

Dear AT&T Volunteers,
Working together to address Coronavirus!

During this time of uncertainty I want all of you to be very careful, calm and allow social distance if you need to be out and about. I know that many of you may still have to work! We pray for you and all our volunteers each day. I feel like we should be careful about doing any large events for at least the next month. Please refrain from having any Life Member events in the next month. These are the guidelines that President Trump has set into place. Please follow guidelines put out by the CDC in regards to disinfecting. Please use common sense and be careful in the next month.

I encourage you to pay attention to directions and advice given by the company and your local authorities and apply it to your current plans for projects and meetings. While it may be disappointing to our members and the organizations where we volunteer, we need to make the overall safety of the public and our own health a priority. In the long run, it will benefit everyone and enable us to continue our mission when this current season of illness passes.

My prayers to all of you and be safe and careful,

Alice Andrade, President Texas Pride Chapter

Take steps to protect yourself



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



Take steps to protect others

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**
To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
 - OR
 - 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**
Ensure solution has at least 70% alcohol.
- **Other common EPA-registered household disinfectants.**
Products with EPA-approved emerging viral pathogens_claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).