



What you can do about COVID-19

People are understandably concerned about the spread of the Coronavirus, or COVID-19. Covia has been watching the situation carefully since COVID-19 has the potential to be far more dangerous for older adults. Here are steps each of us can take now to prevent the spread of Coronavirus or other viral infections, and to respond appropriately in case of an outbreak.

Please take ordinary precautions:

- **Wash hands regularly**, taking at least 20 seconds to wash with soap and water. Keep water running while you lather your hands and turn off the faucet with a disposable towel. Wash your hand towels frequently.
- **Avoid touching your eyes, mouth, and nose.** If you are in the habit of touching your face regularly, or notice yourself doing so, please keep an alcohol based hand rub of at least 60% alcohol content available to clean your hands regularly.
- **Clean high touch surfaces** such as phones, door handles, keyboards, and hand rails with antibacterial/virucide cleansers. Consider using your knuckle or elbow to summon elevators.
- **Maintain “social distances”** of a few feet near people who are coughing or sneezing.

If you are the person who is coughing or sneezing, please note: Many people have reported a mild case of Coronavirus, believing it is only the cold or flu. It is important for the health and safety of others to take even mild upper respiratory infections seriously.

- **Think through** how you can take care of sick family members while trying not to get infected, such as setting up separate sleeping area or dedicated spaces for the person who is sick.
- **If you have a fever or are otherwise sick, please stay home and get medical attention.** If you go out while sick, consider wearing a facemask.
- Cough or sneeze into the crook of your arm or cover your mouth and nose with a disposable facial tissue. **Dispose of used tissues promptly.**

With everyone’s efforts, we can significantly reduce the chance of spreading COVID-19 or other viruses. Thank you for your help and cooperation!