






Update for Advocates, Friends and Families

Covid-19

April 18/2020





Hello to everyone and big shouts out  to everyone who is working so hard to help fight  against this virus . !!!!!



We know that it is hard work to fight against this silent enemy, but it is so important for you  to keep

up the fight for friends , family  and our community  ! We are all in this together and

the Nurses and Dr.s  can't take care of everyone on there own so need our support-keep up the

good work by  washing your hands,  using good coughing and sneezing protocols, eating



healthy foods , getting exercise , resting well , showering and bathing regularly 

cleaning up at home especially places where everyone touches  and staying home .

Many people are missing their friends and want to know when  will go back to normal????

This is a tough question to answer because there is not a clear way to say when- 

What we know is that authorities like ,  [This Photo](#) by  and

 are urging us to keep up the fight and help keep people safe . It is important

to remember that all your Realm friends are doing this too!!! Keep in touch with us through  

 and greeting your DSP when they drop by to shop or drop deliveries off .

We are thinking about you and want you to stay safe! Remember, we're in it together 