

JOSEPH A. GILMORE ADULT DAY CARE CENTER  
608 LARGO ROAD, UPPER MARLBORO, MD 20774  
(301) 808-9808 PHONE (301) 808-1513 FAX

*"Enhancing the quality of life for the aging and adults with disabilities, through caring,  
compassionate and supportive TEAMWORK"*

## Coronavirus precautions

This is to inform you that the Gilmore Center has implemented a communication program to its caregivers and Clients alike.

The LPN is training the Center's staff on the CDC Guideline. The instructors are holding wellness session with the clients on the same. It is our goal to protect and keep our Clients/participants/staff/ families healthy, happy, and engaged.

**Therefore, please be aware of the following procedures we have implemented and additional best practices :**

1. Before entering and exiting your facilities, my team will use hand sanitizers and additionally wash hands before and after caring for each Client.
2. Clean and disinfect frequently touched object and surfaces.
3. There will be limited physical contact with individual clients (i.e. hugging, kissing, etc.)
4. In the event any of my team, including myself, is sick or exhibiting any signs of coughing, sneezing, congestion, etc., they will stay home until they are cleared.
5. Remind your clients to cover their mouths when coughing, sneezing, etc., along with providing necessary disposable tissues and wipes. ....
6. Communication, monitoring, and training will be on-going with my team daily as things develop.

We are committed to the safety of our clients and best practices as stated above  
Should you have further questions or suggestions, please feel free to contact the  
Center .

Thank you ,

Kevin Grant  
Director

Awoh Ojong  
Registered Nurse

Vivion Williams  
LPN

Dr.Delgado Fernando  
Medical Director

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The new N CP coronavirus may not show sign of infection for many days, how can one know if he/she is infected. By the time they have fever and/or cough and goes to the hospital, the lungs is usually 50 % Fibrosis and it's too late!

Taiwan experts provide a simple self-check that we can do every morning:

Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness, etc., it proves there is no fibrosis in the lungs, basically indicating no infection.

In critical times, please self-check every morning in an environment with clean air.

**SERIOUS EXCELLENT ADVICE** by Japanese Doctors treating COVID-19 cases:

Everyone should ensure your mouth & throat is moist, never DRY. Take a few sips of water every 15 mins at least. WHY?

Even if the virus gets into your mouth...drinking water or other liquids will WASH them down through your esophagus into the stomach. Once there in tummy...your stomach ACID will kill all the virus. If you don't drink enough water more regularly....the virus can

enter your windpipes and into the LUNGS. That's very dangerous.

Pls send and share with family, friends and everyone."