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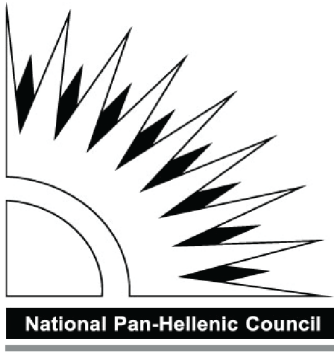
Greetings NPHC Councils,

I hope this email finds you well and healthy. We are in some unprecedented times with the presence of the Corona Virus, known as Covid-19. As we are a faithful people, we know we will come through this together.

As NPHC is an umbrella organization, each of our Divine 9 organization leadership have given us directives around how we should engage and enact our policies and procedures. Please refer to the information that was disseminated to you from your respective organization for specific information around meetings, conventions and intake activities.

I further encourage you to follow information from the Centers for Disease Control (CDC) website for the most up to date recommendations on how you practice safe behaviors. As a short list, you should:

- Wash your hands frequently with soap and water for at least 20 seconds when possible and use hand sanitizer when soap and water are not an option.
- Practice “Social Distancing” of at least 6 feet. This is hard when you are around people you trust and love. As our nation is trying to assess the impact of the Covid-19, we need to do our part as individuals to ensure we are not adding to the spread. Exposure to Covid-19 has already occurred and we are in the process of trying to mitigate the spread.
- If you sneeze or cough, cover your mouth with a tissue or do that in your elbow and not your hands. If you use a tissue, dispose of it immediately.
- Keep your hands away from your face. Now that we know that, I am sure you are surprised at how often your hands end up around your face.
- If you are sick, having symptoms of a cough and fever and have been outside the US, see your physician or health services. Do not go to work with symptoms as others can get sick.
- If you are immunocompromised, do not let your symptoms go as allergies or a cold. You have a higher risk of contracting the virus as that is what is defined as a “co-morbidity.”



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I am a healthcare provider, a Registered Nurse and I am not giving you medical advice. I am sharing public information from the CDC so that you can protect yourself and those you love with safe behaviors!

As a nation, Covid-19 is impacting all of us. The unknown has increased our anxiety with the uncertainty of what happens next. I commend the work of state and local governments as well as health departments that are a resource to us. Also seek out support if your mental health leaves you feeling less than optimal. There are resources in all of your states for mental health support. Check in with your elderly, disabled and struggling persons in your circle. See what you can do while following safe guidelines. We have a history of supporting our communities!

In following the lead of our Divine 9 leadership, NPHC Councils should not be meeting face to face. This is the time to use technology for engagement.

We are a strong people and we will come through this. It is not a sprint that we are facing, so our endurance, humility, service for humanity, compassion and patience will get us to the end of these times.

Wishing you Peace in your Spirit and Health to you and your loved ones!

In Greekdom,

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34th National President NPHC

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