

To: All Aquarina of Residents
Re: COVID-19 - Update #11
Date: April 6, 2020



Dear Friends and Neighbors,

This newsletter will cover the use on face masks in public, why it's become important now, and the suspension of tennis effective April 5th.

A number of people have asked for an explanation regarding the contagious nature of COVID-19. Experts in the field are racing to understand this disease in order to develop and implement the best prevention and treatment methods. CDC's recent recommendation for the public use of face masks is the latest example. If we can understand why this recommendation has been made and how to easily make and use the masks properly, we're more likely to follow this commendation.

We knew early on that this coronavirus was easily transmitted through touch and respiratory droplets. Now we understand that the respiratory risk is greater than we first thought. Testing is demonstrating that more people with COVID-19 are unknowingly shedding the virus and increasing the risk to others. Repeated and continuous exposure to the virus quickly multiplies the risk for others. This can happen by breathing it in as well as having it land anywhere on your body, clothes and by your contaminated hands touching your nose and mouth. This includes touching your face with contaminated gloves. High viral load can accumulate quickly wherever people are sharing dense spaces, like in check-out lines in grocery stores and especially where first line responders work with many COVID-19 cases like in hospitals and clinics.

Facial Masks are Recommended by the CDC in Public Areas - Effective Immediately

Wearing a facial mask in public is now recommended especially where social distancing is difficult like in grocery stores and pharmacies. Facial masks do not take the place of social distancing.

They are used in order to:

1. Reducing your risk of exposure to virus from unknowing infected persons
2. To help keep the virus from getting to your nose and mouth directly or by self-touching (for those without disease)

Best Practice:

1. Masks should not be worn repeatedly; paper masks should be discarded after use
2. Any mask that becomes damp (paper or cloth) is no longer considered effective
3. Upon returning home, cloth masks and your clothes should be removed immediately and placed in the washer. (Some sites recommend cloth masks can be washed after six times used but washing after each outing is the safest method.)
 - a. Masks and clothes should be taken off without shaking/scattering and washed and dried thoroughly
 - b. This should be followed by a shower including hair
 - c. All touch points along the way should be cleaned and disinfected

Please review these CDC websites for more information on the use and making of cloth face masks.

The public is not to purchase N-95 hospital grade masks.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

**Aquarina Tennis is Suspended effective Sunday, 4/5/20
following the guidance of the United States Tennis Association.**

The USTA direct quote:

"The COVID-19 pandemic is creating challenges for everyone across the globe. American tennis players have asked for guidance regarding the safety of playing tennis, especially when social distancing and space sharing issues are now paramount.

Based on the recommendations of the USTA COVID-19 Advisory Group, the USTA believes that it is in the best interest of society to take a collective pause from playing the sport we love.

Although there are no specific studies on tennis and COVID-19, medical advisors believe there is the possibility that the virus responsible for COVID-19 could be transmitted through common sharing and handling of tennis balls, gate handles, benches, net posts and even court surfaces.

As a result of this, the USTA asks that as tennis players we need to be patient in our return to the courts and consider how our decisions will not only affect ourselves, but how our decisions can impact our broader communities. In the meantime, we encourage everyone to stay active and healthy with at-home exercise and creative "tennis-at-home" variations.

We look forward to our return to tennis in a safe manner and will provide updates as new information becomes available. By practicing all the recommended guidelines presently put forth by our medical experts, that return will happen in the soonest possible timeframe."

<https://www.usta.com/en/home/stay-current/national/usta-faqs-regarding-coronavirus-and-covid-19.html>

We realize that with every new measure taken, people might be disappointed and frustrated however the overall goal is to move through this pandemic as safely as possible for everyone. Thank you for your individual commitment and understanding in helping us with this goal.

Respectfully,

Aquarina Community Services Association, Inc.

Board of Directors

<https://aquarinabeachandcountryclub.com/covid-19/>