



From the Office of the President

Dear OCCAMFT Members,

In light of the developing situation with the novel coronavirus (COVID-19), and the recent announcement from Governor Newsom, OCCAMFT is complying with the recommendation to implement social distancing. We will be cancelling all remaining in-person events for March and postponing our April events as we continue to monitor the information from the World Health Organization and the CDC.

We are working with the March speaker to provide a webinar at the same day and time, Friday March 20th from 12:00 pm until 1:30 pm in lieu of the in-person luncheon event and will send out registration information as soon as it is available. Please plan to attend our upcoming webinars on the topics of complicated grief in April and narcissism in May. We ask for your patience and understanding throughout this challenging time as we work to process refunds and set up the web-based trainings.

It is also important that we all keep the current risk in perspective. Panic causes tunnel vision. We need to be examples for our clients and the community. Calm acceptance of the risks allows us to more easily assess the situation and see the options. We must use reason and logic and not let our emotions drive our decisions.

Below are some links with the latest news reports about the COVID-19 (the new coronavirus) [OC Health Care Agency](#), the [World Health Organization](#) and the [Center for Disease Control and Prevention](#) to review to help us make informed decisions. Please visit their website at [CDC.GOV](#) for the latest developments of the virus and what you can do to prevent infection.

The Centers for Disease Control and Prevention (CDC) has released a list of preventative actions you can take to improve your chances of staying healthy. We are following these recommendations and we encourage you to do so as well:

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes. It has been heartening seeing the way people are working to support each other and taking appropriate steps to keep ourselves, our families, and our communities safe and healthy, like implementing social distancing policies.

Please take care and let us know if you have any questions.

Sincerely,

Shelley Zeigler, LMFT

OCCAMFT Board of Directors President