The health and safety of our Birdland community is our top priority, which is why we have decided to close the Orioles offices through March 29.

We fully believe that the most important action we can take during this time is to practice social distancing and follow the advice of medical experts in order to prevent the spreading of COVID-19.

We encourage everyone to take standard precautions to protect themselves and their families, including staying home if you are feeling sick, avoiding large crowds and close personal contact, and regularly washing your hands for 20 seconds with soap and water.

As we practice proper social distancing at this time, here are some things that we encourage everyone to do in order to maintain good mental and physical health:

- *Go on a daily walk, take a bike ride, go fishing, or do something that allows you to be active and breathe in some fresh air.*
- *Spend quality time with family - cook a meal together, do arts and crafts, or watch a movie.*
- *Call your neighbors and elderly friends and family who are at a greater risk and safely offer assistance if needed.*
- *Make smart and responsible purchases at the grocery store, buying foods and cleaning supplies that will keep you and your family healthy for the foreseeable future.*
- *Avoid gatherings of 10 or more people for the next eight weeks.*
- *Consider making more online purchases and supporting local businesses by buying gift cards that can be used at a later date.*

Most importantly, remain calm and take small steps that will help prevent the spread of this virus. Please make an appointment to see your doctor right away or visit a local clinic if you begin feeling sick or you are suffering from difficulty breathing.

This is bigger than baseball, and until we can return to the field, we can all do our part to help "flatten the curve" and slow the spread of the virus to allow our nation's healthcare system to serve our most vulnerable neighbors.

Please stay safe, be smart, and make informed decisions. We will get through this together.

Thank you,

Orioles™