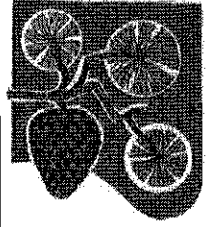


April 2020



# Nisqually Pines Community Club

[www.nisquallypines.com](http://www.nisquallypines.com)

**Nisqually Pines  
Community Club**

8903 Pepperidge Lane SE  
Yelm, WA 98597

Phone: 360-458-7370  
Fax: 360-458-7157  
Hours of operation:  
Monday - Friday, 7:30 to 5 pm

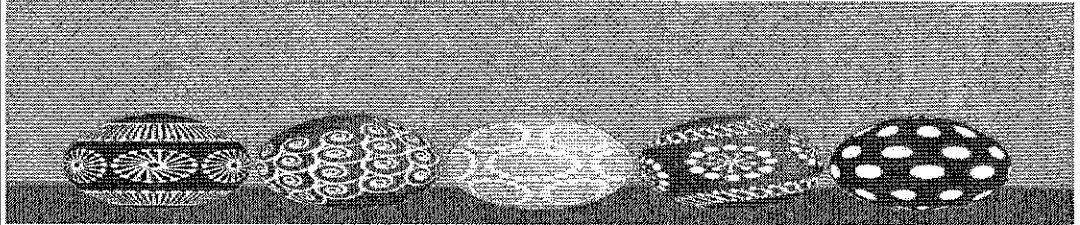
**Important Dates:**

**April 1st**  
Study Session  
Cancelled

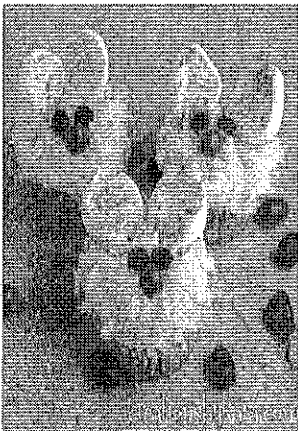
**April 8th**  
Open Board  
Cancelled

**April 12th**  
Easter

**April 14th**  
Adjudication  
TBA



**Easter Egg Hunt Has Been Cancelled**  
During the summer we will try and have a  
**Summer Family Fun Day**  
Thank you for your understanding at this  
time.  
**Stay Safe**



**Are you good with numbers?  
Want to put that skill to work?**

The finance committee is looking  
for new members to help build the  
2020-2021 budget.

Pick up an application at the office.  
Monday-Friday  
7:30am-5:00pm



# April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Garbage	8	9	10	11
12 Easter	13 Yard Waste	14 Garbage, recycle, glass recycle	15	16	17	18
19	20	21 Garbage	22	23	24	25
26	27 Yard Waste	28 Garbage, recycle	29	30		

# Communication from the Board of Directors

## **Hello Nisqually Pines Members and Renters,**

Hoping you are all well- keeping social distancing and feeling safe.

Like many of you I am in “lockdown” and hoping this ends soon and we all get back to our jobs and the joys of upcoming summer sunshine.

Board updates: We have been learning how to use technology like "ZOOM" . With all of the social distancing instructions we hope we can use technology like zoom to have a meeting if we need too. If we ever need to use this for the purpose of a study session or board meeting it is good to have and It might be easier for more of you would join from your homes. (Still working out the details) if you have a comment about this please call the office and share your thoughts.

Roads: we have chosen a company to start work on our roads that were approved last year. You will get updates on the reader boards and you are welcome to call the office for dates and times.

Clubhouse: The clubhouse is currently closed to all renting due to the virus. We are hoping to use this opportunity to get the kitchen upgrades started. (Waiting on the construction people to confirm they can do the work.)

Security: after getting bids from companies, we are discussing the option of purchasing Cameras that are in our budget and having them out In professionally by an electrician or someone with wiring and set up skills.

Maintenance: we are looking to hire our 2nd maintenance person and we have some applications. We are having to wait on interviewing. Our current maintenance person, Mike, and Julie our water person are working together to keep our community working.

