



Dear Nested Community,

As the situation around coronavirus (COVID-19) continues to rapidly evolve, we at Nested are monitoring updates and implementing measures recommended by the Centers for Disease Control and Prevention (CDC) as well as the Departments of Public Health of Virginia, Maryland and the District of Columbia.

Prevention of the COVID-19 illness is our priority. Common coronaviruses can cause symptoms similar to the common cold or the flu. These symptoms include fever, cough, sore throat, and body aches. The symptoms that are currently being seen with the current coronavirus infection are fever and dry cough.

**If you or anyone you know are displaying any of these symptoms within at least 7 days of your scheduled class, OR, if you or anyone you know have recently traveled to any of the most at-risk zone, please contact us at [info@nestedbaby.com](mailto:info@nestedbaby.com) to RESCHEDULE your class or to request access to a future online webcast of the class (currently being developed).** As stated on our [Course Policies & FAQ page](#), there is a \$50 cancellation fee and we will work with you to be rescheduled to another date based on availability for a discounted rate of \$100, or Nested will provide you access to a future online webcast of the class OR video of the class (currently being developed). Please note cannot guarantee you will gain the same hands-on in-person experience.

The CDC continues to recommend the same precautions that help to prevent the spread of common illnesses like the cold and flu. The CDC website is updated regularly so please refer to it for the latest news and information: [Coronavirus Disease 2019 \(COVID-19\)](#)

***At this time, there are no plans to cancel any Nested classes. Please continue to monitor your inboxes, follow us on [Facebook](#) and/or [Instagram](#), and/or visit the Nested, LLC website, [www.nestedbaby.com](http://www.nestedbaby.com), for further updates.***

**The health and safety of our community is our top priority.** If you have any questions, please do not hesitate to contact us.

Warmly,

Nidhi Reva MPH, PA-C



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**NIDHI REVA**

*Founder and Managing Director*



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