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November 10, 2020

It is that time of year: Cold and Flu season!

As you know, MARC is open and we are so pleased to have so many individuals return to services. As we approach the cold and flu season we are asking that everyone take even more precautions to stay well.

**Here's what you can do:**

- Take your temperature and check for symptoms before you leave home. Stay at home if you are not feeling well, even if you think it's just a little cold. This will keep everyone safer during cold and flu season.
- Make sure we have correct contact information for someone who can come pick you up immediately if you start to not feel well.
- Only bring essential items to MARC. Leave all other items at home. We will have a place for you to put your belongings so they will not come in contact with others attending MARC.
- Bring your lunch with ice packs if you need to keep items cold as we will not be putting lunch bags or individual items in the refrigerators.
- Wear a mask or face shield whenever possible. MARC has a variety of masks and face shields in hopes that you will find a style you like, or you are welcome to wear your own.
- Work hard to stay 6 feet apart from other people whenever possible. We have marked the floors and arranged the rooms to help maintain this distance.

MARC continues to strive to create the safest possible place for you.

**Here is what we have been, and will continue to do:**

- We set up sanitization stations at each entry into all MARC buildings. This is where temperatures are taken before entering MARC buildings. We also ask a number of questions to ensure you are feeling well and have not been exposed to someone who might have COVID 19.
- We purchased masks and had some made. All MARC staff will be wearing masks and/or face shields when they work with you.
- We clean our buildings thoroughly and will continue to do so multiple times a day, and in the evenings, while you are gone.
- We are asking everyone in MARC buildings to stay 6 feet apart whenever possible.

We are so glad you are back! Everyone is working hard to keep you safe. We cannot stress enough the importance of staying home if you are not feeling well. We have heard from those who have had COVID that it can start as a tickle in the throat, feeling unusually tired, or just irritable. If you aren't sure, stay home, for the safety of everyone at MARC.

Please let us know if you have any questions. We are here to help.

Sincerely,  
Suzanne Hanson, MARC Executive Director