



## COVID19- What can I do to help?

First, we must recognize that the most current scientific data we have is that the COVID19 is spread person-to-person mainly through touch, or possibly direct coughing or sneezing generally within 6 feet. As responsible clients and staff at River Oaks, these are some actions we can take in order to minimize all our exposure.

1. Wash your hands, repeatedly and for at least 20 seconds. Also use hand sanitizer.
2. Avoid touching your face.
3. Social Distancing- Whenever possible stay at least 6-feet away from other persons. We do have groups and activities, but we should spread out as much as possible and outside of those required activities please practice safe “social distancing.”
4. Please refrain from hand shaking, high-fives and hugging etc. Again, personal contact increases all our exposure.
5. Please do not share cigarettes or vape pens.
6. Please do not share drinks, and/or open foods and snacks.
7. If you cough or sneeze, please do it into your shirt or elbow. Coughing into the air or covering your mouth and nose with your hands increases our exposure.
8. If you feel sick, please report to a Nurse immediately.

Additional action items we are temporarily taking to help protect everyone:

1. Stopping all non-essential off campus trips and activities.
  - a. Haircuts
  - b. 12-Step Meetings
  - c. Passes and Phase III & IV activities
2. Stopping all non-essential visitors from coming onto the campus
  - a. Visitation
  - b. Family weekends
  - c. Outside guest speakers

We have multiple layers of screening and assessment occurring to prevent the opportunity for exposure and to minimize risk. We have plans and processes for anyone who reports sick. We have processes and plans for anyone showing signs and symptoms of COVID19 and we are in contact with the Florida Health Department/CDC for contingency plans should we have exposure. We also meet with our national medical experts as well as our local medical experts on a daily basis to review processes and get the most up to date information.

As a healthcare provider we cannot eliminate all risk, but we also know that we lose over 130 people every day from the disease of addiction. We also know that those of us dealing with this disease are high healthcare utilizers, so by getting treatment we are all helping to save lives and to relieve pressure on the acute medical system that is overwhelmed and dealing with this unprecedented healthcare emergency.

We will update you as information is possible.