



March 9, 2020

Attention Utah Community Action Clients,

You may have heard of the Coronavirus through various news outlets. At this time, we do not have any reports of symptoms or confirmed diagnosis at any of our sites. This letter is to provide you with information to help prevent the spread of illness.

Coronavirus is a very contagious respiratory illness and can infect people of all ages. It can be transmitted through having direct contact with an infected person, consuming contaminated food or water, and/or touching contaminated surfaces and then putting your unwashed hands in your mouth.

The most common symptoms of Coronavirus are:

- Fever
- Cough
- Shortness of breath
- Body aches
- Tiredness

Other symptoms include:

- Sore throat
- Headache
- Diarrhea

If either yourself or family members are experiencing any of the above symptoms, please contact your healthcare provider for guidance. It is recommended that you call your provider prior to making an office visit.

Here are some tips for protecting your family from the spread of illness:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use 60% alcohol-based hand sanitizer.
- Avoid others who are sick. If your child is sick, keep them home from school.
- Cough and sneeze into your arm or elbow, not in your hands.
- Clean and disinfect household objects and surfaces frequently.

If you have any questions about Coronavirus, you can contact the state Coronavirus hotline 1-800-456-7707. This line is staffed 24-7 or visit

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

We thank you for your diligence and efforts to avoid the spread of illness.

Jennifer Godfrey, CEO
Utah Community Action