



MEMO

To: BRS Associates
From: Charlie Wilson, Senior Vice President
Date: March 9, 2020
Re: Protecting Family Members in Wake of Global Coronavirus

Buckner Retirement Services is committed to continue our communication around our strategic plans and precautions related to the coronavirus. That includes those we serve, as well as our associates – and part of that commitment is to provide you with resources and tips to help protect you and your families.

The best resource for up-to-date information regarding COVID-19 is the Centers for Disease Control's site, [CDC.gov](https://www.cdc.gov). The following information comes directly from the CDC's page on "Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities."

Prevention steps for people with confirmed or suspected COVID-19 (including persons under investigation) who do not need to be hospitalized and for people with confirmed COVID-19 who were hospitalized and determined to be medically stable to go home:

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms
- Consult healthcare providers when deciding whether to discontinue home isolation

Full details on each bullet point above can be found at [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html).

BRS associates not exhibiting symptoms should use the following infection prevention practices to help protect their families.

- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms

For all non-emergency events, Buckner is encouraging all members of the Buckner Medical Plan to utilize its virtual doctor program through [MDLIVE.com/BCBSTX](https://www.mdlive.com/BCBSTX). Virtual doctors help decrease the current strain placed on medical facilities and prevent your exposure to other people.

Additional Information

Visit [Buckner.org/coronavirus-blog](https://www.buckner.org/coronavirus-blog) for the most up to date information about preventing the spread of germs and viruses and other relevant tips and information about the coronavirus. Contact your supervisor or Director of Nursing with questions.