

COVID-19 UPDATE

We here at Behavior Frontiers are deeply concerned and want to our part to help keep our employees, our families, and the communities we serve safe and healthy. From the onset of this situation with COVID-19, we have been monitoring accurate and up-to-date information and refining our preparedness plans accordingly. We are ready to implement immediate changes to match the scope of the closures, recommendations, and nationwide crisis level.

ABOUT CORONAVIRUS (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. It's part of the same family of coronavirus diseases that includes the common cold. The most common early symptoms appear between 2 and 14 days after infection. Symptoms can be mild to severe. They include fever, cough, and shortness of breath. Like many other viruses, COVID-19 seems to spread from person to person through respiratory droplets (cough, sneeze, or kiss).

As of today, the Centers for Disease Control and Prevention (CDC) states that the risk in the U.S. is still low. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

PREVENTION AND TREATMENT

Frequent hand-washing is the most effective way to protect yourself from infection. Other good habits to practice include covering your mouth and nose with a tissue when you cough or sneeze and cleaning frequently touched items such as phones, keyboards, and doorknobs to help remove germs.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- 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.

If you are sick, to keep from spreading respiratory illness to others, please:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Call your doctor if you develop a fever, have a cough, or have difficulty breathing; or if you've been in close contact with a person who has COVID-19. If you think you're infected, using telehealth helps prevent spreading a virus.

Behavior Frontiers is closely monitoring the situation and will continue to communicate to our employees and clients with updated information as soon as it is available.