

In an effort to be proactive Touch of Class is reaching out to all clients, families, therapist and other contracted vendors regarding the coronavirus—or COVID-19—outbreak.

With Spring Break closely approaching we want to share prevention protocol, the CDC's recommendations and travel advisory information with everyone.

The best way to prevent illness is to avoid being exposed to this virus. The CDC indicates that the best ways to prevent the spread of COVID-19 are the same recommendations for preventing the spread of the flu:

- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask. CDC **does not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used only by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Facemasks should be used for health workers and people who are taking care of someone in close settings.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.

Please visit the CDC's website for updated information and travel advisory.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

The State of Texas Health and Human Services website.

<https://dshs.texas.gov/coronavirus/>

You can also visit the Touch of Class website for links to the CDC and updated information.

<https://www.touchofclass.net/>

Thank you

Touch of Class