## Dear Resident,

We have been informed that a resident has tested positive for COVID-19. The individual's identity has not been disclosed. Anyone who may have had possible exposure has already been notified by the authorities. Under HIPPA protections, we are unable to disclose, confirm or deny personal information. Further questions should be directed to the Department of Health.

Transmission of the virus most commonly happens during close exposure to a person infected with COVID-19, primarily via respiratory droplets produced when the infected person coughs or sneezes. Droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs of those within close proximity.

We have been pro-active by taking all available precautions to secure your safety and wellbeing. We urge you to be vigilant in defending yourself against exposure by practicing social distancing, (maintaining at distance of at least six feet), increased handwashing, staying at home when sick, practicing respiratory etiquette and cleaning frequently touched surfaces.

We understand that you may be feeling anxious and this development only adds to an already challenging situation. Actions you can take to relieve stress include taking breaks from watching, reading, or listening to news stories and social media. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. Try to do some other activities you enjoy.

As we continue to closely monitor the spread of COVID-19 around the world and locally, it is increasingly important that you communicate with us. Let us know if you or anyone in your household tests positive for COVID-19 or have been notified of exposure.

Our main priority is the health and safety of all of you. Should we be notified of other positive tests, we will keep you informed.

The Management Team