

Dear Clients and Families,

In the wake of the COVID-19 pandemic, we hope you and your family are doing as well as can be expected during this difficult time.

Good Life At Home Care is carefully monitoring this situation and we have put plans in place to best serve our clients, employees and their families.

Good Life is keeping your family safe by encouraging the CDC's Steps to Prevent Illness.

How to Protect Yourself - Know How it Spreads

The virus is thought to spread mainly:

- From person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

We are taking steps to protect you!

Our caregivers are required to follow the CDC recommendations to:

- **Cover their mouth and nose** with a tissue to cough or sneeze or use the inside of their elbow. And they throw used tissues in the trash.
- Immediately **wash their hands** with soap and water for at least 20 seconds. If soap and water are not readily available, they clean their hands with a hand sanitizer that contains at least 60% alcohol.
- **Avoid touching their eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact** with people who are sick
- **Put distance between** themselves and other people if COVID-19 is spreading in the community. This is especially important for people who are at higher risk of getting very_sick.

Our caregivers do not visit clients if they think they might have been exposed to the coronavirus.

Symptoms of the virus can range from mild to severe and may include fever, cough and shortness of breath. If you have these symptoms or think you have been exposed to the coronavirus, you should stay home and call your healthcare provider.

If you think that you have been exposed to the coronavirus, seek care immediately. Your doctor will determine if you have signs and symptoms of COVID-19 and whether you should be tested".

Here at Good Life At Home Care, we are hoping and praying for the safety of our clients, employees and their families, the wisdom of our country's officials and the courage of our medical professionals and first responders.

If you have any questions or know someone who would benefit from our services please call one of our nearby offices.

Medford Office
1744 E McAndrews Ave Ste I Medford, Or 97504 541-646-7151

Eugene Office
1205 S Bertelsen Rd. Eugene, OR 97402 541-833-0889

Brandon Office

911 S. Parsons Ave., Ste C Brandon, FL 33511 813.438.6306

Thank you so much for the opportunity to serve you and your family! Best wishes to you and yours!

Michael Cobb, *Senior Partner*
Good Life At Home Care