

# SAFETY FIRST

Members and staff are working together to keep our Clubhouse community safe amidst the possible spread of COVID-19 and other viruses.



# WE CARE

The special nature of our Clubhouse community means that we care deeply about the wellbeing of all members, staff and volunteers. We will come together to support each other and meet current challenges.



# SAFETY IS OUR HIGHEST PRIORITY

Our Goal: Keep everyone healthy without limiting the recovery process of our members or the effectiveness of Clubhouse staff.





# WE REMAIN CALM AND ACTIVE

There is no cause for panic. By taking proper precautions, we can reduce the likelihood of illness while maintaining normal daily activities.

Participation at the Academy continues as usual. Our work-ordered day, Transitional and Supported Employment, evening and weekend activities continue to be vibrant.

Come in and join us!





# KNOWLEDGE IS POWER

Together, we are promoting an ongoing dialogue in our Clubhouse community regarding COVID-19 and other viruses. Information will be shared and discussed at all morning, unit and weekly Academy meetings.

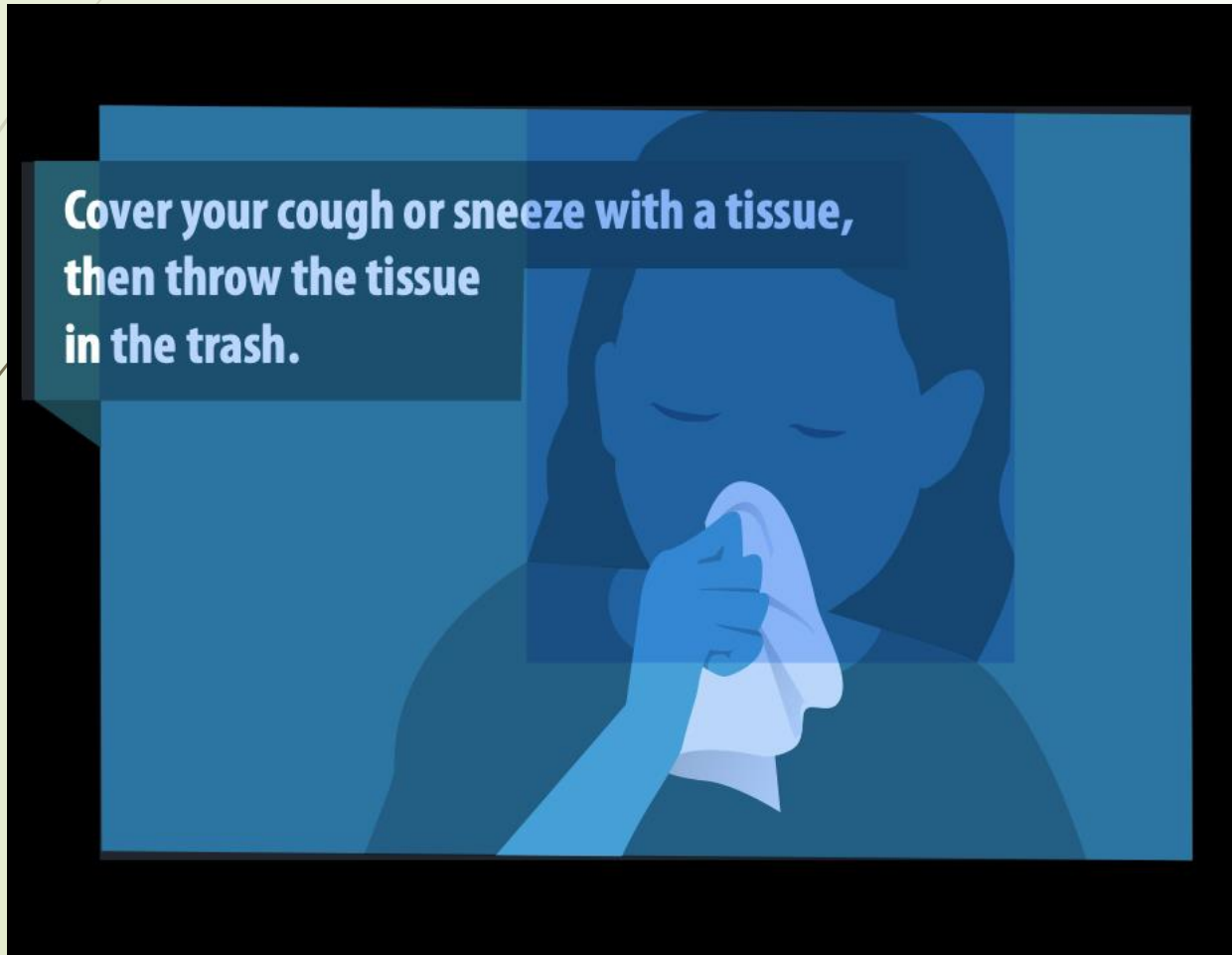
As updates are received from the CDC or local health officials, it will be shared with our community so that precautions (if necessary) can be implemented.

