

Dear Clients/Staff,

At A Father's Love Home Care, the safety and wellbeing of our clients, staff and the communities we serve is our number one priority. As the Centers for Disease Control and Prevention (CDC) continues to monitor the Corona Virus (COVID-19) and will continue to inform us of any developments, we want to do our best to maintain a safe work environment and urge everyone to adopt practices that can help protect our health.

Here are the practices recommended by the CDC to protect our health and the health of others:

- Wash your hands frequently with warm, soapy water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your mouth with tissues whenever you sneeze, cough or blow your nose. Making sure to discard used tissues in the trash immediately after use and wash hands thoroughly.
- Avoid people who are sick with respiratory illness symptoms.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.
- 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.**

- **By people who are at higher risk of getting very sick,** we refer to **older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes. These individuals seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.
- Stay home if you are sick, except to get medical care.
- **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.
- **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.**

As more cases are discovered in the US, there has been growing concerns from all the media coverage, and we want to insure you know the facts about the virus to protect yourself as best as possible.

According to the Centers for Disease Control & Prevention (CDC), the following are important facts about the CORONA VIRUS DISEASE 2019 (COVID-19):

1. Risks of being infected

You incur risks of infection only from someone who is already infected or from an object/surface that has been contaminated. That is why we stress the importance of:

- a. Covering our mouths when coughing or sneezing
- b. Avoiding close personal contact, such as touching or shaking hands, with individuals who are infected.

- c. Refraining from touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

2. Symptoms

The symptoms of coronavirus are generally like the flu or a bad cold. Symptoms include a fever, cough and shortness of breath. But in severe cases, infections can also cause pneumonia, severe acute respiratory syndrome, kidney failure and even death, and older people with underlying health conditions are most at risk. However, most healthy people will have mild symptoms. The CDC believes symptoms may appear anywhere from two to 14 days after being exposed

3. How the virus spreads

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas.

4. Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

5. Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

A. Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

B. Reduce stress in yourself and others

- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful..

- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

While the effects of this virus are serious, we have seen and learned from others like it before. In the past decade, we have weathered the Swine Flu, the Bird Flu, Ebola, and more, so while this virus is significant, we will get through it together, just as we did in the past. We remain dedicated to serving you every day with the same commitment to our values, which you have come to know. With that said, if you have any questions for us, please call (470) 412-6060. Meanwhile if you would like to know more about the COVID-19, please visit the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>.

Regards,

Michaelle E. Belony,

Administrator,
A Father's Love Home Care, LLC