

Nautica Soundview Condominium Owners Association

Epidemic and Pandemic Policy

I. General

A. Stay at Home, Social Distancing, and Quarantine Guidelines

1. Stay At Home: During an epidemic or pandemic such as the Covid-19 outbreak, residents should follow the guidelines provided by the City, State, and Federal government by limiting their trips outside their unit to essential activities such as going to work at essential businesses, getting medical attention, acquiring essential supplies for themselves or their family or household members, etc. See the attached Everett Mayoral Directive issued March 20, 2020. You are encouraged to wash your hands frequently and to avoid touching your face. ***If the City or State adopts recommendations that all people wear masks when outside their homes, then all residents and guests should wear masks when outside their Unit.***
2. Social Distancing: Residents should practice social distancing by keeping 6 feet away from other residents.
3. Self-Quarantine: If a resident becomes ill, or suspects they have contracted COVID-19, they should self-quarantine for 14 days in accordance with CDC guidelines. If they test positive for the virus, they should follow CDC guidelines for self-quarantine until cleared, see below.
 - a. Affected residents need to stay inside of their home at all times during their recovery (unless medical attention is needed). Roommates and other occupants should also be quarantined.
 - b. Affected residents may leave their home once they receive clearance from their healthcare provider or the Washington State Health Department.
 - c. After they are cleared by their healthcare provider, affected Residents shall wear a mask when going through any common areas for 72 hours after they are symptom free.
 - d. If a resident is unable to have a friend or family member assist with their needs such as groceries, pharmaceutical, etc., please reach out to Linda Mattoon to assist in finding a volunteer to help. You can reach her at **425-350-8348** or ***l.mattoon@icloud.com***.

B. Privacy: The Nautica Soundview Condominium Association does not possess the authority to require residents to disclose their Covid-19 status or any other personal medical information. If you are concerned about the extent of the outbreak in our locality, please contact the Washington State Health Department who will redirect your questions or concerns to the appropriate agency officer.

II. Association's Response to Covid-19 Stay at Home Order

A. Cleaning: During the Washington State shutdown that began March 26, 2020, all regular cleaning services at the Nautica Soundview Condominium were **suspended** by our providers. Two volunteers are wiping down the elevator buttons and door handles, but residents are encouraged to protect

themselves by washing their hands frequently. The virus can survive for up to three days on plastic and up to seven days on metal surfaces.

B. Closures: The Fitness Center is closed under the order, because it is an area where people may congregate, and because cleaning services were suspended. The Courtyards are closed under the order, because the cleaning service that empties the pet waste cans and restocks the bag stations was suspended.

C. Elevators: Because the elevators are confined spaces and only 6' 8" wide, it is recommended that residents should not enter the elevator if another resident is on it, unless the other resident is a member of their household. If you are in an elevator, you are within your rights to ask a person to wait for the next empty car.

D. Remodeling: Non-essential remodeling activities should be curtailed inside units during the Stay at Home Order per our legal guidance.

E. Real Estate: Realtors may not hold open houses under the Order. Under the State Order, showings are to be by appointment only.

E. Association projects: The Association is relying on guidance received from our building consulting firm, our manager, and our legal team to determine, which projects are essential. We have been given guidance in writing from our building consulting firm, that the roof replacement project is essential due to its current temporary state. Each of the roofing workers is practicing social distancing. They are wearing masks, and they are sanitizing the elevators throughout the day. Each worker is carrying a letter from our building consultant explaining that their work on the project is essential under the State Order.

This policy was adopted by the Board of Directors on April 17, 2020.

Bill Weber Bill Weber President

Date 4-20-2020

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?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

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 is now spreading from person to person. The virus is thought to spread mainly 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. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. 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?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- 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 from an area with ongoing spread of COVID-19?

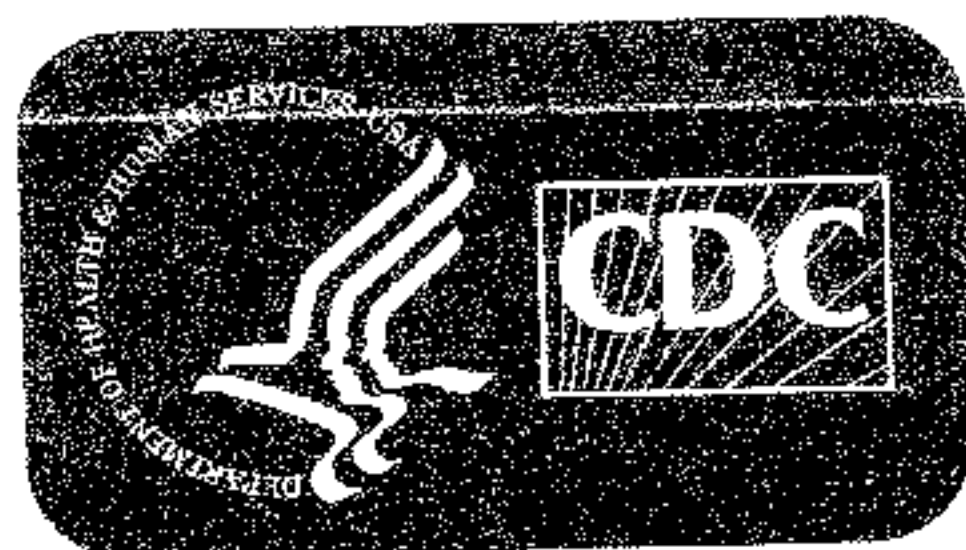
If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and 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 take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

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.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)



CITY OF EVERETT

Mayoral Directive

STAY HOME, PROTECT PUBLIC HEALTH

A mayoral directive directing Everett city residents and business owners to stay home and limit their interactions with others in order to slow the spread of the novel coronavirus (COVID-19).

