



3/16/2020

Hello

In light of growing public health concerns related to the spread of the Coronavirus (Covid-19) and warnings received from local Health Services Agencies, the Center for Disease Control (CDC), and guidance from PCA, Sacramento Valley Region, SVR, is reviewing our club events scheduled out over March and April in an effort to mitigate the spread of the virus by limiting the potential exposure to our members and the public.

The following guidelines are in effect for our club and may result in cancellations or postponement of an event as deemed necessary based on the situation.

We will continue to monitor, evaluate and adjust our plans as conditions warrant based on guidance from public health authorities and PCA. We hope you will understand our decision to temporarily limit non-essential activities involving public gatherings based on the guidance currently available.

If you have registered for an event thru SVR and that event gets canceled, you will receive a refund of your SVR prepaid fees. Please watch our website [svr-pca.org/](http://svr-pca.org/) and the enews blasts for updates. Events that are low risk will go on as planned but must follow the guidelines below.

Our club is a fun, leisure activity which is none essential in the grand scheme of things. Therefore, we ask that our members act with courtesy towards fellow members by using common sense in practicing proper hygiene. If you or someone you have been in close contact with is sick, known to have been exposed to the virus or is showing symptoms, we ask that you refrain from attending club events until you are free of symptoms for at least 15 days. You are not only protecting yourself, you are protecting other fellow members as well.

**Simple steps to protect yourself and others:**

- \* If you have an underlying chronic medical condition it is recommended that you consult with your health care provider about additional steps to protect yourself.
- \* Stay home if you are sick, except to get medical care
- \* If you become sick and need to cancel from an event notify your event chair and request a refund of your SVR prepaid fees
- \* Wash your hands frequently with soap and water for at least 20 seconds

- \* If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- \* Avoid touching your eyes, nose and mouth with unwashed hands
- \* Cover your cough or sneeze with a tissue, then throw the tissue into the trash and wash your hands
- \* Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- \* Put **distance between yourself and other people** if COVID-19 is spreading in your community. Avoid shaking hands.

As with other crises throughout history, this too shall pass and we'll get through this together and ultimately return to a sense of normalcy.

Please refer to the websites of local health agencies, the CDC and the WHO on how to best protect yourselves.

- \* CDC Health Information: <https://www.cdc.gov/coronavirus/index.html>
- \* CDC Travel Information: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- \* World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

We will continue to monitor the situation and keep you informed how our club will respond to further guidance as it is released. Stay tuned for our calendar update.

Thank you,

SVR Board of Directors

Steve Barker, President  
SVR – PCA