



## RESIDENT MEMO

**TO:** Valley Manor Residents  
**FROM:** Michelle Scipioni, Executive Director  
**RE:** Hairdresser/Newspaper  
**DATE:** March 23, 2020

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As we continue to work diligently to respect social distancing recommendations and maintain a sanitized environment, we have discontinued barber/hairdresser services until further notice. Also, the communal newspapers (Democrat and Chronicle, Wall Street Journal, and New York Times) are suspended at this time.

As a reminder, to limit the spread of all respiratory illnesses, please stay in your apartment if you are feeling ill (cough, cold, fever of 100.0 or higher, sore throat, shortness of breath, any other respiratory symptoms). Also:

- 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.

If you are in common areas, we ask that you practice social distancing recommendations provided by the Center for Disease Control (CDC) which means limiting close contact with others as much as possible (a minimum of 6 feet apart).

Thank you for understanding.