



Dear Members,

We share your concern about the Novel Coronavirus (COVID-19) and are closely monitoring the developments to respond appropriately. Your health and wellness, and that of our larger community, is extremely important to us.

### **What are we doing to help?**

To help, **the common area cleaning is happening more frequently, and increased attention is being taken to disinfect commonly touched surfaces** throughout the building. We have also increased the cleaning supplies available throughout the building for member use.

### **How can you help?**

Encouraging Good Hygiene is recommended by Center for Disease Control (CDC) to protect yourself, your families, and our members from the spread of COVID-19.

- We recommend our members clean equipment after use **but even more importantly** before personal use. This ensures you are using the cleanest equipment possible
- **Additionally:**
  - Practice proper handwashing with soap for at least 20 seconds throughout the day
  - Avoid touching your face
  - Cough/sneeze into a tissue or sleeve (not hands)
  - Use hand sanitizer that contains at least 60% alcohol
  - Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing
  - Stay home if you are unwell and obtain medical care

Remember, mental health, physical health and stress relief continue to be important for your well-being. As appropriate HealthTrack can still be part of your daily life.

Sincerely,  
The HealthTrack Management Team