



# Health ALERT

## ATTENTION:

### Updated Health Information for Legacy Retirement Communities

For the safety of our residents and staff, we would ask that you **DO NOT ENTER** our community if you have any of the following:

- Symptoms of respiratory infections
- Fever in excess 100.4
- Shortness of breath
- If you have traveled outside of the U.S. in the past 30 days
- Symptoms of flu

### Everyday things you can do to help in prevention:

- Try to **avoid close contact** with sick people
- While sick, avoid contact with others as much as possible to **keep from infecting them**
- If you are sick with flu-like illness, CDC recommends that you **stay home for at least 24 hours** after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- **Cover your nose and mouth** with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands
- **Wash your hands often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching** your eyes, nose, and mouth. Germs spread this way.
- **Clean and disinfect** surfaces and objects that may be contaminated with germs like flu.

- Information from the Center for Disease control and prevention website

We continue to monitor all information released from the CDC every day. Please follow our Legacy Retirement Facebook Page for more updates.  
[facebook.com/LRCLiving/](https://www.facebook.com/LRCLiving/)