



GREAT NORTH
PROPERTY MANAGEMENT, INC

March 15, 2020

Dear Residents,

It is important for you to know that as of this writing today, management has NOT been made aware of any presumed or confirmed cases of the COVID-19 virus at your property.

However, as you are all aware, there has been an increase in the COVID-19 virus in Massachusetts in the last week. Please know that Great North Property Management does not take this information lightly. We have increased our cleaning services at your property. This includes stairway banisters, doorknobs, and the laundry areas all being cleaned and disinfected more frequently. But we can not battle this virus alone, you must do your part of keeping your own person or persons healthy and at low risk by taking the necessary precautions that the health officials are recommending.

- We urge everyone to remain in your unit if showing any symptoms of the virus.
- We urge everyone to practice “social distancing” as recommended by the officials
- If you or a member of your household is quarantined, we request that you notify the management office immediately by phone or email and remain in your unit.

Below is some important information to read and be aware of:

What is coronavirus?

Coronaviruses are a large family of viruses that are common in people and many different species of animals. COVID-19 Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. There are tens of thousands of confirmed cases in China and additional cases being identified in a growing number of countries internationally, including the United States.

How does novel coronavirus spread?

The virus that causes COVID-19 probably emerged from an animal source, but now is spreading from person to person. Since this virus is very new, health authorities continue to carefully watch how this virus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

How can I prevent getting novel coronavirus?

Currently there are no vaccines available to prevent novel coronavirus infections. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands

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- Avoid close contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing
- Clean and disinfect frequently touched objects and surfaces

How severe is novel coronavirus?

People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.

How is novel coronavirus treated?

There is no treatment specific to coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

Stock up on home supplies, medicine and resources

Experts suggest stocking at least a 30-day supply of any needed prescriptions, and you should consider doing the same for household items like food staples, laundry detergent, and diapers, if you have small children. Remember, alcohol is a good disinfectant for coronaviruses so make sure to keep surfaces in your home clean. Throw out those tissues in a wastebasket after you blow your nose. The C.D.C. also recommends cleaning “high touch” surfaces, like phones and tablets.

For more information:

<https://www.health.ny.gov/diseases/communicable/coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

www.cdc.gov/travel for the latest travel guidance from the CDC

DEPT HEALTH AND HUMAN SERVICES:

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirusdisease-2019-covid-19>

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