

Cordova Bay 55 Plus Association COMMUNICABLE DISEASE PLAN

A *communicable disease* is an illness caused by an infectious agent that can be transmitted from one person to another. Examples of communicable disease that may circulate, especially indoors, include COVID-19, norovirus, and seasonal influenza. Symptoms of a communicable disease may include fever or chills, coughing, diarrhea.

CB55+ maintains a clean environment through routine cleaning processes and preventative measures. During a period of elevated risk, our health requirements may change. Please stay informed and observe all signage.

IF YOU TEST POSITIVE FOR COVID-19, please self-isolate at home for 5 days.

Members are reminded that if they have symptoms of any communicable disease, they should stay at home until all symptoms are gone.

During cold and flu season, please remember to:

- Use hand sanitizer available at each door to CB55+
- Wash hands regularly
- Cover coughs and sneezes
- Use your elbow rather than coughing or sneezing into hands.