

2020/03/10

Dear SEESA Members:

We would like to inform you that South East Edmonton Seniors Association is monitoring the Coronavirus (COVID-19 virus) and reassure you the health and well-being of our members is our top focus. We are following closely the recommendations of both Alberta Health and the Public Health Agency of Canada in this pre-pandemic phase. The following precautions will help slow the virus:

1. **If you are feeling sick please stay home.** Call Health Link 811 if symptoms worsen.

Symptoms include:

- Acute onset of respiratory illness (this is not the flu).
- May have a fever >38°C (though some elderly do not get the fever when ill)
- Cough
- One or more of sore throat, joint pain, muscle pain, or exhaustion.

Let us know if you have put yourself into isolation by giving us a quick phone call or email before you miss your class or activity please. Refunds for classes missed will only be considered with prior notification.

2. **Clean your hands.** Wash your hands before handling food, eating, and touching your face. Wash again after you have touched your face, eaten, and after you have coughed or sneezed, used the toilet, or touched shared use items.
3. **Wash your hands with soap and warm water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer.** Extra bottles of sanitizer have been placed around the centre to supplement the 6 wall mounted dispensers (at all three entrances, in the cloak room, in the cafeteria next to the water dispenser, in the Gym around the corner from the single entrance door)
4. Speaking of shared use items, it is good practice (and please make sure you do) to **wipe down the fitness equipment before and after use.** We have microbial wipes mounted in all rooms that use fitness equipment. Let staff know if the dispenser runs out so we can replenish it quickly.
5. **Cough or sneeze into your sleeve** rather than into your hand or **cover your mouth and nose** with a tissue, throw it away, and wash or sanitize your hands.
6. **Do not touch your eyes, nose, or mouth** after touching hard surfaces like counters and door handles or other surfaces. Our custodial staff are wiping down these surfaces frequently.
7. Don't be offended if someone does not wish to shake hands. **Non-touching greetings are preferred until the time the virus has passed.**
8. Stockpiling goods is not recommended. Your regular emergency kit should have three days worth of supplies. It is a good idea for you to **make plans with friends and/or family members in the event you need support.** They can run to the store on your behalf to get what you need.

We will continue to communicate with you and advise when recommendations change. If you have further questions please direct them to our Executive Director, Kim Buehler. For more information about the Coronavirus go to [www.alberta.ca/covid19](http://www.alberta.ca/covid19).

Regards,



Elaun Cable,  
Communication, Community, and Member Relations Manager

