



Portland Adventist Community Services

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HEALTH PRECAUTIONS FOR CORONAVIRUS

March 12, 2020

Dear PACS Community,

At Portland Adventist Community Services (PACS), our highest priority is the care and safety of our customers, volunteers, and staff. We are closely following updated news in regards to the novel coronavirus COVID-19 and following guidelines from the Centers for Disease Control and Prevention (CDC).

We are emphasizing fundamental infection prevention measures such as hand washing, covering sneezes and coughs, providing safe distance between individuals, cleaning and disinfecting surfaces that are often touched, etc.

We are collaborating daily with our management team and Oregon Conference of Seventh-day Adventists to ensure the community's safety.

Our recommendations to our volunteers

- Any individuals age 60+ who have underlying medical issues such as heart disease, diabetes, or lung disease please stay home
- Any individuals age 70+ in any health condition please stay at home
- If you are volunteering and want to be cautious please talk with your supervisor for personal protective equipment (*e.g. gloves*)

Our recommendations to our customers, shoppers, and patients taken from the CDC website

- Clean hands often (*avoid touching face*)
- Put distance between yourself and other people (*about 6 feet*)
- Stay home if you're sick
- Cover coughs and sneezes

For more information, regarding coronavirus please visit these updated websites:

- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC travel notice: <https://wwwnc.cdc.gov/travel/notices>
- WHO page: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>

Thank you and stay safe!

~PACS Team