



Sudbury Senior Center

Dear Senior Center Participants, Volunteers and Family Members,

The Town of Sudbury, Sudbury Board of Health and Sudbury Senior Center are keeping abreast of information on the Coronavirus. We receive information from the State Department of Public Health, the Centers for Disease Control (CDC) and the Executive Office of Elder Affairs as well as other reputable sources. While the overall risk of Coronavirus in Massachusetts is low, we are taking your safety into consideration as we plan for possible new cases.

Important Update 3/12/20:

In consultation with the Sudbury Board of Health, and with an abundance of caution, the Sudbury Senior Center has made the difficult decision to **cancel all programs, classes and events at the Sudbury Senior Center from March 16-27**. Staying home and away from crowds during this 2-week period will help to reduce your risk of both catching and spreading the virus. Most people who get the virus will be mild to moderately sick, but those who are older, or who have chronic illnesses and reduced immune systems, are at higher risk of being more seriously affected. We will evaluate whether to continue the cancellations around Wed., March 25.

The Senior Center will run some programs both Thursday and Friday, March 12, and 13, as we take time to notify our participants and clients about this change in schedule. We recommend each individual consider whether they should stay home during this time period to reduce exposure. Of course, anyone who is sick should not come to the Senior Center; this includes any of the following: cough, cold symptoms, fever, shortness of breath, feeling ill.

We recognize that this change in the schedule is very disappointing to you, as it is to us. We all enjoy and need social contact. The Senior Center staff will be available for phone consultation (978-443-3055) during the 2-week period.

The Senior Center continues to remind participants, staff and volunteers to continue to use good hygiene, similar to what is generally recommended to minimize flu risk:

1. Cover your mouth when you cough or sneeze using a tissue, and dispose of the tissue, or cough into your elbow.
2. Wash your hands often with soap and water for 20 seconds. Use hand sanitizer if soap/water is not available. Soap has been shown to kill this virus.
3. Practice “social distancing” – keeping a 6-foot radius of space around you and between you and others.
4. Avoid touching your mouth, nose, or eyes with unwashed hands.
5. Stay home when you are ill (cough, cold, fever, not feeling well, headache). Be sure to contact your physician for guidance.
6. Stay away from people who have flu-like symptoms.
7. Consider using Peapod and other delivery services to order prescriptions and groceries, if you are able. Note: Our volunteer grocery shopping assistance (and some other critical services) will continue for now, with safety precautions in place.

We will continue to consult with the Sudbury Board of Health and stay alert to messages from the Governor, Mass. Department of Public Health, and the CDC. We will share any pertinent information as soon as possible. Please note that the risk is currently considered low, and there is no need to panic. The risk of catching the flu is much higher, and worth preventing as well.

Please see the attached flyer from the Mass. Department of Public Health on helpful safety procedures [Hygiene Flyer](#) for you to follow at home.

Also, please see the Sudbury Board of Health [webpage](#) for additional information.

Please feel free to contact the Senior Center with questions or concerns or If you need paper copies of information mailed to you at 978-443-3055 or senior@sudbury.ma.us .

Debra Galloway
Director
Sudbury Senior Center
978-443-3055

Additional resources:

Centers for Disease Control

CDC Coronavirus Information

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Mass. Department of Public Health

Mass Dept. of Public Health Coronavirus Information

Mass Dept. of Public Health Coronavirus Blog – Ask Questions