



March 25, 2020

Dear Horizons student:

This update provides helpful information to protect you during a national health emergency. Your well-being is important to Horizons staff!

Find attached an illustrated handout, "COVID-19 Information By and For People with Disabilities." Plain language presents **facts about coronavirus and what you must do to stay healthy.**

In addition, the V.A. suggests these helpful actions:

1. *Plan home entertainment that limits contact with others.* Play a board game like Apples to Apples, Scrabble, or Monopoly. Charades is great fun. Act without using words and invite other players to correctly guess the object or action!
2. *Stay six feet from others when possible.*
3. *When possible, avoid public gatherings such as movies, concerts, and church or community meetings.* We suggested livestream options in the previous letter to students. Contact your advisor if you need another copy.
4. *Shop at non-peak times. Take advantage of curb-side pick-up or home deliveries, if available.*
5. *Avoid public transportation or travel unless essential; travel during off-peak times.*
6. *Eat healthy meals and get plenty of rest.*
7. *Stay home if you are sick, unless seeking medical treatment.*
8. *Avoid close contact with others who are sick.*
9. *Cover your coughs and sneezes with a tissue and throw away immediately.*
10. *Clean your hands frequently, especially before preparing and eating meals, after handling raw meat, after coughing and sneezing, after using the toilet, after handling pets.*
11. *Clean hard surfaces with disinfectant.*

We know these actions are inconvenient, but this situation is temporary. It's important to protect your health and that of others.

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Health professionals are working hard to treat those with illness. Be patient. Your routine care appointments may be rescheduled in order to serve those most in need.

Check with your health plan to ask about telemedicine benefits. You may be able to “see” your doctor via video or voice call and avoid crowded clinics. Patients can request medication refills to be sent directly to a pharmacy or mailed to your home. Some medications are available in 90-day supplies saving you travel and copays.

If you think you have been exposed to COVID-19 and develop a high fever, persistent cough or difficulty breathing, call your healthcare provider, state or local health department for medical advice.

Together, we will overcome this challenge!

Sincerely,

Dr. Brian Geiger, Dr. Karen Dixon, Directors

Attachment: COVID-19 Information By and For People with Disabilities

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