



March 18, 2020

Hi everyone,

We are getting lots of questions about what we are asking residents to do when we ask that you not interact with others. Some think that means self-isolate. Others are following the 6 foot apart rule. And lots of variations in between. We believe this Phase RED will continue for many weeks and recognize your need for social interaction. It's normal and healthy and already being missed by many of you. Meagan has put together the following information to guide your thinking around interacting with others in the coming weeks.

What actions can you take to reduce your risk of getting sick (and others).

- Stock up on supplies so you don't need to go out often. Dining can assist you if you run out of essentials like milk, bread, butter. More to come in tomorrow's update about grocery assistance.
- **Take everyday precautions** to keep space between yourself and others. Six feet apart or more is recommended.
- **Stay home** as much as possible to further reduce your risk of being exposed.
- If you feel ill for *any reason*, please be kind to neighbors and stay home.
- **We are recommending no visitors** in your homes or on campus. This includes other Wake Robin residents.
- **Avoid crowds** as much as possible.
- **Avoid cruise travel** and non-essential air travel.
- Get outside as often as the weather allows.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
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Here's a link to an OpEd published yesterday by Joshua White, MD, Gifford Medical Center's Chief Medical Officer. Sobering perspective but important for us all to read. <https://vtdigger.org/2020/03/17/joshua-white-social-responsibility-during-the-pandemic/>

What actions can you take if you are returning from a trip or from another State?

- **We are recommending for your first 2 weeks that you are very cautious and limit your interactions with others on and off campus.**
- Call the front desk and they can help get your mail delivered.
- **Limit your off campus trips** to absolute essential only.
- **Limit your movement on campus to your home and outside** as much as possible.
- **Call Resident Services** for any support or questions 264-5196.
- **Take everyday precautions** to keep space between yourself and others.
- **We are recommending no visitors** in your homes or on campus. This includes other Wake Robin residents.

Here are two links that you might also find helpful:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

Update from Jena Necrason

Wellness Classes

Starting on March 18th Channel 919 will be broadcasting tapes of the following classes seven days a week:

- YOGA: 9-10 AM
- ADVANCED STRENGTH AND CONDITIONING: 10-10:45 AM
- LINDEN EXERCISE CLASS: 10:45-11:15 AM
- STRENGTH AND CONDITIONING: 11:15 AM - 12 PM

Keep breathing and access the classes at home to keep your exercise routine going!

Thera Bands are available for purchase for \$5 at the Front Desk, and can be put on your monthly bill.

Thanks again for your continued support and cooperation. Don't hesitate to be in touch with questions or concerns.

Gratefully,
Martha