

Dear Arc Northern Chesapeake Region Community Member:

The health and safety of supported individuals and staff is The Arc Northern Chesapeake Region's (The Arc NCR's) highest priority. You are likely aware of the evolving global outbreak of a respiratory illness caused by coronavirus (COVID-19). The Arc NCR has had no reported novel coronavirus cases. The organization is acting with an abundance of caution and is actively monitoring updates provided by the Center for Disease Control (CDC), the World Health Organization (WHO) and state and local health departments. The organization is prepared with procedures and protocols and will continue to keep all necessary parties informed as conditions change.

The Department of State and the Centers for Disease Control (CDC) are advising U.S. residents not to travel to China, Italy, Japan, Iran, and South Korea. As the outbreak continues to spread, there will likely be additional international locations that will be subject to travel advisories. We are asking potential community guests to refrain from visiting The Arc NCR building and homes if they have traveled internationally to these locations in the past two weeks. In addition, they should also refrain from visiting if they have been in contact with someone who recently traveled internationally, someone who has the infection or someone who has been exposed to it in the past two weeks. The Arc NCR also asks that any staff or supported individuals feeling ill should stay home and not report to work or their program. This is in keeping with our general request of not visiting or reporting to the building if a person has any flu-like symptoms.

We are also advising all staff and supported individuals to take the following steps which are recommended by the CDC for prevention of flu and coronavirus:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.

If there are any changes to our visitor policy or other changes in regards to this specific situation, we will post an update to The Arc NCR's homepage, www.arcncr.org. If you have any questions and would like to reach out to someone directly, please contact info@arcncr.org.

Last Updated: Thursday, March 5, 2020