10 things you can do to manage your health at home

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ride-sharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. If you have symptoms—fever, cough, and shortness of breath—contact your healthcare provider about what your next steps may be.

6. **Cover your cough and sneezes.**

7. **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. **Stay home if you are sick.**

8. As much as possible, **stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

**What you can do:**
- Wash your hands and cover your cough with your elbow.
- If you are sick, stay home.
- Practice social distancing, maintain a 6-foot separation from others.
- Reduce time spent in the lodges.
- Leave all personal items in your vehicle.
- Redeem Flex Pass additional days online at store.skieaglecrest.com.

**What Eaglecrest is doing:**
- Self-service in the cafeteria has been eliminated. Staff will assist with all orders.
- Seating has been reduced in the Fish Creek Lodge to allow more distance among guests and staff.
- Staff are on a 45-minute rotation of disinfecting public-facing hard surfaces and ensuring that soap dispensers and hand sanitizer stations are adequately stocked.
- Pocapine Lodge is closed for the season. Only outside-facing ticket windows will be open.
- Snowsports School is closed for the season.
- Rental Shop is closed for the season.
- Repair Shop is closed for the season.
- Eagle’s Nest second floor is closed indefinitely.
- Bathrooms will remain open for the time being and will be subject to change.
- All special events are suspended indefinitely.
- Guests will be given the option of riding chairlifts alone if desired.

**Other City and borough of Juneau facilities have been closed, including all the schools, through March 30.**

**Facility closures are:**
- Augustus Brown Pool and Dimond Park Aquatic Center
- Mount Jumbo Gym
- Dimond Park Field House and all its programs
- Downtown Public Library, Mendenhall Valley Public Library & Douglas Public Library
- Treadwell Arena
- Juneau-Douglas City Museum
- Zach Gordon Youth Center

CBJ has suspended these programs:
- Community Schools
- Preschool and Senior Open Gym
- Parks & Recreation Coed Volleyball
- BAM Afterschool
- Start Smart

CBJ and Eaglecrest continue to closely monitor the evolving situation and guidance from the Department of Health and Social Services. There will be additional updates to the public when necessary.

**EAGLECREST IS OPEN DAILY MARCH 19-30**

At this time, Eaglecrest Ski Area remains open, though the facility has implemented changes in response to coronavirus disease (COVID-19).

**FOR MORE INFORMATION, VISIT JUNEAU.ORG/COVID-19.**

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