

October 28, 2020



Halloween greetings!

No Hocus Pocus here, just a reminder that together we can do our best to ward off the pandemic goblins. As the colder fall weather enters New York State and outside activities become more limited, we want to remind you to please continue to exercise caution to protect you, family members, support staff, and your community from contracting and/or spreading the Coronavirus.

We urge you to:

- Wear a face covering (over both your mouth and nose) when you are around others;
- Wash your hands frequently with soap and water for at least 20 seconds;
- Use an alcohol-based sanitizer when soap and water is not possible;
- Avoid touching your face with unwashed hands;
- Stay home if you are not feeling well;
- Routinely clean and disinfect frequently touched objects and surfaces.

Please remember that the Center for Disease Control, provides resources and information on how you can reduce your risk of contracting COVID-19 by

- Cleaning and disinfecting frequently touched items and surfaces every day These items include remotes, tables, counters, light switches, doorknobs, handles, toilets, and sinks.
- Use a household disinfectant to kill germs. Follow manufacturer's instructions for application and proper ventilation to safely use the product.
- For phones or other electronics, follow the manufacturer's instructions for cleaning and disinfecting. If no instructions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.
- For more tips, visit [cdc.gov](https://www.cdc.gov).

Thank you for helping us protect each other by remaining vigilant at home, wearing your mask in public, getting your flu shot, and notifying us immediately if anyone in your home is experiencing COVID-19 symptoms. As always, protecting you, those we support, our staff, and all our families will always be our highest priority.

If you have any questions or concerns, I'm available at emartin@livingresources.org or 518-218-0000 x5530.

Best regards for your health and safety,

Elizabeth Martin
Chief Executive Officer