

Tri-State Chapter info regarding Coronavirus, Covid-19

Your health and safety and that of every person affected by scleroderma is of paramount importance to the Scleroderma Foundation Tri-State Chapter. The Tri-State Chapter takes very seriously the threat the coronavirus presents to individuals living with scleroderma, who are immunocompromised. There is a growing likelihood of an increase in the spread of the virus in the United States, and we wish to provide you with reliable information from qualified sources to guide you in your decision making regarding Tri-State support group meetings, chapter events, and the activities of daily life.

The Scleroderma Foundation Tri-State Chapter will be guided by the directives and recommendations of the Centers for Disease Control & Prevention (CDC) and the state and local departments of public health in NY, NJ & CT.

For your reference, the department of public health for each state is listed at the end of this page.

At this time, we recommend you contact your health provider if you are concerned with your current health condition and attending an event.

As of today, the Tri-State Chapter will continue to move forward with our **mission**:

- *To provide educational and emotional support to people with scleroderma and their families.*
- *To stimulate and support research designed to identify the cause and cure of scleroderma as well as improve methods of treatment and*
- *To enhance the public's awareness of this disease.*

Any change in planning for any of the Tri-State Chapter events will be communicated to the scleroderma community in a timely manner through social media (Facebook, Twitter & Instagram), the Scleroderma E-News, and the Tri-State Chapter website. Please continue to monitor these sites for updated material.

Some words of Wisdom:

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Stay home if you are sick

- **Stay home** if you are sick, except to get medical care. If you or anyone in your house is feeling ill or has a fever, please stay home and get better.
- If you do decide that it's best to stay home for whatever reason as a support group member, please contact your local support group leader for potential meeting alternatives.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

The CDC is the best primary source for information on the coronavirus:

- [Centers for Disease Control & Prevention](#)
 - [COVID-19 Resource Page](#)
 - [Information for Travelers](#)
 - [Key Facts about COVID-19](#)
 - [Community Preparation Tips](#)
 - [CDC Preparation Flowchart](#)

Health Resources for Respiratory Complications:

- [American Thoracic Society](#)
- [American College of Rheumatology](#)
- [Pulmonary Hypertension Association](#)

Departments of Public Health:

- [National Association of County & City Health Officials](#)
Links to local health officials across the United States
- [Connecticut](#)
- [New Jersey](#)
- [New York](#)

Scleroderma Foundation Tri-State Chapter
Board of Directors & Tri-State Chapter Staff

