Dear Resident,

As we continue to monitor the Coronavirus (COVID-19) situation and we want to directly address concerns regarding resident programs, meetings, and in person visits to our offices at all Pennrose communities.

At this time, all community programs, events, and meetings will be postponed until further notice for the safety of our residents, employees, and vendors. This is based on the CDC's recommendation of minimizing large community gatherings to reduce the risk of spreading illnesses.

Our management office will remain open but will be by **appointment only** until further notice. If you need to contact our management team, please reach out by phone or email. If you have a form that needs to be completed or business that requires in person interaction, please call the office to schedule an appointment with our staff.

As a reminder, the best way to prevent illness is to avoid being exposed to this virus. The CDC recommends the following.

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- **Clean AND disinfect frequently touched surfaces** **daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

If you have any questions, please feel free to contact the management office.