



We have been notified by several corporate sponsors, fellows, and facilitators that a travel moratorium has been issued for March 2020. We believe that a proactive approach is necessary as we actively monitor the spread of the Coronavirus. With that being said, a decision has been made by the Board of Directors to postpone our March sessions until further notice.

During the coming weeks, we will continue to assess the situation from the Center for Disease Control and the World Health Organization and address issues as deemed appropriate.

As always, we welcome any questions or concerns. Feel free to contact us at pestes@naawli.org and/or srjones@gmail.com.

Kind regards,

Stacey R. Washington

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NAAWLI Board Chair

The National African-American Women's Leadership Institute, Inc. (NAAWLI) is committed to supporting our community through the coronavirus (COVID-19) public health crisis.

Reducing Your Risk from COVID-19

Practice Social Distancing

COVID-19 exists in a category of viruses that cause the common cold and the flu. Many people may experience very mild symptoms if they get this virus. However, for those who are senior citizens and others with compromised immune systems, severe illness can result. It is important to minimize your exposure to the virus and/or your potential to give it to others (in other words, stay home as much as possible). Click [here](https://time.com/5800442/social-distancing-coronavirus/) (<https://time.com/5800442/social-distancing-coronavirus/>) for more information about social distancing.

**REDUCE YOUR RISK OF
CORONAVIRUS
INFECTION**

- Clean hands** with soap and water or alcohol-based hand rub
- Cover nose and mouth** when coughing with tissue or flexed elbow
- Avoid close contact** with anyone with cold or flu-like symptoms
- Thoroughly cook** meat and eggs
- Avoid contact** with wild or live farm animals



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#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy

Protect Yourself

You can minimize your chances of getting COVID-19 (or spreading it) by:

- Practicing social distancing
- Washing your hands with soap and water (for 20 seconds) regularly and/or using hand sanitizer
- Avoid touching your face with unclean hands
- Regularly disinfect surfaces in your home and environment

Please remember that if you are a younger person with a strong immune system, you may experience this virus-like you would a cold or the flu. However, for those with compromised immune systems and chronic illness, and those over the age of 60, getting this virus can be deadly. If you have family members and others who fall into this category, be sure to keep your distance.

Additional Information About COVID-19 & Resources

- [CDC – Preventing COVID-19 Spread in Community](#)
- [World Health Organization](#)