This virus/lockdown has really been tough. I just want to really share my appreciation to how our office staff and employees are supporting each-other and our members. The board offered days off and staggered time shifts to keep them safe. All of our employees pleaded to be able to keep working and connecting with us all. Precautions are made at the window and in the “field” to keep the social distance and safety at the highest we can. Please respect our employees and keep your distance, you can call the office with questions or concerns. We encourage you to wave and thank them when you see them, they are happy to be here.

Additionally, this is a very hard time for many of us, there have been job losses and work hours cut, Please be in contact with the office if you need help on your water bill. We still need you to pay, but we can work with you if you need support.

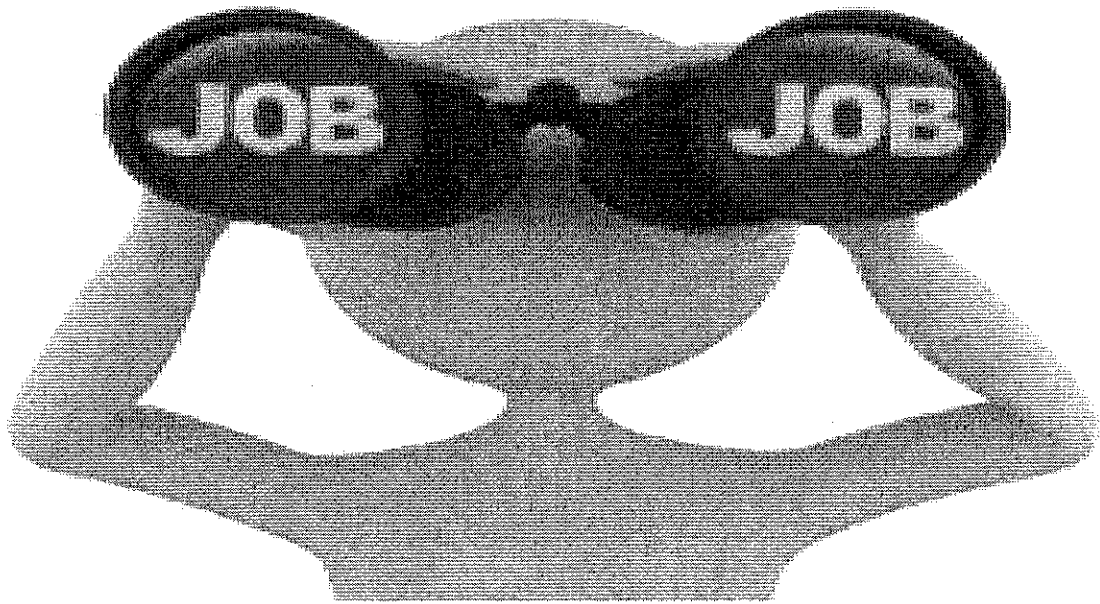
I am also going to shout out to Charity and our bookkeeper Joanna for working so well on our previous budgets. Thanks to the way funds have been applied we do have a “buffer” for our necessary bills. We will be okay!

Please call the office if you have questions. concerns or just want to “check-in” we honestly want to hear from you!

Stay safe, hope to see you outside enjoying he day (at social distance) soon!

Dayna,  
Board President

# Nisqually Pines Community Club Job Opening



**We are currently taking applications for a Pool Attendant.**

**First aid/CPR is required for the pool position. Must be 18yrs old, pass a background check and employment drug screen.**

**For a job application download from [Nisqually-pines.com](http://Nisqually-pines.com) (under the employment tab) or stop by the office and pick one up.**

# NISQUALLY PINES COMMUNITY CLUB

Looking for a place to have a meeting, birthday parties, Valentines, St. Patrick's, Easter, Cinco De Mayo, Halloween, Thanksgiving dinner or Christmas Parties?

We have 18 tables for use and 64 chairs some are folding and regular. We have a fully useable kitchen with all the amenities. The main room comes with a TV, cable and Wi-Fi. There is also a pull down screen for watching slides or old movies on.

Just bring your own projector.

Fees are as follows:

Members: Full Day (7am-1am) \$75 rental \$150 refundable cleaning deposit= \$225

Two hours \$25 deposit plus \$75 refundable cleaning deposit  
Alcohol Deposit-\$100 if no damage is refundable

## Members Sponsoring Non-Members:

Full Day (7am-1am) \$150 deposit \$150 refundable cleaning deposit

Two hours \$35 plus \$100 refundable cleaning deposit (not more than one in a three month period)

Clubs & Organizations: Weekly meetings-\$100 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per week.

