

STAFF UPDATE FROM PRESIDENT PAUL CARLSEN – February 25, 2020

Team LTC,

Earlier today the Center for Disease Control and Prevention warned the coronavirus will almost certainly be spreading to communities in the US, and Americans should begin preparations now. More information on the virus is available on the [Center's website](#). While there is currently no cure to prevent the coronavirus, the CDC [recommends](#) the following everyday preventive action to help prevent the spread of respiratory diseases, including:

- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

We are not panicking, but it never hurts to be prepared. We will be following the process outlined in our emergency checklist for a pandemic outbreak and will be convening the Incident Management Team and Leadership Team to develop a plan to maintain our services in the event an outbreak occurs. Let me know if there are any questions.

Thanks, Paul Carlsen