community team member know immediately.**

Sincerely,

Executive Director



Water, Sanitation & Environmentally-related Hygiene

Keeping Hands Clean

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After [changing diapers or cleaning up a child who has used the toilet](#)
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Why? [Read the science behind the recommendations.](#)

Use Hand Sanitizer When You Can't Use Soap and Water



You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use. [Learn more here.](#)

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.




**CLEAN
HANDS KEEP
YOU HEALTHY.**

Wash your hands with soap
and water for at least
20 SECONDS.

LIFE IS BETTER WITH
**CLEAN
HANDS**

www.cdc.gov/handwashing

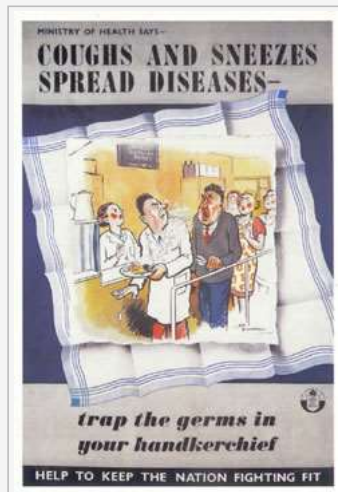


This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GLO, and Stetec. HHS/CDC does not endorse commercial products, services, or companies.



Water, Sanitation & Environmentally-related Hygiene

Coughing & Sneezing



This vintage British poster from World War II shows that coughing and sneezing has long been a public health concern. Today, we know that handkerchiefs aren't always the best way to handle coughing and sneezing! For modern methods, read the text at left.

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands
 - Touching your face after touching contaminated objects
 - Touching objects after contaminating your hands

To help stop the spread of germs:

- [Cover your mouth and nose](#) with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Remember to [wash your hands](#) after coughing or sneezing:

- Wash with soap and water, or
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor's offices, and clinics. More information on respiratory hygiene and cough etiquette in healthcare settings may be found on CDC's [seasonal flu](#) pages.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

For more information on stopping the spread of germs, please visit CDC's [Good Health Habits for Preventing Seasonal Flu](#) pages.

Page last reviewed: July 26, 2016