COVID-19 Coronavirus Disease Information:

Charter Oak Communities and Family Centers are closely monitoring the 2019 novel coronavirus. We have taken precautions to help avoid the spread of illness, including installing hand sanitizing stations in all offices and increasing the frequency of cleaning high-touch areas such as elevator buttons, door knobs, and hand rails.

The Centers for Disease Control and Prevention has released guidance for **high-risk individuals***:

- Stock up on supplies, including prescription medications, over-the-counter medications, tissues and other hygiene/toiletry supplies. Please let your RSC know if you need help setting up delivery of prescriptions.
- Stock up on food.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid cruise travel and non-essential travel.
- Avoid crowds as much as possible. Stay home as much as possible to reduce your risk of being exposed.
- If you have a caregiver, consider back up plans in case he/she becomes ill.

*Individuals who are considered high-risk are older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease.

The Centers for Disease Control and Prevention has released the guidance for **all individuals**:

- Clean your hands often with soap and water for at least 20 seconds especially after you have been in a public space or after blowing your nose, coughing, or sneezing.
- If soap and water are unavailable, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth and avoid close contact with people who are sick.

If you feel ill, stay home. Call your healthcare provider to discuss concerns and next steps. COVID-19 symptoms include fever, cough, and shortness of breath.

**Please use your best judgment when outside of your home to avoid contact with those who may be ill. We encourage you to limit visitors to the greatest extent possible, allowing visitors only for urgent matters.**

**At this point our offices are open, but we urge you not to visit for non-urgent matters. Please call your property management office for assistance with all housing matters. We welcome you to visit our website at www.charteroakcommunities.org for updates and information.**

If you need any non-medical help, please reach out to your Resident Service Coordinator.

**All medical emergencies should be reported to 911**