

To All Addus Caregivers:

As we approach July 4 this year, it is certainly a different landscape than we have seen in past years and one where we need to stop and consider not only our safety but also the safety of others.

At Addus, we all have the privilege of caring for the most vulnerable among us and as such, you all take great care when providing these special clients/patients with services. However, are you doing everything to protect them, your loved ones and yourself in your personal life?

COVID-19 has shown us all why staying safe is important during this summer and beyond, until we can safely go about our lives again.

Please think about the following recommendations when considering everyone into your plans:

- Avoid crowds
- Wear a mask when you shop for groceries or when running other necessary errands, in fact, wear a mask when you are going to be around other people outside of your home or car. Wearing a mask around others is the ultimate act of selflessness during these trying times
- Maintain a minimum of 6 feet from others when out in public areas
- Frequently wash your hands for 20 seconds
- Avoid touching your face, especially your mouth, nose or eyes
- Cover your mouth and nose with a tissue when coughing or sneezing, and discard the tissue immediately
- Frequently use hand sanitizer that contains at least 60% alcohol
- Wipe down frequently used surfaces
- Get plenty of rest
- Go to reputable sources for your information on COVID-19, and avoid the often made up and unreliable news found on social media. We recommend the CDC for the latest guidance related to COVID-19 information.

Remember, COVID-19 is an equal opportunity virus, where no one is immune!

Please continue to check the [Caregiver Resource Center](#) on a regular basis for the latest updates!

Be well and stay safe.

**Thanks,
Addus Leadership Team**