



TO: All Residents, Family Members and Visitors
FROM: Gail Chase
DATE: March 10, 2020
RE: Coronavirus Questions Update #4

The March 9th Coronavirus update memo #3 generated some resident questions such as the following:

Should residents be traveling?
Should residents go on cruises for vacation?
Should residents rethink flying to their summer homes up north?

We listed the CDC website (www.cdc.gov/covid19) address for your convenience and it is the best place to look for answers to these questions. Today's CDC posting says the following:

“Because of the unusual nature of the coronavirus outbreak, the US government is advising US travelers, particularly those with underlying health issues, to defer cruise ship travel. Reports of COVID-19 on cruise ships highlights the risk of infection to cruise ship passengers and crew. The virus appears to spread more easily between people in close quarters aboard ships.”

“It has become clear that people with underlying conditions such as heart disease, chronic lung disease, diabetes, and other conditions that cause suppression of immune system particularly among the older adults, are at a high risk of serious disease if infected with the novel coronavirus. To best protect these vulnerable individuals, we recommend that such individuals avoid situations that increase their risk of acquiring infections. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.”

“In addition, the U.S. Department of State recommends against cruise ship travel.”

To answer the question should SBC residents be traveling or flying up north. This is a personal choice, however, you can apply the same common sense logic that you would utilize during any flu season. If you are a person with “underlying conditions such as heart disease, chronic lung disease, diabetes and other conditions that cause suppression of immune system particularly in older adults”, this would be a factor in your decision making process. If your decision is to travel then the CDC recommends you:

- Avoid contact with sick people.
- Avoid touching your eyes, nose or mouth with unwashed hands.

OVER

- Clean your hands often by washing them with soap and water for at least 20 seconds or use an alcohol based sanitizer that contains 60%-95% alcohol.
- Avoid traveling if you are sick.
- If you get sick with fever or new or worsening cough or difficulty breathing during your travel, self-quarantine and notify the appropriate people.

GC:ljm