



March 17, 2020

Amor Statement on COVID-19 Concerns: Updated 3/17/20

Amor is continually monitoring the regions in which we work for situations that could be of concern to our groups. Our desire is to proactively communicate when a situation arises that may affect our participants. Amor has regular contact with Mexican government officials and local community leaders to ensure accurate and timely information is presented and acted upon.

Regarding travel to Mexico, the Centers for Disease Control and Prevention states ***“CDC does not currently have a COVID-19 travel health notice for Mexico. Travelers should always avoid contact with sick people and clean their hands often by washing with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer with 60%–95% alcohol.”*** Though no cases of COVID-19 have been reported in the regions of Mexico in which Amor works, we are closely monitoring the situation.

Regarding prevention, the Centers for Disease Control and Prevention states the following on its website (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>). *There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*

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.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).

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.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Amor is committed to providing a safe trip for you and your group. Amor campsite facilities are cleaned and are sanitized and disinfected regularly. Anti-bacterial soap and hand sanitizer are available at handwashing stations as well as La Cocina and the Amor Store.

We will be updating our statement if any information changes. For up to date information in preparing for your trip, or should you have any questions or concerns, please feel free to contact us at 619-662-1200 or by email at jon@amor.org. For any border closure concerns, please see www.amor.org/safety.

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