**MESSAGE TO OUR COMMUNITY**

On behalf of the leadership and all members of Association of Nigerian Nurses in Minnesota, we want to continue to encourage our community here in Minnesota that we care and we want to support you as we all do our part to fight this war against the novel Corona Virus causing COVID-19.

We salute your courage and we pray for God’s protection on you and your entire family.

We encourage you to:

* **FIRST PROTECT YOURSELF** and your immediate family.
* **Demand** that your children stay home. Social distancing is effective to decrease the spread of corona virus. **THIS IS FACT!!!**
* **ALWAYS** wash your hands with soap and running water for 20 seconds after touching objects/and surfaces.
* When running water/soap is not readily available, use 60 % base alcohol or greater hand sanitizer, rubbing your hands until it completely absorbs into your hands.
* Be conscious not to touch your **FACE, NOSE AND MOUTH** when out in the community
* Remember people **without symptoms** can also spread this virus. Treat everyone as if they have the virus. Keep your distance at least **6 feet away** when you are with other people. If comfortable **wear your mask** when out in the community.
* Regularly clean things that are touched by many such as counters, doorknobs, computers, phones, and bathroom surfaces.
* Know the main symptoms of COVID-19 (Fever or chills, dry Cough, Sore throat, Body aches, Shortness of breath, Loss of taste or sense of smell, Diarrhea).
* Anyone sick should stay in a separate room and use a separate bathroom if possible (isolation for about 14 days per CDC recommendation.
* While at home avoid too much news. Read a book, watch movies, learn a craft, and talk to your friends and relatives. Find out how they are coping.
* Get your information from the right sources (CDC, WHO, MDH)
* Need food? Check out your city food shelfs, schools serve meals to all students 17 years and below daily (check your school district for more information)

**REMEMBER WE ARE IN THIS WAR AGAINST CORONA VIRUS TOGETHER AND TOGETHER WE SHALL WIN.**

**DO NOT COMPROMISE YOUR SAFETY!!!**

 **PLEASE BE SAFE.**