



March 15, 2020

Dear CASI Member,

The health and safety of CASI members, staff and guests is a top priority for the Center For Active Seniors, Inc. Board of Directors and Management Team. As a result, I am reaching out to you to share information on the strategies CASI has put into place to deal with the pandemic. As you know, this health crisis is fluid and plans can change without notice. As Eastern Iowa's ONLY Senior Center, we are acutely aware that this virus will impact our 60+ population hardest and as such CASI is responding promptly and aggressively. This may impact the way in which you enjoy the activities and programs at CASI. We appreciate both your patience and understanding in the weeks to come as this situation evolves locally in the Quad Cities.

CASI programs, activities and supportive services will continue until our Board of Directors determine that community transmission of COVID-19 (i.e., the Coronavirus) requires the implementation of further precautionary measures. This includes suspension of services if necessary. CASI is monitoring the situation locally and keeping abreast of all the latest information coming out of the Centers for Disease Control (CDC), Centers for Medicare and Medicaid (CMS) and state/local health departments.

Universal precautions have already been put into place in our facility due to individuals over the age of 60 and those with chronic disease being identified as most at risk for contracting COVID-19. Under the current recommendation of the CDC we are cancelling group activities that involve more than 250 people. The CASI St. Patrick's Day Race, our largest fundraiser, was cancelled last week out of concern for the health and safety of our community. We are reviewing our facility rentals and will be working with renters to cancel after-hour events as necessary. CASI's daily programming and activities will continue as scheduled but we do expect this to change as COVID-19 becomes active in our area. These changes will be made spur of the moment and will be communicated as much as possible as they are happening. In the meantime, we are asking you to review the following measures already in place.

- Hand sanitation stations have been installed throughout the facility
- All common areas and restrooms are being cleaned/sanitized more frequently throughout the day
- CASI is no longer providing snacks at the coffee station unless they are individually wrapped.
- Universal precautions shared by the CDC (i.e., increased handwashing, etc.) have been displayed throughout the facility
- Members, participants, caregivers and staff are being asked to stay home if they are sick.
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The Iowa Department of Health is recommending the following to help minimize the virus from spreading:

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people *who are or may be sick*.
- Stay home when you are sick. We want you to be safe, including our members and staff.

- Please do not put others health at risk if you have symptoms. We may ask you to go home or seek medical help if we have concerns.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.
- Make sure you have the medical supplies you need for self-care.

If you are experiencing any of the symptoms mentioned above and feel that you may have been exposed to this virus, please call your healthcare provider immediately. If your healthcare provider is not open or available, do not go to an urgent care or the emergency room without calling ahead. Calling ahead will allow the medical professionals to screen you in advance giving them time to put their precautions into place, which could reduce your wait time and the potential exposure to others who may be suffering from this and other respiratory viruses.

For further information on COVID-19 consider visiting any one of the following websites:

- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Illinois Department of Public Health: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>
- Iowa Department of Public Health: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>
- Illinois COVID-19 Hotline: 1-800-889-3931 and DPH.SICK@illinois.gov
- Iowa COVID-19 Hotline: Call 2-1-1

Please be assured that we are monitoring this fluid situation closely and will provide updates as new information as it pertains to the vitality of our organization.

Sincerely,

Laura Kopp
CASI President and CEO

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