



ELDER UPDATE

In response to the Coronavirus/COVID-19

March 12, 2020

Little Brothers - Friends of the Elderly, Chicago Chapter, is making important changes to our events and services to minimize unnecessary close contact and potential viral cross contamination. This will help keep our elders and volunteers safe in response to the Coronavirus/COVID-19 outbreak.

We are taking these steps based on the latest advice from the Centers for Disease Control and Prevention (CDC). As part of our ongoing **We Care / We're Careful Campaign**, we'll continue to provide important information and updates through our website, social media, email, and other communications.

HEALTH ADVICE

There are simple actions recommended by the CDC to help prevent the spread of respiratory viruses. It cannot be emphasized enough that good self-care habits are vitally important, including:

- Avoid close contact with people who are sick
- Wash your hands often with soap and warm water for a minimum of 20 seconds or use a hand sanitizer with at least 60% alcohol
- Cover your cough with your sleeve, not your hands
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or cleaning wipes
- Don't share food or drinks
- If you don't feel well, stay home and rest

For more information about Coronavirus/COVID-19, please visit:
www.cdc.gov/COVID19

STAY UP-TO-DATE ABOUT LBFE

- Visit our website: www.littlebrotherschicago.org/WeCare
- Contact us for help and with any concerns:
Call: 312.455.1000; or email: wecare@littlebrotherschicago.org