

COVID-19 UPDATE

January 26, 2023

Dear Residents,

We appreciate all that you're doing to protect the health of those who live and work in our community! Please stick with the habits that are proven to reduce your risk of illnesses including COVID-19 and flu:

- **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 January 11 to 25. **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



1/25/23

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