

Dear Building One Community Friends,

We have been monitoring the information coming out of the Center for Disease Control and Prevention (CDC) regarding the spread of COVID-19 cases.

As there is growing concern, we wanted to make sure you know we are doing our part to make sure the spread of any germs and viruses is at a minimum at Building One Community. The safety of our program participants, volunteers, partners, and staff is our top priority.

We are encouraging hand sanitation and have installed new hand sanitizers throughout the building. Our facilities team is also taking extra care to disinfect surfaces-countertops, toilets, door handles, phones, and toys in the children's room. We are sparing no expense and continuing to take extra precautions by cleaning and disinfecting regularly. It is essential that everyone collectively be proactive.

We urge you all to stay up to date on the outbreak of COVID-19 (novel [coronavirus](#)). While there are no confirmed cases in the state of Connecticut, it is important to follow the recommendations of local, state, and federal health officials.

As of today, there are no directives from the CDC or other health agencies to avoid domestic travel, limit large groups, or cancel sporting events. However, we will continue to monitor the situation, and if recommendations or directives are to change, we will provide updates.

As a reminder, symptoms of COVID-19 include fever and symptoms of lower respiratory illness such as cough and difficulty breathing. These symptoms may be similar to the flu or the common cold. In more severe cases, an infection can cause pneumonia and other complications, especially in infants, older individuals, and those with underlying health conditions. Please remember the steps we take every day to help prevent any respiratory illness:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

- Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a healthcare facility).
- 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.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.

Please use these additional resources for more information:

- [CT Department of Health Information on COVID-19](#)
- [Town of Stamford Health Information on COVID-19](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>
- [World Health Organization \(WHO\) Information about Coronavirus](#)
- [US Centers for Disease Control and Prevention Situation Summary](#)