

March 4, 2020

Dear Residents,

As you are probably aware, the first case of the 2019 Novel Coronavirus (also known as COVID-19) was confirmed in Wake County, North Carolina, yesterday in a person that had traveled to the state of Washington. Your health and safety is our priority. We want to assure you that we are planning and preparing for the eventuality that the virus might present itself in our area.

We are asking residents as well as team members to follow the guidelines below from the Centers for Disease Control and Prevention (CDC) on how to protect yourself from this virus best. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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. Always wash hands with soap and water if hands are visibly dirty.

Coronavirus symptoms are fever, cough, and shortness of breath. If you are experiencing any of these symptoms, please stay in your residence and call the Bahnon Hall Clinic at 336-714-2158 to contain the possible spread of the virus. The nurse will assess your symptoms by phone and visit you if needed. We also ask that you request visitors who have any cold or flu symptoms to postpone their visit until they are symptom-free.

We know this is of great concern to all of you. Our Certified Infection Control Preventionists are prepared to alter our procedures should the need arise. We will continue to communicate with everyone as information and recommendations change. We are working hard to ensure the safety of everyone here at Salem Towne. If you have further questions, we have attached a fact sheet on the Coronavirus from the NC Department of Health and Human Services. You can also reach their Coronavirus Hotline by calling 866-462-3821.

Thank you,

Kelli Doby MA, BSN, RN
Director of Clinical Services

Cc: Mark Steele, President & CEO
Joe Yoon, Healthcare Administrator

2019 Novel Coronavirus (2019-nCoV) What You Need to Know



What are coronaviruses?

Coronaviruses are a group of viruses that can cause a range of illnesses from the common cold to severe respiratory infection like pneumonia. The 2019 novel coronavirus (2019-nCoV) is a virus that has been identified as the cause of an outbreak of respiratory illness initially detected in Wuhan, China in December of 2019.

How do coronaviruses spread?



Through coughing and sneezing.



Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.



Close personal contact, such as touching or shaking hands.

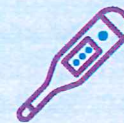


People who traveled to or from **outbreak-affected areas**, or who had contact with someone who has 2019-nCoV, may have been exposed to the virus. Seek medical care if you develop a fever, cough or difficulty breathing within 14 days of traveling or having contact with a 2019-nCoV case.

If you may have been exposed and feel sick:

- Stay home and avoid contact with others. Do not go to work, school or daycare.
- Seek medical care right away. **Before you go to the doctor's office, emergency room or urgent care, call ahead and tell them about your recent travel and your symptoms.**
- Inform your local health department.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

What are the symptoms?



Fever



Cough



Difficulty
Breathing



Severe
Illness

Make sure you are getting reliable information from reliable sources.

You can find updates on 2019-nCoV on the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and guidance from the North Carolina Division of Public Health at [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus).

People who have questions or concerns can call 866-462-3821 for more information. Press 1 for English or to ask for a language interpreter. Spanish speakers should press 2. To submit questions online, go to [ncpoisoncontrol.org](https://www.ncpoisoncontrol.org) and select Chat.

If you have traveled to outbreak-affected areas or had contact with a 2019-nCoV case and **do not feel sick**, you should monitor for symptoms for 14 days after last exposure and contact your local health department.

