March 10, 2020

Dear Shiley-Marcos ADRC Participants,

We understand that the news of the coronavirus COVID-19 might be very scary and we are writing to share with you about how the Shiley-Marcos ADRC is taking precautions and preventive measures to reduce the spread of this disease. As the situation in San Diego County has developed over the past few days, UCSD officials have strongly recommended that we cancel all non-essential visits to campus by groups of 15 or more people and events that are expected to have more than 100 people in attendance. This means that the following activities will be

CANCELLED: All Support Groups beginning March 11, 2020 and until further notice

POSTPONED: Spring Open House will no longer take place on March 18th, 2020 but we hope to reschedule this participant appreciation day in the future

Individual research visits will still take place and we sincerely hope that you will consider keeping these appointments if you are feeling well. We have been taking extra precaution to clean all frequently touched surfaces, minimizing person to person contact and taking these precautions that are recommended for everyone:

- Washing 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.
- 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.

If you are sick, please stay home and do not travel. We will be happy to reschedule your research visit. Although our Quality of Life programs, including support groups and social activities are on a temporary hiatus, our social workers remain available for support and resources. We will keep you updated about any changes to these policies.

Stay Well –

Emily Little, MPH
Program Director,
Shiley-Marcos Alzheimer’s Disease Research Center