



COVID-19 Update

September 4, 2020

As Labor Day approaches this year, we know that people would normally want to gather and celebrate with family and friends but we can't do so. However, we can still recognize our dedicated employees' achievements and contributions to the well-being of our residents and participants even though we can't participate in the traditional social gatherings of street parades, festivals, concerts and gatherings. We can thank our staff for their hard work and pay tribute to them. If you would like to record your own video thanking them for all that they do, our COVID-19 Response and Resources has a link to help you do so [here: https://covia.org/covid-19-response-and-resources/thank-our-staff/](https://covia.org/covid-19-response-and-resources/thank-our-staff/).

While the air quality has improved and most of the active wildfires are over 50% contained, the current infection rates in our counties still restrict our activities and require that we stay safer in place. Our communities have had sporadic new employee cases of COVID-19 and we continue with significant surveillance and response-driven testing. Thank you to everyone for continuing to wear your mask, maintain your physical distance, wash your hands, and stay home except for essential travel – or travel to some of the virtual museums or tours listed below.

During this unofficial end of summer with uncertainty over the kickoff of fall sports, you may still be restless since you haven't been able to take traditional vacations. We know this is hard on everyone and encourage you this weekend to revisit all of those important self-care practices you have developed since the pandemic first started. Write down how you're feeling. Talk to a friend. Find something that makes you laugh. Meditate. Get some exercise. And most of all, please be kind to yourself. These continue to be hard times, but together we can remain socially well connected and will get through them.

Here are some suggestions for virtual tours:

Aerial America smithsonianchannel.com/details/series/aerial-america

National Museum of African American History & Culture nmaahc.si.edu/explore/collection

National Museum of Natural History naturalhistory.si.edu/visit/virtual-tour

National Parks national-parks-america-virtual-tours

The Louvre louvre.fr/en/visites

The National Women's History Museum womenshistory.org/womens-history/online-exhibits

The Solomon R. Guggenheim Museum guggenheim.org/collection-online

The Vatican Museums museivaticani.va/content/museivaticani/en/collezioni/musei/tour

United States Holocaust Memorial Museum ushmm.org/information/exhibitions/online

Virtual travel experiences explore the world thrillist.com/travel/nation/virtual-trips