March 23, 2020

All Sisters,

We understand that this is a vulnerable and uncertain time for everyone, and we want to make sure that you know that we are still available for you as a resource to utilize. Although we have cancelled all in-person meetings, we encourage you to reach out if you have questions or need help regarding applying for unemployment, maintaining your mental health and wellbeing, or tips for protecting yourself and your family.

The following website is an excellent resource to help you navigate through this time [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov), in addition to the COVID-19 hotline (800) 722-5725, which is a service operated by the healthcare professionals at the KY Poison Control Center who can provide advice and answer questions. It is requested that you first utilize the guidance of the website, if internet access is available to you.

The best way to prevent illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person, between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs or sneezes, these droplets can land in the mouths or noses of people are nearby or possibly inhaled into the lungs. Here are some tips on keeping yourself and others safe.

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Put distance between yourself and others. Stay home unless it is absolutely necessary to go to a public area.

A positive spin on quarantine—now might be an opportune time to update your interviewing, resume, and cover letter writing skills so you are confident and prepared moving forward. Start that new book you have been wanting to read, but couldn’t find the time before. Pick up a new hobby. Look for ways to help those in your community who cannot help themselves. Go outside, take a walk and breathe some fresh air into your lungs. While it is completely normal to feel unsettled in such precarious times, life does go on. And while there is much you cannot know or control at this time, you do have the ability to preserve and energize your mental and physical health in order to be well prepared for the challenges we will all face together rebuilding the future. Stay tuned to our Facebook page for program updates and do not hesitate to reach out if you have any questions or need assistance.

Stay healthy and safe,

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