



Dear Members,

HealthTrack is continuing to closely monitor updates from the health community on the COVID-19 virus. While there have been no confirmed cases in our community or recommendations to alter operations to date, an abundance of caution must be exercised to limit the spread of illness.

We will continue with normal business hours, programs and activities until further notice. In an effort to keep our community safe we have increased access to cleaning materials for our members. Our day staff, night staff and cleaning crew have adjusted protocols focusing more on common surface cleaning throughout the building.

CDC recommendation:

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

The CDC has also written that soap and water is the most effective deterrent to the virus. We recommend that before and after exposure to any public environment you wash your hands with soap and water.

CDC Recommendation:

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Please join us in this effort and follow all the guidelines the IL Public Health Department and the CDC is supplying.

<http://dph.illinois.gov/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As always please contact us with any questions or concerns.

The HT Management staff