



*Seeking Employment, Equality and Community for
People with Developmental Disabilities*

March 6, 2020

Dear SEEC Families and Friends,

As of today, there are three confirmed cases of coronavirus (COVID-19) in Montgomery County. While the individuals are reported to be quarantined and in good condition, we want to assure you that we are committed to the health and well-being of those we support and our staff.

The most important thing you can do to stop the spread of the virus is wash your hands! As the name suggests, the coronavirus is viral. The most common transmission is touching an item that has been infected by someone else, and then touching your mouth or eyes with an unwashed hand. It sounds so simple, and yet it's so critical to just wash your hands. CDC guidelines on hand washing are soap and water for 20 seconds.

From Maryland DDA:

State agencies continue to develop comprehensive and coordinated prevention and response plans for COVID-19. For up-to-date information and resources, including the latest on COVID-19 in Maryland, please visit health.maryland.gov/coronavirus.

The DDA wants you to protect yourselves and others by taking the following precautions:

- Wash your hands frequently with an alcohol-based hand sanitizer or soap & water.
- Cover your mouth and nose while coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick, stay home from work or school.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice good health habits.

If you have specific questions about COVID-19, please dial 2-1-1 to speak with an expert.

A reminder to please wash your hands regularly and encourage others to

do the same. If COVID-19 starts spreading in our community, anyone with a persistent cough or low grade fever needs to stay at home. If you are a SEEC family and you or your family member is ill, or you think you may have been exposed to COVID-19, please contact your primary staff member to let them know.

We will continue to monitor communications from the Maryland and Montgomery County Departments of Health and will keep you informed.

Sincerely,

Karen Lee
Executive Director, SEEC

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