



 Bailey's Respite Care   
April 2020 Newsletter

## COVID-19

**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.

### Avoid close contact

Avoid close contact with people who are sick

Put distance between yourself and other people if **COVID-19** is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

### Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

## All Events:

All events are cancelled at the **OFFICE** until further notice.

Wilson County is actively monitoring the situation with the COVID-19 virus. As always, our participants health and safety is our number one priority. Based on this at this time we are canceling our Spring Games event until further notice.

To all staff: Community Networking can be provided in the HOME ONLY. If you have any question, please call your QP. BRC goal is to make sure that your safety comes FIRST, and You MATTER!!!

## All Trainings

Please call Ms. Iris Massey and Ms. Massey will be able to direct you on how classes are /will be conducted at this time.