



CORONA VIRUS PREVENTION

Meals on Wheels San Diego County knows the critical importance of preparation in times like this. We are prepared to deal with the coronavirus and urge you not to panic. MOW staff is concerned about what a large outbreak of the coronavirus disease (COVID-19) in San Diego County could mean for you, our clients. We are closely monitoring information and resources being shared by the experts in disease control and have put prevention and response plans into place.

We are following health officials' recommended steps to protect against coronavirus. Staff has been trained appropriately and we are cleaning the delivery bags, coolers, door handles, tabletops and other surfaces regularly. We have prepared materials for our volunteers that will help to follow CDC's preventative actions which will help protect you.

We are asking you to adhere to the CDC recommended preventative actions:

- Wash hands often and for at least 20 seconds; especially after using the restroom and after blowing your nose, coughing or sneezing
- Covering your cough or sneeze with your arm; when a tissue is used, discard it appropriately
- Avoid touching your eyes, nose and mouth
- Please notify MOW staff if you are sick and contact your doctor.
- Frequently clean and disinfect all touched objects and surfaces using a regular cleanser, bleach, wipe or spray.
- **Do not shake hands, hug or touch people.** Special care should be taken when interacting with everyone including family, friends and visitors.
- If you are not feeling well or who may have weaker immune systems stay home. Do not go out except when necessary. Contact your doctor or healthcare provider immediately.

While we do not anticipate a disruption in meal delivery service, our team is preparing a contingency plan to deliver to all of you, our clients.

You, our meal recipients and the volunteers who serve remain MOW San Diego's utmost concern. It is our hope that an end to this outbreak comes soon. Until then, Meals on Wheels San Diego County will continue to be the safety net for our community of seniors.