Monthly Meetings: \$35 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per month.

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Additional refundable deposit of \$100 for any event having alcohol. As long as there is no alcohol related damage the deposit will be refunded. Banquet permit is required at time of walk through.

# FYI

## Dumpster Days

Dumpster Days was voted down by the community in 2015-2016. Not sure when or if it will be put back on the ballot for the community to vote on. So with that being said if you have mattresses, plumbing items, carpet scraps, broken toys, furniture, miscellaneous items please take it to the dump. Here are the names, addresses and phone numbers of the dumps.

Rainier Dump: Open Friday-Sunday 9am-5pm  
13010 Rainier Acres Rd. S.E.  
(360)446-2600

Thurston County Waste & Recovery Center:  
Open Monday-Sunday 7am-4:45pm  
2420 Hogum Bay Rd. N.E.  
(360)786-5494



### Les Schwab Tires

811 E Yelm Ave.

Yelm, WA 98597

(360)400-6500

Email: [lesschwab.com](http://lesschwab.com)

Monday-Friday 8am-6pm

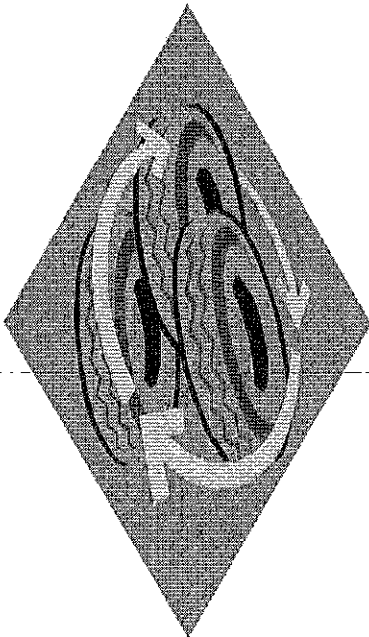
Saturday 8am-5pm

Sunday-Closed

Tires must be clean will take up  
to 20 tires per visit

Passenger tires \$3

Wheels \$5



**Curbside Garbage and Recycling**

**Rural Garbage Service-LeMay**

**Phone: 360-923-0111**

Here is the pricing for garbage service in The Pines:

**Garbage and Recycling Service for two months \$39.38**

35 gallon garbage can pickup every week

96 gallon recycling bin pickup every other week

Glass pickup every four weeks, you provide container

**Or**

**Garbage and Recycling Service for two months \$53.30**

65 gallon garbage can pickup every week

96 gallon recycling bin pickup every other week

Glass pickup every four weeks, you provide container

The above prices are before taxes are added.

The dates for recycling glass bottles

April 14th

August 4th

May 12th

September 1st & 29th

June 9th

October 27th

July 7th

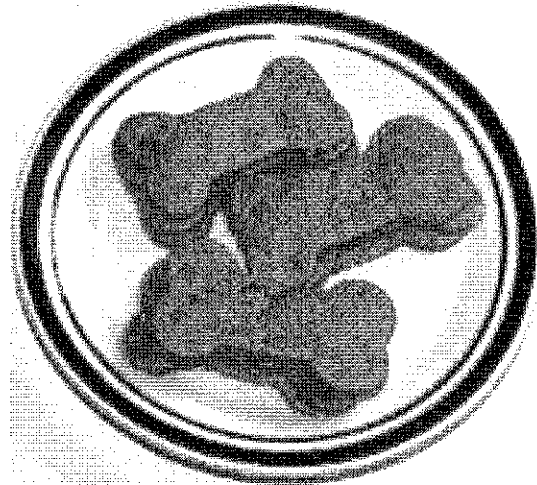
November 24th

December 22nd

# PUMPKIN & PEANUT BUTTER DOG TREATS

## Ingredients

- 2 cups flour
- 1 cup canned pumpkin
- 1/2 cup peanut butter



## Instructions

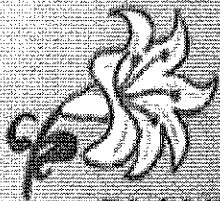
- Preheat your oven to 375 F.
- Mix the pumpkin & peanut butter in a large bowl.
- Stir in the flour & combine the mixture into a dough.
- Roll out your dough onto a floured surface
- Cut out shapes with your favorite cookie cutters.
- Place your treats onto a baking sheet, about a half an inch apart.
- Bake for 12 minutes in the preheated oven.

