

9 March 2020

Circular 08- 2020

Dear Resident

COVID-19 - Preventative Measures

Evergreen Lifestyle Village Bergvliet considers it a top priority to ensure the well-being of our residents and staff as we know many lives globally, have been impacted and disrupted by the Coronavirus (COVID-19) outbreak.

Like many of you, Evergreen is monitoring closely the reports and recommendations from the Centres for Disease Control and Prevention (CDC) and the World Health Organization (WHO). We are relying on their scientifically grounded expertise — in combination with other reliable sources — to make informed decisions about minimizing the exposure to COVID-19.

We are encouraging our residents to review and follow the recommendations of the CDC for everyday precautions that help reduce the spread of the virus. We are asking that anyone who has recently travelled abroad to any of the areas currently listed by the CDC as level 2 or 3, to self-quarantine for 14 days, contact a medical professional, and follow the medical professional's instructions.

Symptoms include fever and dry cough, chest pain, shortness of breath, chills, rapid heartbeat and some patients experienced difficulty in breathing and bilateral infiltrates on chest x rays. In severe cases patients can develop pneumonia, acute respiratory syndrome and kidney failure which can cause death.

The primary path of infection is from an infected persons' breathing, or a cough or sneeze. The virus could also be transmitted through urine and faecal excretions and remain active on touched surfaces for a few hours. Some people have presented with diarrhoea and nausea symptoms one or two days prior to developing a fever and breathing difficulties a day or two later.

Self-Care methods - We recommend practicing caution and preparedness in these ways:

- Washing your hands very well regularly with warm water and soap and/or using a hand sanitizer with 60%–95% alcohol after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Cover your mouth and nose with a tissue when sneezing or coughing or use your sleeve – not your hands. Avoid touching your face, especially the mouth, nose and eyes area to prevent infection through the body areas that can carry the virus into the blood stream.
- Maintain a healthy lifestyle, get plenty rest, fresh air, sunlight. Take Vitamen C and immune boosting supplements to build up the immune system, especially with winter fast approaching.
- If you suspect that you may have contracted Corona Virus please immediately make an appointment with your doctor for a consultation.

Yours faithfully



Christine Dempers
Village Manager