

Managing Board Coronavirus Policy and Guidelines

Updated 3/31/2020

As Governor Baker has declared a Health Emergency in Massachusetts, we must all take precautions to protect each other and avoid unnecessary exposure to the Coronavirus.

THIS IS SERIOUS BUSINESS. Please read carefully. Open the links.

GENERAL

- It is your responsibility to [stay informed](#) about [Coronavirus](#).
- Consult the [City of Cambridge Department of Public Health](#), the [CDC](#) and other sources.
- You must quarantine yourself in your unit for 14 days **if you are returning from travel outside of [Massachusetts](#)**.
- High-touch surfaces such as door handles, entry key-pad, light switches etc. are continually being disinfected. Please do your part.
- Wash your hands often

IF YOU HAVE NO SYMPTOMS

Behavior around Cohousing

- Behave as though you were already exposed to the coronavirus
- Minimize use of indoor common spaces¹.
- Stay 6' away from people anywhere.
- All meetings should be held outside or by video
- **Only essential outside visitors in the Common House.**²
- All packages, incl. food deliveries must be left in the spine.
- Our public bathrooms except in the children's area are closed
- Free City is closed
- **The Exercise Room is closed.**
- No pets in common spaces (walk through only) and at outside gatherings
- Wash your hands often
- Help clean often-touched surfaces (door handles, entry key-pad, light switches, elevator buttons)

IF YOU HAVE SYMPTOMS³

To protect your neighbors and yourself

¹ The laundry rooms will remain open, and the playroom is open to Cohousing parents who have childcare arranged in that space.

² **Essential outside visitors are: caregivers, health workers, the Hofeller cleaners, emergency workers and mail delivery. Non-emergency workers include contractors, carpenters, repairmen and private house cleaners.**

³ Fever, cough, shortness of breath etc. For more, see link from [Johns Hopkins Medical Guidelines](#)

- Isolate yourself in your unit. Do not leave your apartment.
- Anyone living with you must take the CDC [recommended precautions](#)⁴
- Follow your doctor's recommendations.
- Let the entire community know right away.
- Wear a mask when you open the door to your unit
- Follow the Cohousing detailed guidelines in the document, [If You are Isolated](#)⁵

How the Community Can Support You

- Communicate with you by phone or video chat
- Organize meal deliveries and pharmacy pick-ups
- Remove your trash
- Bring mail and packages to your door
- Help you order things online

What Your Neighbors CANNOT Do for You

- Visit you in person.
- Care for you physically in person.
- Take you for medical treatment.
- Transport you anywhere.

What You Can Do to be Prepared

- Stay informed about Covid 19.
- Understand [how to care for yourself](#).
- Contact your health care provider for their guidelines now.
- Reach out to family and friends to discuss a contingency plan for your care.
- Ask a neighbor to be your Covid 19 buddy.
- Share pertinent information with your buddy (family contacts, health info etc.)

Researchers are learning more about the virus daily, but it is possible that the virus is spread in large part by people with no or mild symptoms. It is thought that the virus is primarily transmitted through large droplets, such as through a sneeze or cough. A sneeze or cough's range is up to 6 feet, which is why that distance is recommended.

The virus lives on metal and plastic up to 3 days and cardboard for 1 day, so cleaning common surfaces like door handles and washing hands with soap and water after touching such surfaces is recommended.⁶

Notes: See Bill McKibben's "With the Coronavirus, Hell is No Other People." <https://www.newyorker.com/news/daily-comment/with-the-coronavirus-hell-is-no-other-people>

⁴ Still being explored

⁵ In the works

⁶ In addition to transmission from droplets, the virus can remain in aerosol form in the air; its duration in air is being [researched](#).

