

NIRVANA

NEWS & VIEWS



A Newsletter for the Residents of The Nirvana Condominium Associations 1, 2, 3, 4, 5. Inc.

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Nirvana

Condominium Association, Inc.
703 NE 63 Street
Miami, FL 33138
www.nirvanacondos.net

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OFFICE HOURS

Monday-Friday ...8:00 AM - 5:00 PM

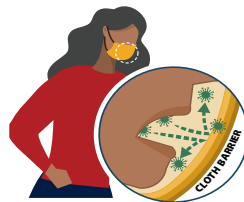
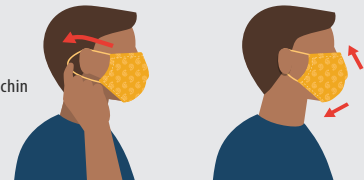


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

NATIONAL SELFIE DAY

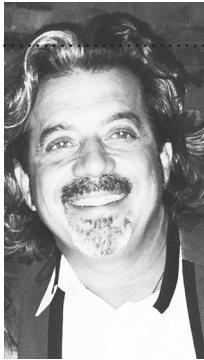
Date When Celebrated: This holiday is always held on June 21. June 21 is National Selfie Day. It's a cinch to participate in this holiday. And, it's fun! Simply take your smartphone out of your pocket or purse, and take a selfie. Make sure to put on as big smile.



Selfies are extremely popular. Millions of them are taken each and every day. It kind of makes you wonder why we need a special day to encourage us to take a selfie. Most people believe selfies originated when smartphones came on the scene. Smartphones have built-in, hi pixel cameras, with a lens on both sides of the camera, making it easy to take a selfie. In actuality, selfies were around for a long, long time, they just weren't called "selfies". Back in the day of film-based cameras, some cameras had a delay feature on the camera. You could set the camera up on a table or tripod, aim it, and press the delay button (usually ten seconds). Then, you had to run to where the camera was aimed and pose. They were not called selfies. Enjoy Selfie Day and don't forget to SMILE!!

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GRILLING FOOD SAFELY

Nothing beats an outdoor barbecue! Make sure that you and your family are safe this summer every time you grill.

- Wash your hands before doing any food preparation.
- Keep every utensil and all cutting surfaces clean. Wash and sanitize cutting boards after cutting meat, poultry, or fish.
- Thaw foods in the refrigerator completely before grilling. Never thaw food on the countertop.
- Marinate meats in the refrigerator. Once the food is placed on the grill, discard excess marinade. Do not use this leftover marinade to baste food. To use leftover marinade as a sauce on cooked food, it must be brought to a rolling boil for several minutes before serving.
- Use a thermometer to check on the internal temperature of cooked meats. Beef should be cooked to at least 145 degrees, pork to 160 degrees, and poultry to 170 degrees. Ground meat should be cooked to 160 degrees.
- Transfer cooked foods from the grill to a clean plate or platter. Do not place cooked foods on a surface that has held raw meats.
- If food is left out for more than two hours, it should be discarded.



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