

TO: ALL WINBROOK RESIDENTS
FROM: WHITE PLAINS HOUSING AUTHORITY
DATE: MARCH 10, 2020
SUBJECT: PRECAUTIONS FOR THE CORONAVIRUS

We share in the concerns you may have about the outbreak and spread of the Corona Virus COVID-19. We want to reassure you that we are taking it very seriously and the WPHA Building Maintenance staff is taking extra measures to clean and wipe down common areas with disinfectants more frequently.

The following information is provided with concern for you and your family:

Because this is a new virus, there is currently no immunity, vaccine, or treatment available. However, aggressive federal, state, and local efforts are underway to contain spread of the virus, and it is important to stay calm and informed about the latest science. Current data suggest that symptoms are likely to manifest 4-7 days after exposure. Patients are likely to present with a flu-like illness. The most frequently reported clinical features include fever (83-98%), cough (42-82%), muscle pains or fatigue (11-44%), and shortness of breath (31%). Less common symptoms include sore throat, headache, nausea, and diarrhea.

While most patients are able to overcome COVID-19 on their own, the seriousness of infection varies widely. Patients with a severe response are often able to recover after hospitalization and supportive care. Elderly individuals and those with other chronic health conditions such as underlying lung disease and immune system deficiencies are at highest risk. The coronavirus can only be transmitted by infecting airways via the nose, mouth, and face. Consistent personal hygiene procedures can therefore greatly reduce the risk of coronavirus exposure.

The following represent best-practice guidelines:

- **Stay home if you are feeling sick with flu like symptoms. If you begin to feel sick, avoid contact with other people and stay home.**
 - Wash your hands with soap for at least 20 seconds (say the alphabet)
 - If soap and water are not available, use hand sanitizers (at least 60% alcohol-based)
 - Avoid shaking hands when possible (use an elbow bump instead)
 - Use your knuckle or closed fist to touch light switches, hit elevator buttons, open doors, etc.
 - Keep your hands away from your face
 - Disinfect surfaces and other areas that are easily contaminated
 - If possible, cough or sneeze into a tissue and discard. If not available, cough or sneeze into your elbow (less ideal because viral particles can remain on clothing for several days or longer). Wash your hands or use hand sanitizer afterwards.
 - Call ahead before going to your health care provider or ER; follow the advice of your doctor or health care provider.

Know that your health and that of your family are very important; and we want to support you through this.

Information for Patients

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for 2019 Novel Coronavirus (2019-nCoV)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>