



FOR IMMEDIATE RELEASE	Contact: Ron Hendricks, Media
	Phone: 405-550-3224
	Email: ron-gmi@swbell.net

[Hearing Loss Association Cancels March Meeting]

[Oklahoma organization announces cancellation]

[OKLAHOMA CITY, OK, March 14, 2019] OKLAHOMA CITY — The Hearing Loss Association of America Central Oklahoma Chapter (HLAA) has cancelled the March monthly member meeting to help combat the spread of the Coronavirus.

“Our member’s health is our biggest priority right now,” said Ron Hendricks, Program Chair. *“Many of our members are in the high-risk age range and we want to encourage social distancing.”*

The board made the decision on Friday morning and sent an email to all members, as well as Oklahoma audiologists. The message included basic protective measures against the virus from the World Health Organization. The tips included instructions such as hand washing and social distancing as well as the reasons why it could help. *[WHO information below.]*

“We do not know everything about this virus yet, but we do know our seniors are among the most vulnerable,” said Ana Covey, Chair. *“Right now, we need every Oklahoman, especially our seniors to hear and understand important information- captioning and sign language helps. We encourage the media to add live captioning to every broadcast, and have an American Sign Language translator stay on screen for every word.”*

The HLAA volunteers also operate the Faye Donaldson Hearing Helper Room which is located in the Integris Senior Wellness offices at 5100 North Brookline. The Hearing Helper room is closed as well until further notice. For more information, visit the website at oklahomahearingloss.org or facebook page [@oklahearingloss](https://www.facebook.com/oklahearingloss).

From: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Basic Protective measure against the new Coronavirus.

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. *Also, you should **avoid shaking hands, hugging, or kissing people** with symptoms. If you need to take care of a person who has fever cough or difficulty breathing do not forget to wear a mask and in particular practice hand hygiene. *Some people will spread the virus without having any symptoms.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means **covering your mouth and nose with your bent elbow or tissue when you cough or sneeze**. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and **difficulty breathing, seek medical attention and call in advance.** Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

