



Dear MECA families and clients,

We are reaching out on behalf of the MECA Therapies team to assure you that your safety and well-being remains our highest priority. We are monitoring the coronavirus (COVID-19) situation closely, keeping those who are affected in our hearts, and are listening carefully to the questions and concerns of the families we serve.

Comprehensive COVID-19 guidance is in place for our personnel, detailing how to protect against transmission of the virus. While a new type of illness can be scary, we can protect our clients, families, and community by using simple everyday actions that protect people from these types of respiratory viruses. Our team is working diligently to encourage the practical and straightforward habits of frequent handwashing, covering every cough or sneeze, and cleaning treatment rooms, tables/surfaces, and high-touch areas frequently.

We ask that you join in our efforts by washing your child's hands before beginning their therapy and upon completing their therapy.

What you can do

1. Wash your and your child's hands frequently with soap and water or alcohol-based hand sanitizer.
2. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.
3. Ensure you and your family get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
4. Avoid touching your eyes, nose, and mouth with unwashed hands.
5. Teach your child respiratory etiquette and cover your nose and mouth when coughing/sneezing.
6. Avoid close contact with anyone with cold or flu-like symptoms.
7. Stay home if you are sick.
8. Support and boost your immune system.

We will continue monitoring the coronavirus (COVID-19) updates and will respond based on the advice of the government, public health authorities, and other medical professionals.

With a warm heart,

MECA Management