

# ANTIOCH CALIFORNIA

March 17, 2020

Dear community and partners –

In order to maintain a safe and healthy environment for our senior citizens, **the City of Antioch has closed all facilities – including the Antioch Senior Center until APRIL 7th.** Services are suspended as follows:

City or Club Program/Event	Action
Contra Costa County's Senior Nutrition Lunch Program	Delivered at home, to those who register.
Monday & Thursday Bingo Program	Cancelled through March
Senior Center Casino Trips	Cancelled through March
Android/iPhone Classes	Cancelled through March
Dementia Support Group	Cancelled through March
Senior Classes (Cane-Do, Tai-Chi, Exercise, etc.)	Cancelled through March
AARP tax preparation	Cancelled through March
Movie Mania	Cancelled through March
Senior Center St. Patrick's Day Celebration	Club Event cancelled for 2020

City officials will continue their due diligence in keeping patrons, volunteers, and staff informed of the latest updates and taking precautionary measures to provide a safe and healthy environment. In the meantime, you can minimize your risk of becoming infected or spreading COVID-19 and other respiratory viruses by:

- Washing your hands with soap and water frequently and using alcohol-based hand sanitizer when soap and water is not available.
- Covering coughs and sneezes with a tissue or the crook of your elbow (not your hands).
- **Staying home from school or work when you are sick.**
- Avoiding travel when you are sick.
- Avoiding touching your face with unwashed hands.
- Limiting unnecessary trips and avoid crowded public spaces when possible.

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RECREATION DEPARTMENT



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- If you are sick, wear a mask when you go out in public or visit the doctor.

Contra County Health Services does not recommend wearing a mask to avoid becoming infected with a respiratory disease. Masks can be effective when worn by someone who is already sick to prevent the spread of their disease.

The Antioch Senior Center and the Nick Rodriguez Community Center have an outside contractor that cleans and disinfects the centers several times a week. Staff has also increased efforts to clean commonly touched areas in the building, including railings, door handles, lobby tables, and other surfaces the public may come into contact with.

We have ordered supplies that you will be able to use in the office as needed.

- **Hand Sanitizer** - Additional hand sanitizer dispensers have been ordered and restocked with alcohol and are available for you to use as needed.
- **Disinfectant Wipes** - Disposable wipes will be ordered and made available for you to take with you in the field as needed. We will let you know once an available supply is found and available to you.
- **Tissues** – Tissues have been put around the Center for wiping noses and hands, etc. and should be disposed of in trash cans.

If you would like more information on the COVID-19, please visit the Center for Disease Control (CDC): [www.cdc.gov](http://www.cdc.gov).

CC Health has established a new web page devoted to updates, orders, directives and advice regarding Coronavirus. This is the link: <https://www.coronavirus.cchealth.org/>

We will keep you updated as new precautions and recommendations come to light but in the meantime, stay calm, try not to panic and please use the precautionary recommendations listed above.

**REMEMBER - please stay at home if you are sick!**

Please let me know if you have any questions or concerns. Stay healthy.

**Monserrat Cabral MA, MPA | Recreation Supervisor**

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