

## AMERICAN COMPOSERS ORCHESTRA

### SAFETY POLICY TO PREVENT SPREAD OF COVID-19

We request that anyone who has been to China, South Korea, Italy, Iran, or Japan, or any other area designated at Level 2 or above by the CDC or at high risk by New York City, should not plan on attending the Underwood Readings unless 14 days have passed since you have left any of these locations. This is in accordance with yesterday's announcement by Mayor de Blasio and the NYC Department of Health that anyone traveling from these countries self-isolate upon arriving in New York.

Overall, we are recommending that anyone who is not feeling well avoid attending the Underwood Readings and instead take the time to rest and recover. The CDC defines "not feeling well" as *people who have symptoms of acute respiratory illness, fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other flu-like symptoms for at least 24 hours.*

As you are well aware by now, we urge you to follow prevention measures—such as

- *Avoid close contact with people who are sick.*
- *Avoid touching your eyes, nose, and mouth.*
- *Cover your cough or sneeze with a tissue, then throw the tissue in the trash.*
- *Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.*
- *Follow CDC's recommendations for using a facemask.*
  - *CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.*
  - *Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).*
- *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*
  - *If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.*