Holy Name Housing Corporation
Novel Coronavirus (COVID-19) Update

**Only emergency maintenance calls will be taken until further notice.**
**There will be no one-on-ones or workshops until further notice.**
**We will still be taking phone calls, but our office is closed to the public. If you have any questions, please call the office at 402.453.6100. Our office hours may be limited during this time.**

Holy Name Housing Corporation (HNHC) is committed to the ongoing health and well-being of our tenants and the community we serve. We are closely monitoring all developments related to the Coronavirus (COVID-19).

As of March 12, 2020, we are conducting business as usual. However, the presence of cases in the Omaha community suggest the possibility that there are other positive cases that have yet to be diagnosed. For that reason, we want to make these suggestions:

- Practice good hand hygiene, including frequent and thorough hand washing and proper use of hand sanitizer
- Avoid touching your face, including your eyes, nose and mouth
- Make sure you have all needed medications and supplies on hand in the case you needed to self-quarantine at home for at least 14 days

To assess and control COVID-19 and to ensure your health and the health of others, persons arriving in Nebraska who have traveled to any of the high risk countries at any time in the prior 14 days or who have potential exposure to a positive COVID-19 case can self-report to the Nebraska Department of Health and Human Services: [http://bit.ly/COVID-19SelfReport](http://bit.ly/COVID-19SelfReport) or call Douglas County Health Department at (402) 444-3400.

Across the U.S., the Centers for Disease Control and Prevention Services (CDC) and other public health laboratories are now testing for the virus that causes COVID-19, including laboratories here in Nebraska. At this time, be aware of the symptoms associated with COVID-19 and if you have any of the symptoms, get tested and it is then recommended to self-quarantine or isolate. Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

HNHC will continue to get updates and monitor the situation and protect the health and well-being of our tenants as well as employees.

For further updates, please visit: [www.cdc.gov/coronavirus/2019-ncov/about/index.html](http://www.cdc.gov/coronavirus/2019-ncov/about/index.html)

Sincerely,

HNHC Management Team
The coronavirus outbreak is having a greater impact on older adults — those over 60 — and people with severe chronic medical conditions, the Centers for Disease Control and Prevention says.

People with heart, lung or kidney disease or diabetes also may be at higher risk for severe illness from COVID-19, according to Deputy Director for Infectious Diseases at the CDC Jay Butler.

The CDC says, if you’re one of the people at increased risk for serious illness because of the coronavirus, it’s especially important for you to take action to protect yourself.

**The first thing you can do is take care of your own health**
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover your coughs or sneezes with a tissue, or cough or sneeze into your elbow, not your hands.
- Avoid contact with people who are sick.
- Clean and disinfect surfaces in your home such as counters, tabletops and doorknobs to remove germs.
- Use household cleaning sprays or wipes according to the label instructions.

**The next thing you can do is make a plan for what to do if you do get sick**
- Know who will take care of you if your caregiver gets sick.
- Talk to your healthcare provider about getting extra necessary medications to have on hand.
- Get enough supplies, too, including enough household items and groceries so you can stay home for a few weeks if you have to.

**The third thing you can do is pay attention to what’s happening locally**
- If COVID-19 is spreading in your community, stay home as much as possible and avoid crowds.
- If you get sick with fever, cough or shortness of breath, call your healthcare provider.
- If you develop warning signs, such as difficulty breathing, persistent pain or pressure in your chest, confusion or blueness of the lips or face, these may be signs of serious illness. Call 911.

**Things you can do to support older adults in your life**
- Know what medications they are taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.