This recipe yields 3 baking sheets worth of treats. If you use a large cookie cutter (3 inches) you'll get 60 individual dog treats.

These can be stored in a container at room temperature for a week. I usually keep 1/3 of them out & freeze the rest for later.

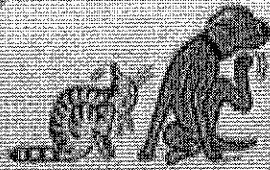


# Spring Pet Safety



## PLANTS

Lilies and other seasonal plants can be toxic.



## ALLERGIES

Seasonal plants can cause allergies. Talk to your vet if you notice irritation.



## SPRING CLEANING

Household cleaning products are a poison threat.

brought to you by

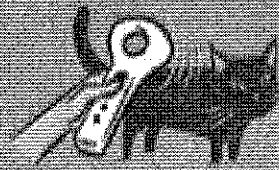


**DVMmultimedia™**  
DYNAMIC VETERINARY MARKETING  
DVMMultimedia.com



## PREVENTATIVES

Talk to your vet about parasite prevention.



## MICROCHIP

More outdoor time equals greater risk of a lost pet. Be safe, microchip 'em.



## PESTICIDES

Lawn care and gardening products can be hazardous.



## ATTENTION DOG OWNERS

Dogs are to be on leashes at all times when outside their fenced yards. This includes all park areas which are river park, little lake park, clubhouse park area, playground by the office and the office area.

Please make sure you are cleaning up after your pet!

**Pet feces is toxic!!**

**Thank You!**

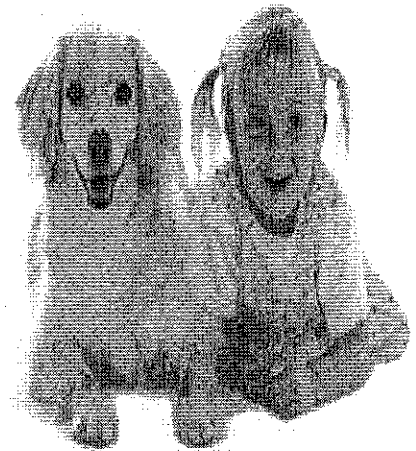
If your dog is lost and you cannot find him/her, you have options to recover your missing pooch:

Post it on the bulletin board at the Pines Office

Call the Yelm Veterinary Clinic 360-458-7707

Call the Yelm Animal Shelter 360-458-8438

Post on the Nisqually Pines Event Page



*F.F.I*

**Animal Services**

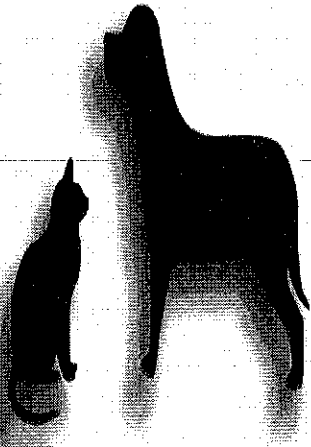
**3120 Martin Way**

**Olympia, WA**

**(360) 352-2510**

**Closed on Mondays**

**There is no charge for dropping off stray animals at the shelter.**





## *A Word from our Staff*

**Office Manager:** *Charity Mayerl*

Email: cmayerl@nisquallypines.com, Phone: 360-458-7370 Fax: 360-458-7157

**It's Springtime!**

**Along with spring cleaning, why not come by or call the office with your phone number. Don't just assume we have your most recent number.**

**Office Assistant & Property Standards:** *Paulette Howard*

Email: propertystandards@nisquallypines.com, Phone: 360-458-7370, Fax: 360-458-7157

**It's time to start mowing and cleaning up uncontrolled weeds & vegetation. Please have the easements cleaned off of children's toys, basketball stands, rocks, garbage cans, cars etc.**

