



Coronavirus (COVID-19)
Important Reminders and Recommendations
For Senior Services Program Participants

Senior Services is monitoring updates related to the spread of the Coronavirus daily. Most people who become infected experience mild illness and recover, but it can be more severe for some with compromised or already weakened immune systems. Our goal, as always, is to do the best we can to keep the people we serve, our volunteers, and staff safe and healthy.

As a general rule, we are asking everyone to please keep these important health and wellness reminders from the World Health Organization and Centers for Disease Control in mind:

- Wash hands frequently with soap and water, and for at least 20 seconds each time.
 - Remember to lather both the fronts and backs of hands with soap and use a clean towel to dry them. If you're using hand sanitizer – rub your hands together until they are dry. Using sanitizer with at least 60% alcohol is best for killing germs.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, cough or sneeze into your "sleeve" or the bend of your arm.
- Do not reuse tissue after coughing, sneezing, or blowing your nose.
- Clean and disinfect surfaces that are frequently touched.

Senior Services' Recommendations and Requirements

- **Sanitize Often.**
We are encouraging volunteers and staff to use hand sanitizer between visits or wash their hands before and after their time in your home to avoid picking up or carrying anything from place to place.
- **Keep your distance.**
We are asking volunteers, staff and program participants to please avoid shaking hands or hugging participants. Try to maintain a 3-foot distance between yourself and other people, to every extent possible is recommended.
- **Let us know if you are sick.**
If you or anyone in your home has a fever, cough, and symptoms of respiratory distress such as shortness of breath or difficulty breathing we ask that you contact our office immediately.

Thank you for helping us make sure we all stay healthy!