

COVID-19 UPDATE

December 15, 2022

Dear Residents,

The holiday season is upon us, with all its festivities, get-togethers, and other activities. Yet please keep in mind that is also cold and flu season—and rates of flu and COVID are all increasing in our area right now.

You can take steps to protect your health in the near future and as long as these trends continue:

- **Wear a good-quality face mask** whenever you are in group settings.
- **Wash your hands often** with soap and water; if this is not possible, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose, and mouth.** This can help prevent contamination with germs.
- **Avoid close contact with others who are sick.**
- **Stay home if you are sick or feel ill.**
- **Keep your immune system strong** by getting plenty of sleep, drinking plenty of fluids, eating nutritious food, and staying physically active.

UPDATE ON COVID-19 IN OUR COMMUNITY:

This update encompasses the period from December 1 to 15. **During those weeks, we have not learned of any COVID-19 cases among residents, employees, or independent contractors.**

Please take care and stay well.

Sincerely,

Katrina O'Neill
Executive Director



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