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JUNE 25, 2020

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An update about COVID-19 from our President & CEO

Dear Friends,

With COVID-19 cases on the rise in San Luis Obispo County and across the nation, we are diligently reminding community members that the coronavirus is still prevalent. We are prepared and ready to provide for the health and safety of our patients, and want to remind our community members to take the proper steps to protect themselves and their loved ones. The only successful remedy for slowing the spread of the virus is by taking appropriate precautions.

While we may be growing tired of the disruption coronavirus has on our daily lives, the COVID-19 pandemic is not behind us, and we urge community members to continue to make their health and safety a priority by:

- **Wearing a face covering when outside your home, when you may come in contact with other people.** Doing so may help people who may have the virus and do not know it from transmitting it to others. COVID-19 spreads from person to person through respiratory droplets produced when someone coughs, sneezes, or talks. A face covering helps prevent those droplets from traveling through the air and onto other people.
- **Keeping a distance of six feet between you and others outside your home.** The Centers for Disease Control and Prevention (CDC) indicates that COVID-19 is spread mainly between people who are within six feet of one another for a prolonged period of time. Limiting close contact with others outside of your household will reduce your risk of exposure.
- **Washing your hands often.** Use soap and water to wash your hands for 20 seconds or longer, especially after you have been in a public place. If soap and water are unavailable, use hand sanitizer that contains at least 60% alcohol.
- **Avoid touching your eyes, nose, or mouth.** Germs are easily spread when you touch your eyes, nose, or mouth with your hands. Keeping your hands clean in addition to being mindful of keeping your hands away from your face will reduce your risk.
- **Staying home when you are sick.** When you are sick and go to work or even out to the grocery store, you are putting others at risk. If you aren't feeling well, please stay home.

Arroyo Grande Community Hospital has taken extensive measures to ensure the continued safety of our patients and staff, and if we all do our part to stay safe, together we can make an impact on reducing COVID-19 cases in our community.

Thank you,

Sue Andersen
President and CEO
Arroyo Grande Community Hospital

You can make a difference today by supporting the Emergency Support Fund assists the hospital's efforts to respond to the ongoing crisis.

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