

Special Corona virus preparedness statement from the SBB Board of Directors

Second Edition March 21 2020

Now that the COVID-19 outbreak is established in the US in Alabama and on our coast, we must redouble our efforts to keep SBB as safe as we can. Our goal is to prevent its spread to the residents of SBB and if it gets here to be ready to do what is needed control and contain it. As everyone is now aware this epidemic has brought many changes to our daily lives. Across the nation, in our state and to our SBB community.

The SBB issued a Special Corona Virus preparedness statement 10 days ago and if you have not read it please do so. The recommendations it contains still apply. We anticipated that updates would be necessary as national, state and local conditions change and plans to respond evolve. We also expected that our understanding of this disease and the way it is spread would become clearer. Thus, our prevention options have become more specific and effective. This evolution of understanding has and will continue to occur. This makes it necessary to KEEP UP with the latest findings, recommendation, policies and procedures at all levels. You must take this disease and info about it SERIOUSLY. It is your role and all of our responsibility to do our part to keep us all safe.

Good sources of **current accurate information** to get the latest facts not rumors and avoid anxiety and panic.

- Local TV News for urgent updates, info on testing sites, health care options, beach, business and other closures and shopping conditions
- State News outlets for the latest info on new rules and case info, statewide closures etc.
- National News Networks for national and global perspectives, government policies, case counts and new discoveries about the disease epidemiology, treatment, vaccine trials
- Use only select trusted online resources for reliable info such as:
 - www.cdc.gov/COVID-19
 - <https://www.cnn.com/2020/03/12/health/what-60-older-need-to-know-coronavirus-wellness-trnd/index.html>
 - <https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>

We recommend that each person understand and practice **social distance and sheltering in place behaviors**. This strategy means keeping a distance barrier of six feet between you and others. This prevents the virus from being transmitted from one person to another. For us that means:

- Call, text or face time friends or relatives and don't go visit them
- No gathering of 10 people or more
- Use the elevators 2 or 3 people at a time and wipe the buttons with antiseptic wipes
- Go to the pool but keep a space between people of six feet on the deck and in the pool
- Feel free to use the hot tub but with no more than two people at a time

Manage your stress and continue to exercise. Unfortunately, SBB will have to close the gym because it is too hard to keep it and the equipment germ free. However, there are many other ways to stay fit and not get exposed to the virus. It is spring and SBB and Plash Island are lovely so get outside enjoy the fresh air and try doing some or all of these.

- Walk or run
- Ride a bike
- Take a golf cart ride
- Swim or exercise in the pools
- Go fishing or boating
- Watch the sunsets
- Play tennis or pickle ball

Here are a few other things to remember:

- Packages that are delivered here to SBB will now be stored for pick up back in the clubhouse. Not in the gym. When you pick up packages wipe them down because it could be contaminated
- Shopping on line and picking up in the parking lot or arranging for delivery is a good idea. Remember to wipe these items down as well.
- Important **items from the first statement** are below

Homeowners at SBB working together have the power to reduce our collective risks. We must **individually** be prepared for the long term and know the risk reduction measures we personal must take. Each **building** will need to look out for and help neighbors. As a **SBB Board of Directors**, we must lead, organize and coordinate our overall preparedness effort. If need be we must adapt or change any policies that hinder our preparedness effort or put in place any policies that supports our efforts.

Each of us must have a plan to be individually be prepared to be isolated for at least one month. Some examples of things to do or have include:

- Knowing your personal risks
<https://www.cnn.com/2020/03/12/health/what-60-older-need-to-know-coronavirus-wellness-trnd/index.html>
- Having enough supplies such as medicine, water, nonperishable food, etc.
- Batteries for phones and flash light and candles
- Critical phone numbers
- Pet food and care products
- Sanitary products
- Cash and documents
- Stay home unless absolutely necessary
- **Wash your hands often**

Each building can play an important role by doing some of the following:

- Knowing your neighbors

- Looking out for and checking on each other
- Doing things as a building such as shopping or cooking
- Making sure you have enough cooking fuel in case we lose power
- Consider a portable generator
- Using home delivery services like Target and Rouses

The Sailboat Bay Board of Directors has a vital leadership role to play

- Organize and coordinate our overall preparedness effort.
- If need be we must adapt or change any policies that hinder our preparedness effort or put in place any policies that supports our efforts.
- Keep up with and disseminate the latest information as regularly as needed
- Assure our community is secure
- Coordinate assistance
- Work out any problems that interrupt our power and water supply
- Plan for increased visitors due to school outages and spring breakers
- Continuously monitor the evolving situation and adapt strategies as necessary

This message is the second of what may need to be regular updates. Owners can expect to receive email messages on specific topics, new policies or with updated information. We plan to use our newsletter the Dolphin as a regular place to share info and news. It is on the SBB website.