



# FROM THE CHAIR

## LABOR DAY APPROACHES

SEPTEMBER 3, 2020



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### A MESSAGE FROM CHAIR BRYAN

Hesci! Hello! I hope all of you are staying healthy and safe. I'm excited to share that our organization has seen steady declines in COVID-19 numbers over the past two weeks. This is really encouraging news that we should all be proud of! Each and every one of you have played a part in keeping yourself and your loved ones safe, and that diligence is paying off.

With Labor Day upon us, please remember to exercise care and caution as you enjoy the holiday. I want everyone to have a fun-filled weekend, but more importantly, I want all of you to remain healthy and safe. It is critical that you continue to follow the CDC guidelines no matter where your Labor Day holiday may find you. God bless you and the Poarch Creek Indians.

Mvto,

*Stephanie A. Bryan*





## HOW TO PROTECT YOURSELF & OTHERS

FULL ARTICLE AVAILABLE AT:

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/PREVENTION.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

### WASH YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

### AVOID CLOSE CONTACT

Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members. Outside your home: Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread virus. Stay at least 6 feet (about 2 arms' length) from other people. Keeping distance from others is especially important for people who are at higher risk of getting very sick.

### COVER COUGHS AND SNEEZES

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### COVER YOUR MOUTH AND NOSE WITH A MASK WHEN AROUND OTHERS

You could spread COVID-19 to others even if you do not feel sick. The mask is meant to protect other people in case you are infected. Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

### CLEAN AND DISINFECT

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. Then, use a household disinfectant.

### MONITOR YOUR HEALTH DAILY

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet. Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen. Follow CDC guidance if symptoms develop.