



Action Health Partners

## **Response to the coronavirus: Helping our families stay safe and healthy**

Dear Action Health Partner Clients, Families, and Associates:

We have been closely monitoring the novel coronavirus outbreak, and daily updates have indicated that the spread of the virus has become more concerning as Gov. Jay Inslee has declared a state of emergency. Currently, we have no indication of direct exposure to our staff or families at Action Health Partners.

As of March 10, 2020 in an abundance of caution and as advised by public health authorities, we will be taking preventative measures and may temporarily modify select services in our communities. The health and safety of our clients, their families, and our staff is our top priority. Please reach out to our organization with specific questions or concerns surrounding Action Health Partner's that are not addressed below.

The safety of you and your family are our top priority. We continue to monitor Chelan-Douglas Public Health and the Centers for Disease Control and Prevention (CDC) for guidance. Please strictly adhere to the guidelines below.

- Self-quarantine if you have a cough, sore throat, shortness of breath and/or fever until you are free of symptoms for at least 24 hours.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your face, nose, mouth.
- Wash and disinfect high touch areas frequently.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing, then wash your hands.
- Avoid close contact with anyone with cold or flu-like symptoms or who have coronavirus.
- Consider flu vaccinations per the recommendation by the CDC.

Additional resources for more information on the coronavirus:

Chelan-Douglas Health District <https://cdhd.wa.gov/>

Washington State Department of Health Coronavirus webpage <https://www.doh.wa.gov/Emergencies/Coronavirus>

Centers for Disease Control Guidance for Travelers <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Columbia Valley Community Health <https://cvch.org/health-alert>

Confluence Health <https://www.confluencehealth.org/covid-19-what-you-need-to-know/>

In addition, we would like to remind you that Washington State Department of Health has opened a call center specifically to address questions/concerns which is manned from 6 am-10 pm: 1-800-525-0127.

We will continue to keep you updated based on news by state and local public health officials. Please stay safe and healthy.