# BETTER HABITS TRANSFORM LIVES

By making small changes in our daily habits we can stay safe at home, at the Academy, at work and in the community.

The following slides contain recommendations to avoid the spread of germs.

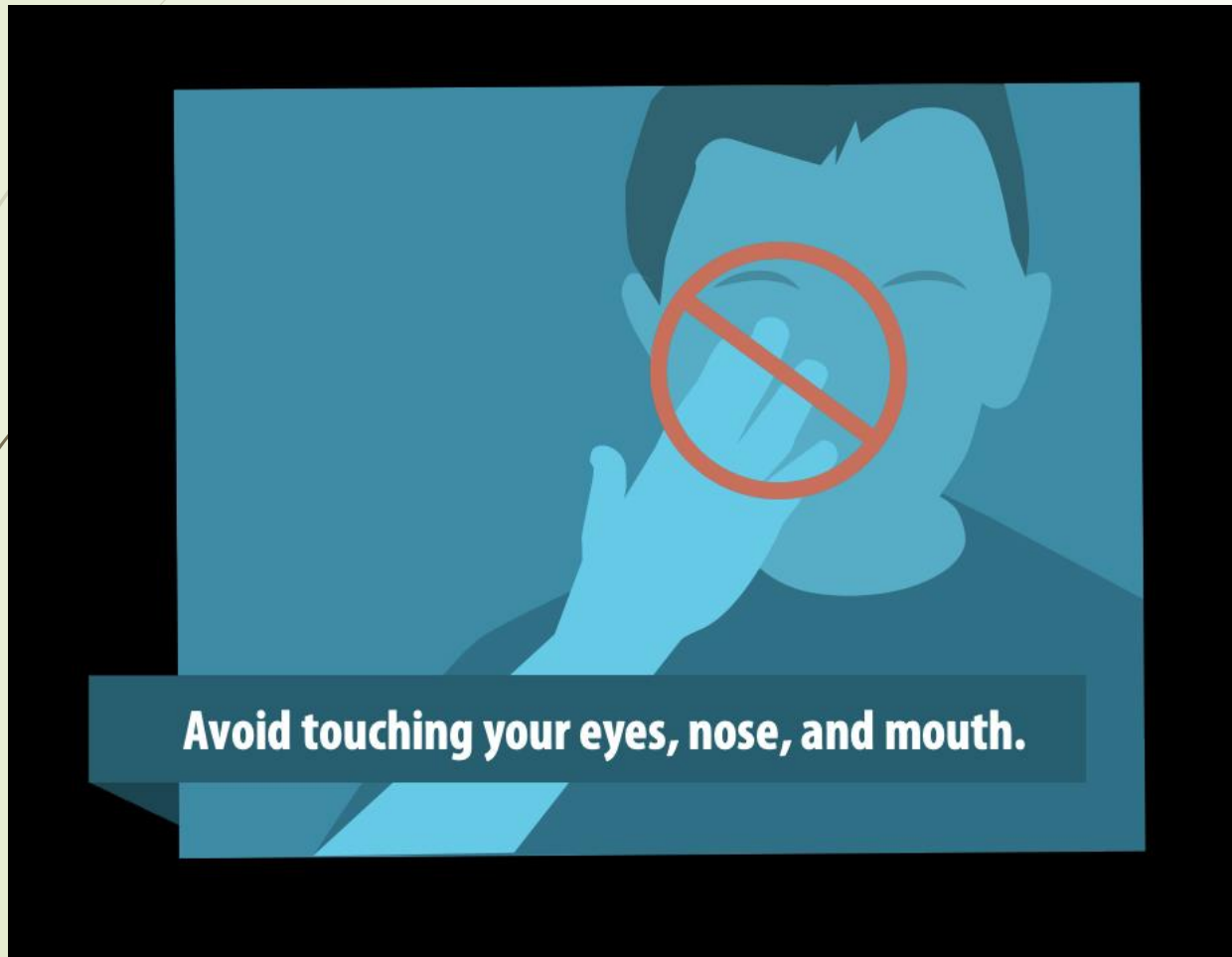
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



