

sonder

SOLUTIONS

Coronavirus Update and Information

March 3, 2020

As you may have seen on the news, positive cases of the respiratory illness, coronavirus (COVID-19), have been confirmed in California. Current information about the coronavirus is available from the [CDC](#), the [California Department of Public Health](#) and local Health Departments (see below).

What Are We Doing?

We want to assure you that we are closely monitoring the situation and are committed to the safety of our participants.

Please be assured that there is no need for alarm or to change daily routines in any way. Participants should go about their daily lives and practice the same precautions you do during cold and flu season.

What Can You Do?

We encourage all participants to follow the recommended guidelines from the [California Department of Public Health](#) to protect themselves and those around them from any virus including respiratory viruses like the coronavirus. Please review these best practices:

- Cover mouth and nose when coughing or sneezing.
- Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

We will continue to provide updates as needed via email. We hope you have a safe and healthy week.

To learn more, visit:

- [Centers for Disease Control and Prevention \(CDC\)](#)

- [California Department of Health \(CDPH\)](#)

County Health Departments:

- [Amador County](#)
- [Contra Costa County](#)
- [El Dorado County](#)
- [Placer County](#)
- [Sacramento County](#)
- [San Joaquin County](#)
- [Solano County](#)
- [Sutter County](#)
- [Yolo County](#)