**Water Department:** *Julie Rhey-Baumann*

Email: waterdept@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

**Please keep an eye on your water usage that appears on your monthly bill. If it appears too high or too low please let us know so we can check it out before it becomes a bigger issue such as a leak.**

**Please contact water Manager for water shut-offs**

**Maintenance Department:** *Mike Hezel*

Email: maintenance@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

**Branches are no longer being picked up by our department.**

**Please dispose of your branches & debris.**

**Mowing has begun so please help keep our easements clear of debris.**

# Board News

## Board of Directors

*Dayna Brown-President, Pool*

*Sherry O'Dell--Vice President and Treasurer*

*Cory Parsons-Maintenance and Water Contact*

*Tony Sny-Board Member and River Park Contact*

*Constance Ibringer-Board Member, Secretary*

*Jennifer Celmer-Board Member*

## Board Updates

We meet once a month, meetings have been very productive and we feel we are getting a lot accomplished. However, the additional members would allow us to get more accomplished faster. Please come check out a meeting or two and see what is happening in our community and how you can help!

The port-a-potty's will start to be locked up at dusk and unlocked in the morning when the maintenance gets here. The two play area parks will close at dusk and the River Park will close at 9pm.

Persons with disabilities who require accommodation or alternative means for communication of program information should contact (Nisqually Pines at (360)458-7370) at least eight (8) days in advance of this meeting.

## Updates

### Treasurer's Report:

#### Ending Balance for October 2019

General Fund: \$395,263.12

Long Range Plan: \$520,670.81

Long Range Plan Major Repair Reserve: \$50,183.17

Water Loan 1 Fund: \$34,453.91

Emergency Fund: \$20,274.83

Key Bank USDA Loan: \$234,457.66

Gold Money Market: \$103,820.01

~~Twin Star Savings: \$38,846.82~~

Investment Portfolio: \$260,185.53

Statement not received by 10/8/19

**Grand Total \$1,658,155.86**

## UPDATES

### Treasurer's Report:

#### Ending Balance for November 2019

General Fund:	\$393,467.84
Long Range Plan:	\$533,337.44
Long Range Plan Major Repairs Reserve:	\$56,990.85
Water Loan 1 Fund:	\$43,987.32
Emergency Fund:	\$20,278.28
Key Bank USDA Loan:	\$237,331.99
Gold Money Market:	\$103,828.55
Twin Star Savings:	\$39,690.76
Investment Portfolio:	\$260,185.53
Grand Total:	\$1,689,098.56

# Committee Happenings

## Adjudication

March: 1 pending 3 resolved Next meeting: April 14, 2020

Members: Phyllis Myers, Theresa Donovan, Rob Parkhill, Luke Clark

Contact: Sherry O'Dell

Closed meeting, not open to anyone not directly involved.

Looking for residents in good standing to volunteer on Adjudication Committee

Get an application at the office-Renters can be on Adjudication with the approval of homeowner

## Finance

TBA

Members:

Interested in helping on the Finance Committee-Get an application at the office

Must be a member in good standing

Finance committee members needed!!!

## Events

Need volunteers to help organize for up coming events. Contact the office if you are interested! Next meeting: Meeting will be decided by how many volunteers call and want to be part of this event. Next event: TBA

Anyone interested in being on Event Planning Committee call the office.

Event planning help, looking for someone to take over events or they will not continue.

Members: Rob Parkhill and Jodi Dawes

Contacts: Sherry O'Dell

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*Most of our committees are small and consist of the same volunteers, please come and listen to what they are working on and see if maybe you can help!*



# Updates

## Property Standards

Last month the following warnings or fines were issued:

26 Thank yous	3 courtesy letters
1 fine	5 dog
20 debris	1 fence down
1 certified	1 nuisance
6 junk vehicles	4 basketball stands/hoops
1 shooting pellet gun	
5 easements	

**94.1.035 What domestic activities are prohibited in The Pines?** No person within the legal boundaries of Nisqually Pines Community Club shall: (2) **Perform acts dangerous or hazardous to people and/or which include, but are not limited to:** (a) (i) **Discharging-firearms. Firearm is defined as a weapon or device from which a projectile or projectiles may be fired by an explosive such as gunpowder.**

1st \$250 2nd \$350 3rd \$400 4th \$500

(a) (ii) **Other weapons, including BB, paint and pellet guns, bows, including crossbows and slingshots within the Pines in a reckless manner endangering people, property, or animals.**

1st \$125 2nd \$175 3rd \$400 4th \$500

If you are new to the Pines and do not have a copy of our current Resolution 94-1, please stop by the office to pick up a copy or view online at [www.nisquallypines.com](http://www.nisquallypines.com).

