



## Putnam Recreation Programs & Habilitation

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Hello Putnam Recreation Program and Habilitation Families!

At PRPH, we care very much about your health and the health of our participants and families. We are monitoring the guidelines from the CDC to help prevent the spread of this virus as well as the flu. We ask that you help us take precautions to keep the COVID-19 and flu virus' impact to a minimum.

Please stay at home if you or your child(ren)/adult participant are exhibiting any flu-like symptoms within the past 24 hours. We will issue you a credit for any missed program. Please notify us of your absence and let us know the reason.

- **Stay home** if you have a fever (100.4 or greater) or signs of a fever **without the use of fever-reducing medicines**, within the past 24 hours
- Get clearance from a healthcare professional if you been in close personal contact with someone with COVID-19 before coming back to program
- **Cover your coughs and sneezes** with the inside of your elbow or a tissue and throw the tissue in the garbage
- Wash your hand often with soap and water for **at least 20 seconds throughout the day**
- Use at least a **60% alcohol-based hand sanitizer** if soap and water are not available
- Clean frequently touched surfaces and objects

Please stay home if you are exhibiting any of the following symptoms:

- Fever of 100.4 (chills, feeling very warm, flushed appearance, or sweating)
- Cough (without the use of cough suppressant medications)
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue
- Shortness of breath
- Vomiting and diarrhea

PRPH staff will be instructed to use the same precautions:

1. **NO HANDSHAKING!** Use a fist bump, nod of the head, elbow bump, etc.
2. Use **ONLY** your knuckle to touch light switches, elevator buttons, etc. Use a paper towel to turn water off after washing your hands.
3. Open doors with your closed fist especially on bathroom doors.
4. Will use disinfectant wipes to wipe down hard surfaces
5. **AGAIN**, wash your hands 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you finish **ANY** activity that involves locations where other people have been. Staff will instruct participants to wash their hand frequently and will supervise that washing of hands.
6. Keep a bottle of sanitizer for anyone in need. However, since sanitizers are unavailable at this time we will have wipes available.
7. We ask that parents/care givers supply tissues so that your child(ren)/adult can cough or sneeze into a tissue and then they will be instructed to discard it. They will be instructed to cough or sneeze into their elbow only if they have to.

Please be mindful that this virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! **BUT** all the surface where these droplet land, are infectious for about a week. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells. The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

Should the need arise that PRPH needs to cancel events based on Public Health and other Governmental directives, the most accurate information regarding PRPH plans will be posted on our website: [www.PRPHNY.org](http://www.PRPHNY.org)

Thank you for helping us keep our participants and community safe!