

COVID-19 UPDATE

January 12, 2023

Dear Residents,

The holidays are behind us, the weather is unseasonably mild, and we're hopeful that the flu and colds of the season will start to wane soon. For now though, we ask that you keep following the steps that are proven to lessen your risk of getting COVID-19, flu, and other seasonal illnesses:

- **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 29 to January 10. **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



1/12/23

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