



Dear Greenbriar Oceanaire,

The Center for Disease Control - CDC.gov has a comprehensive website that you can go to for information regarding the Coronavirus Disease 2019 (COVID19).

Of particular interest now may be Prevention and Treatment:

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

Accurate information is important. Here are five facts that you should know:

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

The CDC.gov also has a comprehensive FAQ (Frequently Asked Questions) page about the Coronavirus <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Simple, practical steps you can take right now: to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For up-to-date information, visit CDC's coronavirus disease [situation summary page](https://www.cdc.gov/coronavirus/2019-nCoV/situation-summary). <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

If you have any questions, there is a 24-hour Coronavirus hotline number (1-800-222-1222) where trained professionals are standing by to answer your questions. Accurate and current information should be obtained only from reliable sources such as www.cdc.gov or www.nj.gov.

You're never too "Young" to get Healthy and stay Informed