An alternate method would be to cough or sneeze into your elbow or sleeve.

Be sure to thoroughly wash your hands after coughing or sneezing.

# Avoid touching your eyes, nose and mouth.



Your eyes, nose and mouth are the primary entry points for germs. Wash your hands before and after touching your face will help reduce your risk of becoming ill or spreading it to others.

Image from Center for Disease Control



# Clean and disinfect frequently touched objects and surfaces



Allowing the disinfected surfaces to air dry is most effective.

Remember to disinfect doorknobs, desks, computer keyboards and mice, telephones and other high-touch surfaces.

Image from Center for Disease Control

# Avoid close contact with people who are sick.



The CDC recommends staying six feet away from anyone who appears sick.

Instead of shaking hands or hugging, use a foot tap, air fist-bump or simply say hello.

Image from Center for Disease Control

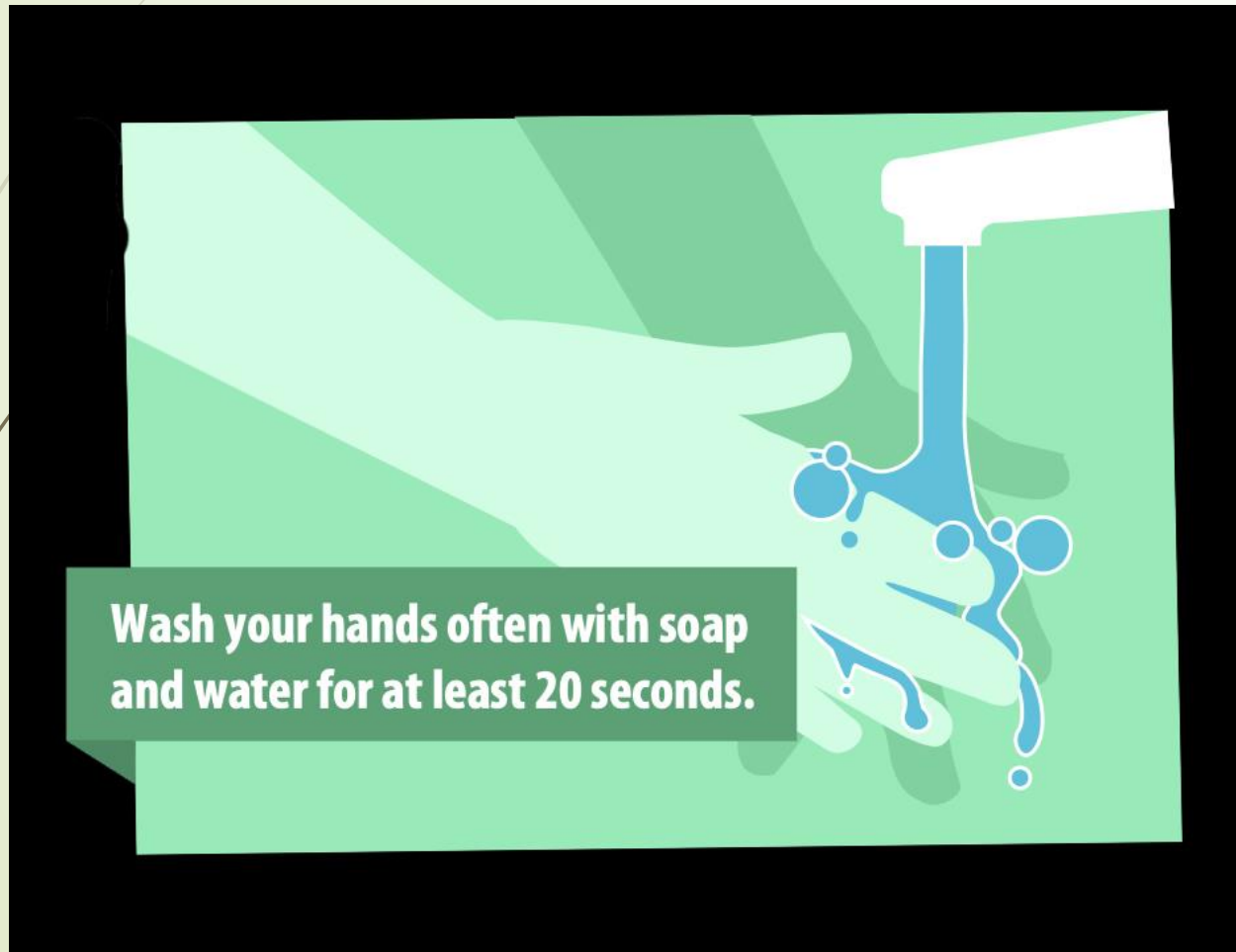
# Stay home when you are sick, except to get medical care



