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Dear Families,

We are writing to provide you an update about Coronavirus Disease 2019 (COVID-19). There is one presumptive positive case of COVID-19 identified in New Hampshire so far. It is important for all of us to make sure we are taking precautions to help prevent the spread of COVID-19 and other respiratory illnesses, such as the flu, which we frequently see this time of year.

COVID-19 and many other common respiratory viruses spread through contact with an infected person's respiratory droplets, such as when a person coughs or sneezes. To prevent the spread of respiratory viruses, the CDC recommends that individuals engage in everyday preventive measures to help stop the spread of germs and avoid illness, such as:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not to share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. The CDC recommends that individuals remain home for at least 24 hours after you no longer have a fever or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Given the susceptibility of our residents, we are taking measures to ensure staff do not come to work ill. **We also ask that you not visit the facility if you are experiencing fever or any symptoms of respiratory illness.** It is especially important for you to assess your health status and take your temperature prior to visiting if you have traveled to any country for which CDC has issued a travel advisory for COVID-19 (Afghanistan, Africa, Iran, Iraq, China, Italy, Japan, and South Korea).

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for updated information:

- U.S. CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- NH Division of Public Health Services website: <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

Sincerely,

Margaret D. LaBrecque
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