



United States Dragon & Lion Dance Federation

Dear USD LDF members, families and supporters,

Our organization would like to take this opportunity to express our best wishes to everyone as we go through this difficult and complicated health crisis.

We understand that this is a fluid situation, and we want to make sure that we keep our members updated as the situation evolves and impacts our plans for the 2020 calendar. Any changes to upcoming events will be based on the recommendations of public health organizations such as the World Health Organization (WHO), the Center for Disease Control (CDC), the different states as well as their local health authorities, and event partners, among others.

We encourage all athletes and coaches to protect themselves, their team members and community as a whole by always practicing excellent personal hygiene.

Some recommendations are:

- Take good care of your own health and consider the potential impact of any illness on others.
- Cover your cough or sneeze.
- Wash hands frequently and thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Practice physical distancing (6ft away from others)
- Consider keeping your team connected, motivated and active by using virtual meeting platforms such as Zoom Meeting, Facebook Live, Discord, etc...

For additional information, please visit the Center for Disease Control's website:

<https://www.cdc.gov/coronavirus/2019-ncov/>.

As Dragon and Lion Dancers we learn that we must persevere without panicking or losing hope in the face of numerous, and what may seem like impossible, obstacles. We encourage all practitioners and coaches to be great models in their local communities by adhering to their local authorities recommendations while staying calm, hopeful and positive in the face of adversity.

We are hopeful that this situation will improve soon, and we sincerely wish that everyone stays safe and healthy during this time. Please do not take any risks that could endanger you, your family and/or your community. We are navigating this unprecedented situation together, and together we can overcome this health crisis.

Sincerely,

Nelson Ferreira
President
United States Dragon & Lion Dance Federation
USD LDF.ORG