To my fellow residents of Everett, our many families, friends and neighbors:

As most of you are undoubtedly aware, on Jan. 21, the first confirmed case of COVID-19 in the U.S. was reported right here in the city of Everett. Since then the virus has spread to multiple states around the nation, Snohomish County has seen a significant increase in confirmed cases. As of today, there are more than 400 confirmed and probable cases in Snohomish County alone and eight deaths. Statewide there are nearly 1,400 confirmed cases. These are unprecedented times and pose enormous risk not only to our public's health, but also our economy and quality of life.

The virus that causes COVID-19 is easily transmitted, especially in group settings. Preventing the further spread of this disease hinges on every person in Everett reducing their interactions with others, especially those beyond their immediate household. The Snohomish Health District states that "The closer the contact between people – and the more people in a group – the greater the risk of passing along viruses." Especially at risk are those who have a compromised immune system; are pregnant; have a serious condition such as diabetes, heart disease or lung disease; or have a cough, fever, and/or difficulty breathing. People older than 60 are especially vulnerable to the COVID-19 virus. It is essential that the spread of the virus be slowed to protect the ability of public and private health care providers to handle the influx of new patients and safeguard public health and safety.

As a result, I am directing you to take the following precautionary actions, effective noon on Monday, March 23, 2020 and until further notice:

1. **Stay home, except for certain essential activities and work to provide essential business and government services, or perform essential public infrastructure construction.** Homeless individuals are not subject to this directive, but are strongly urged to find shelter and government agencies are urged to take steps needed to provide shelter for those individuals.

Essential activities include, but are not limited to, the following:

- Errands to maintain health and safety, such as obtaining medicine or seeing a doctor.

- Acquiring necessary services or supplies for you, your family or household members, such as getting food and supplies, pet food and supplies necessary for staying home. This can include curbside pick up, delivery, take out or drive-thru food and beverage services. Please only purchase items you immediately need and do not stockpile.
- Engaging in outdoor activity, such as walking, hiking, or running, provided you keep at least 6 feet of distance between others.
- Caring for a family member in another household.
- Caring for elderly, minors, dependents, people with disabilities or other vulnerable persons.

Essential business and government services include, but are not limited to, the following:

- Health care operations, including all training and educational programs and home health workers.
- Essential infrastructure, including construction of housing (residential and mixed-use), industrial and commercial projects currently underway; and operation of public transportation and utilities.
- Businesses that supply products or services necessary to both maintain the functionality and/or safety of equipment, facilities, utilities, healthcare, national defense, all modes of transportation and critical supply chains used in other essential businesses.
- Grocery stores, farmers markets, food banks, convenience stores.
- Food and beverage providers offering curbside pick up, delivery, take out or drive-thru services.
- Businesses that provide necessities of life for economically disadvantaged individuals and shelter facilities.
- Pharmacies, health care supply stores and health care facilities.
- Gas stations and auto repair facilities.
- Banks.
- Garbage collection.
- Hardware stores, plumbers, electricians and other service providers necessary to maintain the safety, sanitation and essential operation of residences and other essential businesses.
- Educational institutions, for the purposes of facilitating distance learning.
- Laundromats, dry cleaners and laundry service providers.
- Businesses that ship or deliver groceries, food and goods directly to residences.
- Childcare facilities providing services that enable essential employees to go to work.
- Roles required for any essential business to "maintain basic operations," which include security, payroll and similar activities.

See the U.S. Department of Homeland Security's comprehensive [list of Critical Infrastructure Sectors](#).

2. Follow the recommendations of the [Center for Disease Control and Prevention](#) when conducting essential activities and services allowed under #1, above.

These recommendations include the following: (i) maintain at least 6 feet from other individuals, wash hands with soap and water for at least 20 seconds as frequently as possible or use hand sanitizer, cover coughs or sneezes, and do not shake hands; and (ii) perform routine environmental cleaning.

Employers in Everett that do not provide essential businesses or government services should take all steps necessary for employees to work remotely from home to the extent possible.



These are challenging times, and I know the impact of COVID-19 is being felt in every corner of our city. I am terribly concerned for everyone in our community, especially those who are sick or at higher risk of becoming infected, as well as those who have either lost, or are at risk of losing their job or business. The consequences of this crisis are already deep and severe, and we're not yet through the worst. I am confident, however, that by coming together as a community and taking reasonable measures to protect one another, we will emerge from this period of time with the same resiliency and strength we have come out of in times of crisis in the past.