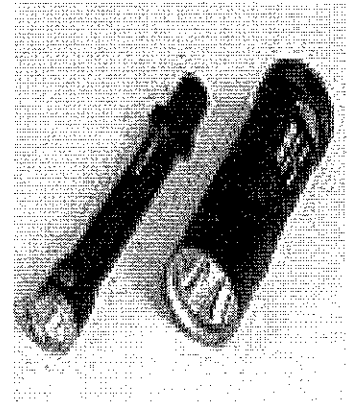
**Speed limit is 20 MPH**

**Please slow down!**

Please watch for children and parent's please remind your children to watch for cars and not to block the roadways. Please slow down and watch for walkers/joggers/bikers

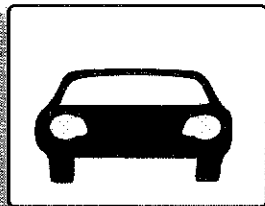
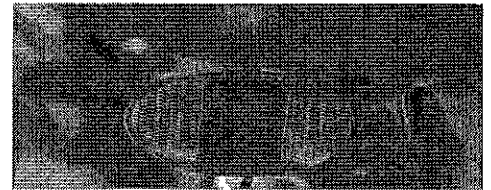


It is getting darker later - **PLEASE** be mindful of vehicle traffic!! For your safety, please walk along the edge of the roads or in the easement against oncoming traffic.



Carry a flashlight or wear bright colored clothes so you can be seen easier during the twilight and evening hours.

Bicycle riders— please make sure your reflectors work or you have a light so you are more visible.



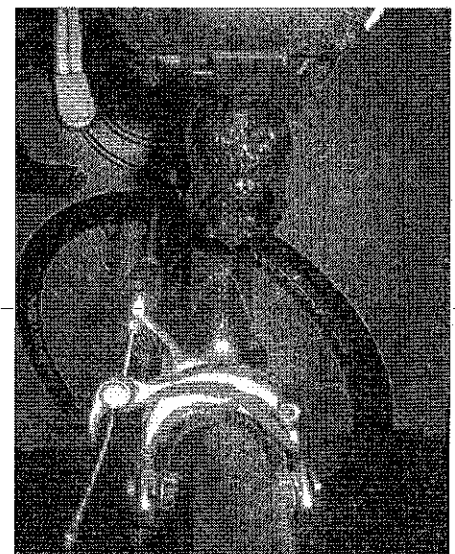
Car Owners– Check your front headlights and rear taillights to make sure that they are in working condition.



When walking or riding a bike please wear bright clothing or reflective tape and/or carry a flashlight.

Remember it is hard for cars to see you at night if you are wearing dark colored clothing.

Thank You!!



## PUGET SOUND ENERGY

### Call 811 Before You Dig

As fall/winter approaches, you may have plans to start construction and landscaping projects. Your friends at Puget Sound Energy want to remind you about the importance of calling 811 at least two business days prior to any digging. It is the law, and utility-owned lines are located for free.

Whether you are planning to use your employees or hire a contractor, start digging means calling 811 before each job. Outline your dig area in white paint so that the utilities will know where to mark. Even homeowners digging on their on property must call, if digging deeper than 12 inches.

Don't take a chance. Call 811 before you dig, then dig by hand within 2 feet of the markings.

Visit their [Safety](#) page to learn more about gas and electric safety, and our [Business Services](#) page for all your energy needs.

For questions, please email [businessaccountservice@pse.com](mailto:businessaccountservice@pse.com)



### PARK TRAIL

The trail from Heather to the River Park is "Use at your own risk" due to the storm damage and erosion.

### LITTERING

Please do your part in keeping our community clean. Littering effects our community and the value of our homes.



