



March 12, 2020

With respect to growing concerns surrounding the novel coronavirus, or COVID-19, DSAWM would like to inform our members and the community that, presently, our programs and daily operations will continue as scheduled. All DSAWM programs are optional. If you are sick or feel more comfortable staying at home, please do so. There will be plenty of programs to attend in the future!

However, at the recommendation from the state to cancel all gatherings of 100 people or more, the Rock Your Socks Dance on World Down Syndrome Day, 3/21, is cancelled. Our '90s-themed party will be held next March 21, 2021. We encourage everyone to still rock their socks and celebrate World Down Syndrome Day next Friday and Saturday at school, work, and in the community. Be sure to share photos of your celebration and advocacy with us so we can all be together in spirit.

Our members' well-being is paramount and given that many in our community are at greater risk of being immunocompromised, we encourage families to take precautions to keep their loved ones healthy and safe. Best practices for helping prevent the spread of illness include:

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Avoid touching your eyes, nose, or mouth.**
- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.
- **Wash hands for 20 seconds.** Washing hands often under clean, running water can help prevent the spread of germs. For more guidance, see the [CDC: When and How to Wash Your Hands](#). If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60-95% alcohol.

We will continue to monitor and take guidance from the CDC, MDHHS, and KCHD as they release updates and recommendations regarding COVID-19. Should the coronavirus begin to more greatly impact our area, we will make specific announcements as to how that may affect our programming schedule and daily operations moving forward.

Thank you all for helping to keep our community healthy!

For more information about COVID-19, please visit the [Centers for Disease Control and Prevention \(CDC\)](#) and [Michigan Department of Health and Human Services](#) websites.