

Good Hygiene is Key

While **the threat of coronavirus remains low in our area**, it is essential that we continue to follow the CDC's directives stated below in Father's original message. These practices will help us potentially reduce the transmission of coronavirus. And in the meantime, they will help us reduce the transmission of the flu during flu season.

Our cleaning schedule is already thorough but we have increased our cleaning around the Center this week:

1. Disinfecting more often and in places that can be easily overlooked like church pews, stairwell railing, door handles and the elevator.
2. Purel dispensers are full and located near entrances.

Do your part!

1. Disinfect the surfaces in your apartment, especially door handles.
2. Wash your hands often.
3. Reduce your contact with other people.
4. Be vigilant among your peers. No need to panic! Just be aware of yourself and others.

Starting tomorrow, you can get a free container of disinfecting wipes at the front desk for your apartment. One per unit, please.

Reference the handouts attached and link below for more information from the CDC.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

UNO Resources on Coronavirus

<https://www.unomaha.edu/news/coronavirus/index.php>

Of course, the threat is low but it is important to know....

If you have symptoms of coronavirus:

1. Isolate yourself
2. Call your doctor

From the CDC:

Call your healthcare professional if you feel sick with fever, cough, or difficulty breathing, and have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19.

Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

Stay Tuned!

We will continue to update our community through this channel of communication.

Thanks for your cooperation!

Lauren Hankes

Lauren.Hankes@jpiomaha.org