

## If you're sick, stay home, rest, and remember to:



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Clean frequently touched surfaces and objects (for example, TV remotes and computers).

The Senior Center of the Chathams continues to follow developments regarding COVID-19 (Coronavirus) and remains committed to prioritizing the health and wellbeing of older adults in our community. We remain in contact with the Morris County Office of Emergency Management and local health officials as we monitor the situation. At this time there is no reason to change what we are doing with regard to programming.

**We will make program decisions one week at a time as we continue to follow the guidance of health officials. Please check our website, Facebook and Instagram pages weekly for updates.**

In the meantime, our Center will remain open and our dedicated staff will continue our efforts to offer programs, support and guidance services to older adults and their families. If you or someone you know needs assistance, please contact us at 973.635.4565 and we will do our best to connect you with resources.

Please continue to follow recommended measures for your own health and the health and wellbeing of others:

- **If you are symptomatic**, please stay home and contact your doctor.
- **Cover your coughs and sneezes with a sleeve or a tissue.** Tissues should be disposed of immediately in a trash receptacle.
- **Wash your hands with soap and water regularly, and for at least 20 seconds.** Use alcohol-based hand sanitizer when you do not have access to soap and water.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Stay informed** ([www.cdc.gov](http://www.cdc.gov)).
- **Use your own judgement:** if you don't feel well, please remain at home.

Once again, the Senior Center of the Chathams is deeply committed to helping older adults stay active and connected. Please check back regularly for any updates to the schedule. <https://chathamseiorcenter.org/>

