

## What?

- There is a respiratory (lungs and breathing) virus called the coronavirus
- It is specifically called COVID-19
- It was first found in Wuhan City in China
- As of March 12, 2020, it has spread to 125 other countries and territories

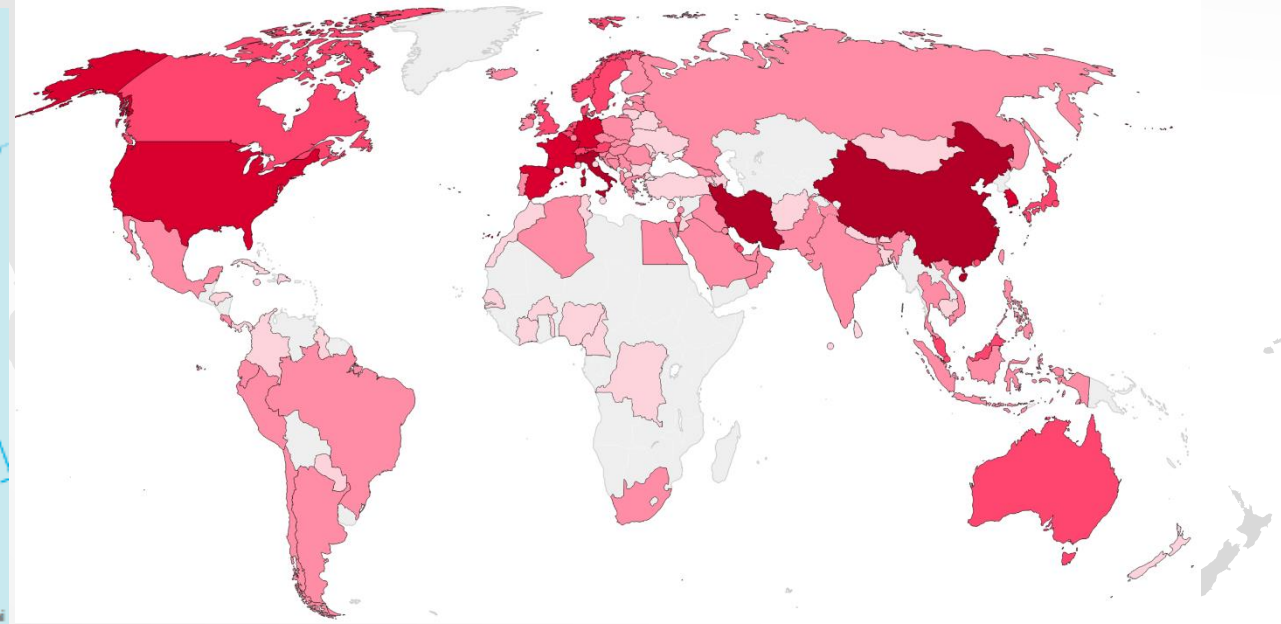


## Who?

- The whole world—everyone is at risk
- It is spread from person to person
  - Within 6 feet
  - Coughing and sneezing
  - The sickness is inhaled and goes into your lungs
- People in this list need to be extra careful:
  - People with immune system challenges
  - People who are older
  - People who are young
  - People with lung related conditions

## Where?

- It began in China and has now spread to 125 countries and territories around the world







## How can we help?

- Wash your hands often with soap and water for at least 20 seconds &/or use Purell
- Avoid touching your eyes, nose and mouth
- Avoid close contact with sick people
- Tell someone you are sick
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, throw the tissue in the trash & wash hands/Purell immediately
- Clean and disinfect frequently touched objects and surfaces



## Updates:

- We are learning more about the virus every day
- This is being discussed everywhere and that can cause fear and anxiety—especially when communication is challenged
  - We might have to work hard to stay calm
- We can always ask our families or close helpers for more information or for the “just right” amount of information
- A lot of places are closing—colleges, schools, and more
  - For now we are taking it one day at a time and next week we are closed for Spring Break
  - If 3LPlace closes after break, we will let you and your family know immediately
- 3LPlace is working hard to sanitize our program every day and we will continue to do so every day