**FACT:** Litter finds it's way into lakes, streams, oceans and groundwater.  
50% of United States lakes are unfit for swimming and fishing.

# Classified Ads

## Handy Man

Roof repairs or replacement  
Skylight replacement, roof cleaning  
Call Wes Craney  
360-970-4480

Affordable prices, honest  
& efficient.

I'm experienced in painting, texture,  
flooring, tiling, carpeting, sheet  
rock, etc.

Also outside work: welding, trim-  
ming, cutting trees, landscaping,  
lawn mowing, pressure washing,  
deck repair & mechanic.

Call 360-970-1992

## Caregiver Wanted

Looking for someone part-  
time caregiving for a disa-  
bled adult

Contact Laurie  
(253)441-5806

## For Sale

"Like New"

Bunk Bed White Metal  
Frame

Bed comes with:  
2 mattress

2 foam pads 2" thick

2 sets of filled sheets

2 comforters

2 mattress covers

Ladder

Call: 360-458-3593

## AVON

Been looking for some  
Avon? Now is the time  
to call (360) 955-5100  
Claudia Privette  
Independent Sales  
Representative

## House Cleaning

Will clean your home  
Have excellent references  
Call April  
(360)701-6685

## For Sale

1996 Chevy Blazer  
Dark green, runs  
Good, tow hitch  
226,183 miles  
\$1,200  
Call (253) 267-2304

## For Sale

2001 Fender DeVille  
Amp. \$350  
60 watts. 4-10' speakers  
Good Condition  
Call Arvid  
360-400-2009  
(leave message)

## Free

Turtle Sandbox  
8425 Thuja  
On the easement

## OPEN PUBLIC

### BINGO

### NISQUALLY

### MOOSE LODGE

Monday's at 6:30pm

1117 Yelm Ave. W

(360)458-3381

(Food Menu Available)

Closed

## For Sale

14 ft. boat

Has been upgraded

Has 40 horse motor

\$1,000

Call for details

(360) 458-2345

## For Sale

8X8 ft A-frame shed  
Tin roof, interior light,  
wood paneling inside  
Nisqually Pines  
8406 Aspen Court  
\$600 U-Haul or \$900 de-  
livered locally  
(within 20 miles)

Contact: Greg Weber

253-973-7668

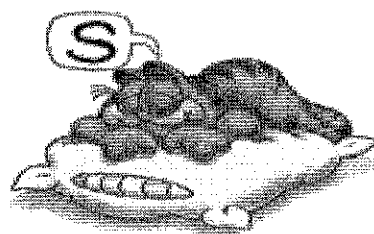
dosadogreg@comcast.net

## REMINDER

Quiet hours are from

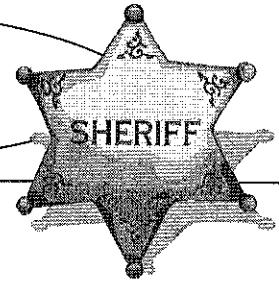
10pm-7am

7 days a week



To advertise  
here contact the  
office staff  
360.458.7370

# Police Blotter



## February

20-Routine Patrol, assisted Yelm PD with traffic stop

21-Routine Patrol

24-Routine Patrol, suspicious circumstances on Foxglove office is aware made contact with owner, contacted 2 transients at the park they decided to leave

25-call for service 2 yr old lost located on Sequoia, assisted Yelm PD traffic stop, runaway returned home, welfare check Whitewood resolved

29-Routine Patrol

## March

2-Routine Patrol, phone detail civil, helped retrieve personnel item that was lost

4-Routine Patrol

6-Routine Patrol

7-Routine Patrol

10-Routine Patrol, suspicious vehicle Boxwood resolved

13-Routine Patrol,

14-Routine Patrol, Dispatched to Pepperidge multiple shots fired at house assisted detectives

15-Routine Patrol, field interview

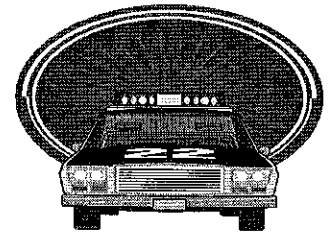
18-Routine Patrol, juvenile complaint on Pepperidge, field interview w/several residents about covid-19 issue

