



BEAVER COUNTY REHABILITATION CENTER, INC.: Coronavirus (COVID-19) Update

March 18, 2020

To All BCRC Clients, Staff and Community,

Governor Wolf announced mitigation strategies to stop the spread of the Coronavirus (COVID-19). These strategies include the statewide closures of day program facilities including Older Adult Day facilities, Adult Training Facilities, and Prevocational Facilities.

BCRC continues to follow the recommendations of the PA Department of Health, and the Centers for Disease Control (CDC) regarding COVID-19 to take actions that are in the best interests of our clients and staff, as well as for our friends and neighbors living in the wider community.

Your best defense against contracting any respiratory virus is prevention. Therefore, all members of BCRC - clients and staff are advised to continue to take the following precautions as recommended by the CDC:

- **Wash your hands** often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Cover your mouth** and nose with your elbow or a tissue when you cough or sneeze. Dispose of any tissue immediately after use and wash your hands.
- **Avoid touching your eyes, nose and mouth** if your hands aren't clean.
- Avoid close contact with anyone who is sick.
- **Practice social distancing** by maintaining a distance of at least 6' from anyone who is sneezing, coughing or wheezing.
- **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you become ill, stay home and avoid public areas and consult your healthcare provider promptly. Avoid all unnecessary travel. In addition to the information provided above, the following general resources may be helpful, including:

- The [PA Department of Health](#) website
- The [CDC Coronavirus Disease 2019 \(COVID-19\) website](#) with FAQ's, situation updates and travel information
- [U.S. Department of State](#) information regarding travel advisories

Information will be provided as we continue to monitor any developments pertaining to COVID-19 and its potential impact on BCRC. Please feel free to reach out to us if you have any questions or concerns.

Paulette M. Miller
Executive Director