



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

March 2, 2020

Dear SEEC Families:

As you may have heard, the Coronavirus (COVID-19) has now been found in the United States. Currently there are no confirmed cases of COVID-19 in Maryland.

However, SEEC is starting to take precautions and prepare for COVID-19. It is important that we protect our employees, the people we support and our business. We have a plan in place, and if need be, we are prepared to put it into action.

While much is unknown about how quickly this virus spreads, the CDC recommends that everyday preventive actions will help prevent the spread of the virus including:

- Washing hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue and then throw away the tissue in the trash and wash your hands
- Clean and disinfect frequently touched objects and surfaces
- Cough into your arm and not your hands

Please wash your hands regularly and encourage your sons and daughters 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. Please do not send your sons or daughters to work or into the community if they are ill. If 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.

Keep yourself healthy by getting enough sleep, eating well and exercising.

For up-to-date information and resources, including the latest on COVID-19 in Maryland, please visit health.maryland.gov/coronavirus.

We will provide any additional information as it becomes available.

Thank you,

Karen Lee, Executive Director, SEEC

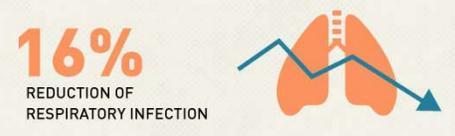
FREE downloadable resources included

WHY YOU SHOULD WASH YOUR HANDS: THE FACTS



Data from:
World Health Organization
CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

IF EVERYONE WASHED THEIR HANDS THIS WOULD HAPPEN



BUT ONLY 68% OF WOMEN AND 38% OF MEN SAY THEY WASH THEIR HANDS REGULARLY.



* <http://www.who.int/mediacentre/factsheets/fs310/en/>

WHEN TO WASH YOUR HANDS

- BEFORE, DURING, AND AFTER PREPARING FOOD
- BEFORE EATING FOOD
- BEFORE AND AFTER CARING FOR SOMEONE WHO IS SICK
- BEFORE AND AFTER TREATING A CUT OR WOUND
- AFTER USING THE TOILET
- AFTER CHANGING DIAPERS OR CLEANING UP A CHILD WHO HAS USED THE TOILET
- AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING
- AFTER TOUCHING AN ANIMAL, ANIMAL FEED, OR ANIMAL WASTE

HOW TO WASH YOUR HANDS



WET YOUR HANDS WITH CLEAN, RUNNING WATER (WARM OR COLD), TURN OFF THE TAP, AND APPLY SOAP.



LATHER YOUR HANDS BY RUBBING THEM TOGETHER WITH THE SOAP. BE SURE TO LATHER THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, UNDER YOUR NAILS AND UP YOUR WRISTS.



RUB YOUR HANDS FOR AT LEAST 20 SECONDS. NEED A TIMER? HUM THE "HAPPY BIRTHDAY" SONG FROM BEGINNING TO END TWICE.



RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.



DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

3 COMMON MISTAKES

1) WASHING YOUR HANDS IN WATER THAT HAS PREVIOUSLY BEEN USED.
use clean running water



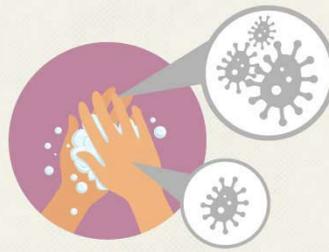
2) NOT USING SOAP TO WASH YOUR HANDS



TOUR HANDS.
Soap helps to remove germs better than water alone.

3) NOT WASHING THE BACK OF HANDS AND NAILS.

A high concentration of germs are found under the nails.



FREE Posters to prompt people to wash their hands

301.576.9000 | www.seeonline.org

