

# Cold, Flu and Coronavirus (COVID-19)

Cold and flu season is upon us. The Valle Crucis Conference Center always takes extra precaution this time of year including but not limited to: deep cleaning surfaces, providing extra hand sanitizer and tissues, cautioning our staff to stay home when sick in order to prioritize the health and safety of our guests and staff.

This year we are taking an extra step in light of the Center for Disease Control's Updated Travel Health Notices, the Episcopal Church's travel limit recommendations and in keeping with guidelines communicated by the North Carolina Department of Health & Human Services

<b>WARNING LEVEL 3</b>
<b>RECOMMENDATION</b> Avoid Nonessential Travel
<b>AFFECTING</b> China, South Korea, Iran, Italy
<b>ALERT LEVEL 2</b>
<b>RECOMMENDATION</b> Practice Enhanced Precautions
<b>AFFECTING</b> Japan
<b>WATCH LEVEL 1</b>
<b>RECOMMENDATION</b> Practice Usual Precautions
<b>AFFECTING</b> Hong Kong

Travelers from CDC Travel Notices countries arriving in the United States should not enter the Valle Crucis Conference Center for 14 days, beginning the day they left travel-restricted countries.

This 14-day guideline also applies to anyone who suspects they may have been in contact with someone infected with Coronavirus

even if they have not traveled to travel-restricted countries.

We also request that if you are ill or suspect you may be ill that you stay home. If you fall into this category, we ask that you contact your retreat organizer or our staff.

**In the meantime, the most effective way to stay healthy and minimize the spread of infectious disease is to follow basic health best practices during cold and flu season, If you are planning a visit to our campus, please consider the following guidelines:**

- **If you are sick or exhibiting contagious symptoms such as fever, cough, or sneezing, please stay home to avoid**

**spreading illness. If you exhibit a fever, please be fever-free without the use of fever-reducing medicine for 24 hours before coming to the Valle Crucis Conference Center.**

- **Hands should be washed often with soap and water for at least 20 seconds**
- **Avoid touching your eyes, nose, or mouth with your hands.**
- **When coughing or sneezing, cover your mouth and nose with a tissue, and cough or sneeze into your elbow instead of your hands. Dispose of tissue immediately and wash hands.**
- **Clean and disinfect objects and surfaces in your home.**
- **Get your flu shot to protect against the flu, which can produce symptoms similar to novel Coronavirus.**
- **Please wash your hands frequently, especially before entering the Dining Hall, and utilize hand sanitizer.**

It is important to remember that, while this virus was first identified in China, it is not linked to any ethnic or racial group. Please use and share reliable sources of information on the novel coronavirus. The North Carolina Department of Health & Human Services has established a call center to address questions from the public at 866-462-3821.

If you would like to discuss your circumstances or have questions, please don't hesitate to contact us. We will, of course, continue to stay informed of any guidance being issued and communicate any additional updates or changes.

Thank you in advance for your understanding and patience as we work together for the health and safety of all our guests and staff. We look forward to seeing you at the VCCC.

Yours in Hospitality,

*Margaret*

Margaret L. Love  
Executive Director, VCCC