



"Self-Direction Leading to Full Potential"

*March 16, 2020*

To our valued clients,

We understand that the impact surrounding the coronavirus is increasing. As a company we have created and implemented several strategies designed to reduce the spread. Your health and well-being are important to us.

CDC recommends several ways to keep yourself safe. The best way to prevent illness is to avoid being exposed. The virus is thought to be spread from person to person when people are within 6 feet. COVID-19 is spread by respiratory droplets from an infected individual when they cough or sneeze. Wash your hands with soap and water often for 20 seconds. If soap and water is unavailable hand sanitizer with 60% alcohol will work. Avoid touching your eyes, nose and mouth. Practice social distancing by staying home when you can. If you must go out in public keep 6 feet between you and everybody else.

If you think you have been exposed to COVID-19 and develop a fever, cough and difficulty breathing call your health care provider for medical advice. If you develop emergency warning signs such as, shortness of breath, persistent pain or pressure in the chest, new confusion, hard to waken or bluish lips or face. You need to get medical attention immediately. CDC is recommending that unless you are experiencing a medical emergency to call your health care provider for further instruction.

My Brothers' Keeper recommends following the guidance of the CDC, MDH and your health care provider. This may be a good time to develop an emergency plan in the event your PCA(s) are not able to work. We appreciate your ability to adapt to this changing situation.

Sincerely,

My Brothers' Keeper care team