



Dear PJCC Members and Friends,

The health and safety of our community is our highest priority. We are following the news of both the Coronavirus and the flu closely, as we're sure you are as well. We are in regular communication with our medical consultants and local public health officials to ensure we remain well informed, and are prepared to take action if needed for the health and safety of our community.

If you or a family member living in your home has:

- 1.) Travelled to mainland China or Hong Kong and returned since February 3, 2020; or
- 2.) Has been in close contact with someone who has returned from China or Hong Kong since February 3, 2020,

**Do not visit the PJCC for 14 days, beginning the day after leaving those countries or having contact with potentially exposed people.**

Additionally, we want to encourage everyone to take common-sense, preventative actions to stay healthy:

- Please stay home when you are sick!
- Use "respiratory etiquette"—cover your cough with your elbow or a tissue—even young children can do this.
- Wash your hands frequently with hot water and soap for at least 20 seconds.
- Get a flu shot if you haven't already. While this is not related to the Coronavirus, the general flu is quite strong

this season and we encourage you to get the flu shot for prevention.

Thank you in advance for your cooperation and for being our partners in keeping you, your family, and our PJCC community healthy and safe.

If you have any questions, please be in touch with our Member Services Team [memberservices@pjcc.org](mailto:memberservices@pjcc.org) and/or me, [shazen@pjcc.org](mailto:shazen@pjcc.org)

Respectfully,  
Seth Hazen, Chief Wellness Officer