



We never stop believing in children and their families.

February 28, 2020

Greetings,

Here at St. Joseph's Villa, we are committed to the health, safety and well-being of our clients, staff, volunteers and community partners. Villa leadership wants to assure you all that we are closely monitoring the international situation with the Coronavirus.

The Villa has an Emergency Management Plan that includes a Pandemic Response Plan. While there is no immediate threat in Virginia and the United States health risk remains low, our leadership staff is being proactive and currently preparing contingency plans for a possible outbreak in our community. If there is a local outbreak, we will share our response plan with you.

In the meantime, we have attached a flyer from the Center for Disease Control that outlines general precautions that everyone can take now to avoid the spread of the flu. These precautions are universal and can be used for numerous contagious illnesses including the Coronavirus.

Please feel free to contact us if you have concerns or questions.

Sincerely,

Cindy Faison  
Chief Operations Officer



# Do Your Part to Slow the Spread of Flu

You play an important role in protecting yourself, your family, and friends from flu. Flu spreads easily from person to person. It spreads mainly through droplets that come from a sick person's nose and mouth when they cough, sneeze, or talk. These droplets can travel up to 6 feet and land in the noses and mouths of people nearby or be inhaled into the lungs. It also can spread when you touch surfaces or objects that have flu germs on them and then touch your nose or mouth. Plan to stay home if you're sick. By practicing healthy habits, you will be doing your part to help prevent the spread of flu.

## Take these actions to help slow the spread of flu:



### Get vaccinated.

#### Stay home if you're sick.

- Keep your distance (6 feet or more) from others at home or if you have to leave (to visit the doctor's office).
- If you have a fever, stay home for at least 24 hours after your fever is gone without using medicine that lowers fever.



### Cover your coughs and sneezes.

- Cover your nose and mouth with a tissue.
- Throw away used tissue when you're done.
- Use your sleeve or elbow if you don't have a tissue.
- Wash or sanitize your hands.



### Wash your hands often.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Use hand sanitizer with at least 60% alcohol if you don't have soap and water.
- Wash your hands before touching your eyes, nose, or mouth.



### Clean frequently touched surfaces and objects.

- Use soap and water, a bleach and water solution, or products with a label that says "EPA-approved" to clean items, such as handrails and doorknobs.
- Always follow the directions on product labels.

[www.cdc.gov/npi](http://www.cdc.gov/npi) 1-800-CDC-INFO (232-4636) [www.cdc.gov/info](http://www.cdc.gov/info)

TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Global Migration and Quarantine

