



Corona Virus Update

We have all heard that the Covid-19 virus is a bad germ. We know that some people in our community will be sick.

We know that we can get sick too. The best way to keep ourselves healthy and our families healthy is to

- **Wash your hands or use hand sanitizer, after you are in the community (like going to the store or to church), and touching door knobs and hand rails.**
- Cough or sneeze into your elbow, not your hand. Throw away tissues that you use right away and wash your hands!
- Keeping our hands and fingers away from your face
- Smile and giving folks you know a big Smile, and a Wave instead of a hug or a hand shake.
- Keep your distance from others, especially if you notice that they are coughing and sneezing,
- Stay away from crowded areas, where others could be sick.

If you are sick with a fever and are sneezing and coughing from the Corona Virus or Flu or Bad colds, please stay home. Let your family know that you are ill and call and reschedule appointments with your Community Links Staff.

You can expect that your staff will call ahead to confirm that you or people that live with you are not sick.

If your staff is sick and cannot provide services, we will notify you, and follow our back up plan:

If staff is not able to provide scheduled services, Community Links will make every effort to either substitute another staff or reschedule the date and time of services to the convenience and needs of the consumer as directed in his/her ISP. Health and Safety will be preserved by natural supports.

Now is a good time to think about could who can take you to the store, or the bank or to the pharmacy, if your staff cannot work with you.

Now is a good time to check if your medication needs filled and what groceries you have on hand.

If you become very sick and suspect that you are ill with the corona virus, please reach out to your health care provider for assistance.

Community Links Contact Numbers

Community Links Office	814-362-1089
Pamela FinGado (Executive Director)	814-598-9357
Sue Carlson (McKean County Supervisor)	814-598-5568
Lara Reynolds (Elk County Supervisor)	814-389-5409

If you have any questions please feel free to call us!