19-Routine Patrol, warrant on Heather unable to locate

20-Routine Patrol

22-Routine Patrol, suicide threat on dog run young man taken back to mom

25-Routine Patrol, field interview with residents in regards to covid-19



Routine Patrol means house checks, Clubhouse, River Park, Office and area patrol. If you see something suspicious, call 911. Don't wait until the next day and call the Pines Office. **\*\*Please note that if you call the Sheriff and they aren't in the Pines on our time, their response time will vary on type of emergency. \*\***

The non-emergency number for the sheriff is 360-704-2740 Please lock doors and don't leave valuables in your vehicles. If you are going on vacation, you can have the sheriff check your house to make sure it is secure.

Fill out a vacation request form at the office.

Since we have the Thurston County Sheriff in The Pines we have seen less criminal activity.

Created by NPCC Staff and Board of Directors.  
If you have anything you would like to see more or less of,  
please let us know!!

Deadline is the 20th of the month.

---

**Paid Advertisement**

# Free, Safe Disposal of Household Hazardous Waste

**HAZOHOUSE**  
It's the place for hazardous waste

What should you do with household hazardous waste? Bring it to Thurston County's HazoHouse.

HazoHouse offers a convenient way for residents to safely dispose of toxic products that could otherwise harm family members, pets, wildlife, or the environment.

**Hours of operation:**

Friday, Saturday, Sunday, Monday, and Tuesday  
8 a.m. to 5 p.m.

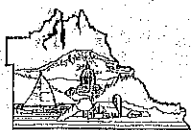
**Location:**

Thurston County Waste and Recovery Center  
2418 Hogum Bay Road N.E. in Lacey

Service is free for residential customers.

Business owners pay a small fee. Call 867-2491 to register your business.

See reverse side for map.



THURSTON COUNTY  
WASHINGTON  
SINCE 1852

## Acceptable materials

**YES!**



Auto products: used oil filters, antifreeze, car batteries, brake fluid



Used motor oil (see back), contaminated oil, gasoline, and kerosene



Oil-based paints, spray paint, paint thinners, primers, stains, and pre-1989 latex paint\*



Fluorescent light tubes, yard light bulbs, and their ballasts\*\*



Solvents



Pesticides and herbicides



Glues and adhesives



Propane tanks  
No need to de-valve.  
20 lb/5 gallon or smaller barbecue tanks only (up to 3 tanks per residential customer per day)



All types of batteries EXCEPT alkaline\*\* (up to 3 car batteries per residential customer per day)



Cleaning supplies



Pool & hobby supplies



Products containing mercury (thermostats, thermometers, and switches)\*\*

### \* What to do with leftover paint

Most latex paint can be dried out and placed in the trash. Bring all oil-based paint to HazoHouse, along with any latex paint manufactured in 1989 or earlier. Dry out latex paint manufactured after 1989 by leaving the top off to air dry or solidify by adding kitty litter to the can. These cans may then be placed in the garbage with the lid off.

\*\*See back for how to package.

### NO! Unacceptable materials

No empty or leaking containers, smoke detectors, fire extinguishers, medical waste, ammunition, flares, explosives, radioactive waste, alkaline batteries, or electronics. HazoHouse also does not accept empty aerosol cans – place the empties in the trash. (City of Olympia curbside recycling accepts aerosol cans.) See [www.WhereDoITakeMy.org](http://www.WhereDoITakeMy.org) for information on proper disposal of these items.

# COVID-19

CORONAVIRUS  
DISEASE

# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses.

### These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.





# Easter Word Search

Z S T V S C M Y N H S K S A H T L  
 G V P C W I V F C A C P V E Z D D  
 P A C C O E W L N M A O Y Z S L P  
 P U H E G G L U T S A Z K O G X D  
 J T O R B U M J U G X F O P N G A  
 F O C K U I X P I R I S Y L N Y F  
 D Q O Q H Z C C A L M O G I C T F  
 S E L Q F H T S U L E P X E K M O  
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BUNNY

DUCKLINGS

BONNET

SPRING

EGGS



DAFFODILS

EGG

JELLYBEANS

RABBIT

CHOCOLATE

LAMBS

IRIS

BASKET

CHICKS

HUNT