If you are feeling sick, stay home.

However, if medical care is needed, contact your doctor first for their advice. They may want you to visit their office or another urgent care facility.

# Wash your hands often with soap and water for at least 20 seconds



**Wash your hands often with soap and water for at least 20 seconds.**

Wash your hands frequently, especially before and after meals, using the restroom and handling cash.

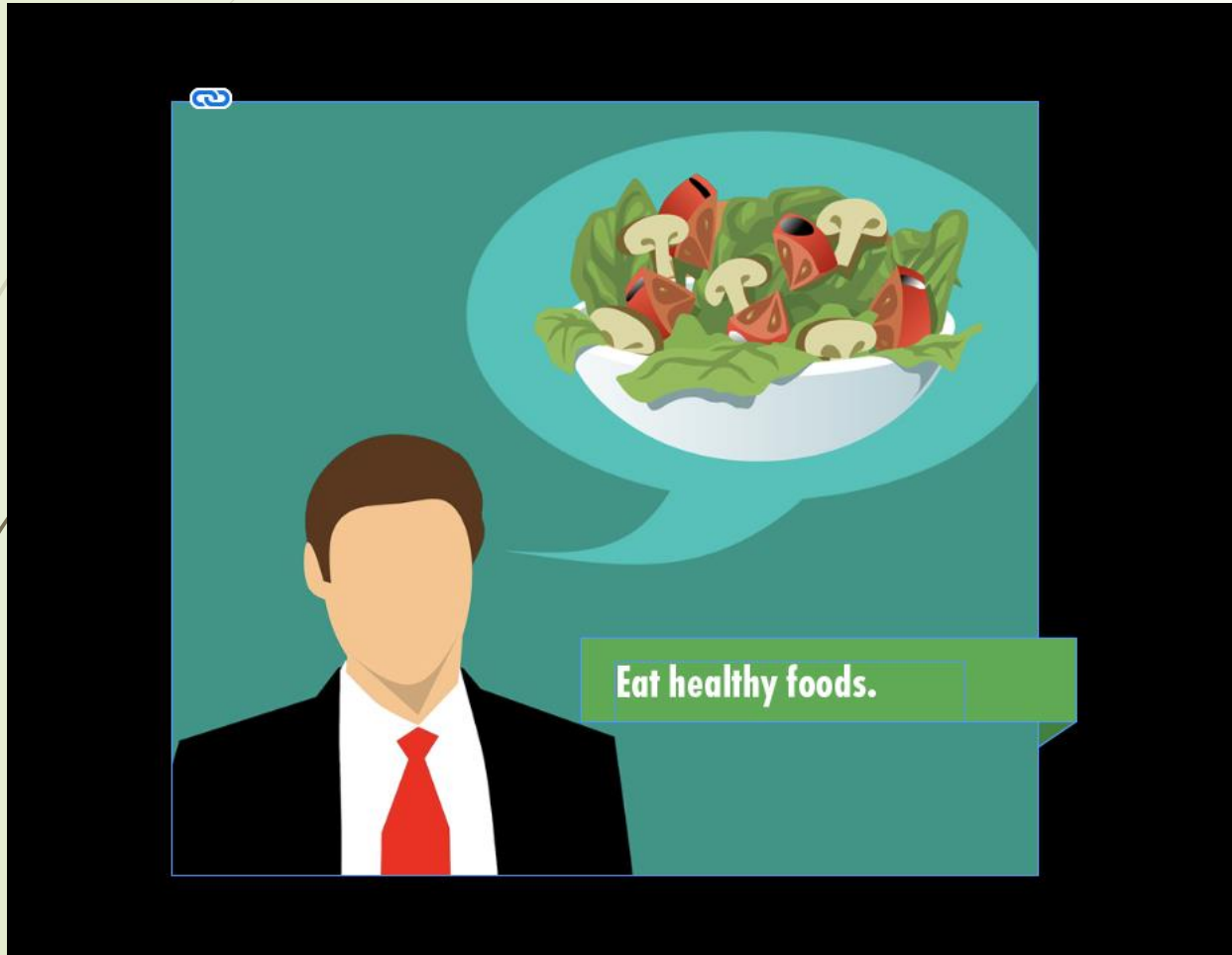
Wash with soap and water for at least 20 seconds – about the time it takes to sing the ABC song or Happy Birthday.

Be sure to wash your palms, the back of your hands, between the fingers and under fingernails.

Hand sanitizers work well, but after three uses, remember to wash with soap and water.



# Eat healthy foods



Eating nutritious food helps boost your immune system.

Ask your doctor about strengthening your immune system with supplements and vitamins.

## Get plenty of rest and practice self-care



Be sure to get plenty of rest.  
Try to reduce or eliminate stress.  
Maintain and exercise routine.

# Other steps the Academy is implementing

Our community discusses this topic daily and have developed new practices to implement during this period:

- Eliminate hand-shaking and hugging. Using air fist bumps, heart hands or just saying hello.
- Provide hand sanitizers and tissues in each area.
- Vitamin C lozenges are available around the building.
- Frequently disinfect high-contact surfaces such as doorknobs, dining room tables, keyboards and mice and allowing surfaces to air dry.



# Other steps the Academy is implementing

- Remove jackets and gloves when walking away from culinary workstations.
- Silverware and drinking glasses are washed and sanitized twice through the dish machine.
- Wash hands before and after handling cash.
- Practice self-care by getting enough rest, eating nutritious meals and reducing stress.







# Symptoms of COVID-19

- Cough
- Fever
- Shortness of Breath

If you think you've been exposed to  
COVID-19:

- Stay home and self-isolate from others in the household
- Wear a facemask
- Avoid contact with pets and other animals
- Contact your doctor for advice
- Monitor for symptoms



# FINAL THOUGHTS

Let's work together to live healthy, vibrant and active lives.

- BE PRO-ACTIVE
- PRACTICE BETTER HABITS
- STAY INFORMED
- STAY CONNECTED
- STAY CALM

We look forward to seeing you at the Clubhouse again soon!