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Communities

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RESIDENT MEMO

TO: Valley Manor Residents
FROM: Michelle Scipioni, Executive Director
RE: Precautions
DATE: March 20, 2020

In an effort to maintain the health of all residents and staff, we are asking that if you are experiencing any of the following symptoms to remain in your apartment until you are no longer symptomatic:

- Cough
- Cold
- Sore throat
- Shortness of breath
- Fever
- Any other signs of respiratory illness

Also, if you are exhibiting these symptoms, we ask that you cancel any non-essential services such as housekeeping and maintenance. If services are necessary while you are ill, such as meal delivery, please contact the front desk for arrangements.

As a reminder, to limit the spread of all respiratory illnesses, the DOH recommends the following actions:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.

Also, we ask that you practice the social distancing recommendations provided by the Center for Disease Control (CDC) at this time.

Thank you for helping us continue to work diligently to limit the possible exposure of any respiratory illness to others. Let me know if you have any questions or concerns.