



## OFFICE OF THE SECRETARY

THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT



Dear Colleagues,

Recent news about Coronavirus infections occurring in the United States can make people feel uneasy, and while it is imperative to stay informed and vigilant, it is also critical not to panic. I encourage you to heed warnings from medical professionals and practice common sense prevention measures – you can use in your everyday lives – to ensure you and your loved ones stay healthy.

Here are some simple steps to practice every day that help stop the spread of germs:

- Cover your nose and mouth with a tissue when you cough or sneeze; throw the tissue away immediately after you use it.
- Wash your hands often with soap and water for at least 20 seconds, especially after you cough or sneeze.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, as well.
- Try not to touch your eyes, nose, or mouth. While it may seem simple, germs often spread this way.
  - At the workplace, wash your hands frequently and practice caution when coming into contact with commonly touched surfaces like door handles, handrails, and elevator buttons.
  - Stay healthy. Now more than before, it is important to stay hydrated and prioritize exercise, a healthy diet, and getting a proper amount of sleep. A weak immune system increases the risk of getting sick.

During this time, I encourage you to refer to official government channels of information. The Centers for Disease Control and Prevention (CDC) continues to provide updates and insight from medical professionals. Click [here](#) for the latest updates.

Stay informed. The more you know, the better prepared you are to protect yourself, fellow HUD employees, and loved ones against the virus. Visit our internal HUD@work website to see factsheets from the CDC on awareness, safety, and prevention.

In addition, the President established the [United States Coronavirus Task Force](#). At the request of the Vice President, I am lending my expertise as a long-time medical professional – alongside Secretary Azar – to further support the President’s already unprecedented response efforts for the safety, security and health of the American people. We are a compassionate nation, exemplified most by the first responders and medical professionals dedicated to the well-being of their fellow citizens. Still, we are an innovative and resilient nation, and President Trump has some of the smartest people in the world working to eradicate this threat. When the two are blended together it becomes very clear that we are able to prosper despite adversity.

Sincerely,

Secretary Carson