



**March 17, 2020** – The health and safety of our community, including our youth, parents, volunteers, staff and board is top of mind as the imminent threat of COVID-19 impacts our daily routines. Effective immediately **ALL** in-person match activities between our matched Littles and Bigs are suspended until further notice to minimize the possibility of COVID-19 exposure.

During these challenging times of social distancing, Big Brothers Big Sisters encourages parents/guardians and the Bigs of our youth to be in regular communication with each other and their Littles to reduce feelings of social isolation. We ask our Bigs to reach out and talk/text/facetime with their Littles once a week to let them know you are thinking about them. We have included additional resources for our youth, families and matches.

As you may know, The Centers for Disease Control (CDC) believe the COVID-19 or coronavirus, a viral illness, is thought to spread mainly from person-to-person. Please use the same precautions you would for a flu or cold, such as washing your hands frequently, covering your nose and mouth when coughing/sneezing with tissue or your arm, and keeping your home and workspace sanitized. Symptoms of COVID-19 include flu-like symptoms, such as fever, cough or shortness of breath. If you have any of these symptoms please contact a medical professional (such as a doctor), immediately.

If your last match activity/outing was within the past 14 days, please alert your case manager if you or anyone in your household or worksite, has flu-like symptoms or has traveled to any locations internationally or in the United States that are considered threat destinations by the CDC, such as China, Italy, Iran and South Korea.

We will keep you updated about all Big Brothers Big Sisters activity, as this is a continuously changing situation. If you have any questions or concerns, please be sure to give us a call at Big Brothers Big Sisters at 810-235-7226 or email us at [info@bbbsflint.org](mailto:info@bbbsflint.org). Take care of yourself and our youth.

*Big Brothers Big Sisters is **not** a medical expert, but below is a list of frequently asked questions about the COVID-19 with answers from the CDC:*

## How COVID-19 Spreads

### *Person-to-person spread*

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about six feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

### *Can someone spread the virus without being sick?*

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### *How easily the virus spreads*

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas.

Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

### *Helpful Resources*

(Be careful where you get your information about the coronavirus!)

- [Michigan.gov](https://www.michigan.gov) has up to date information about COVID-19, especially for Michigan
- The Centers for Disease Control at [cdc.gov](https://www.cdc.gov) has up to date information about COVID-19
- Medicaid and Medicare co-pays and cost sharing for COVID-19 testing and healthcare are being waived, please discuss with your medical professional.

Please call Reta Stanley, CEO 810-235-7226 with questions or concerns regarding mentoring activities.