



STATEMENT ADDRESSING THE CORONAVIRUS

Meals on Wheels San Diego County is concerned about what a significant outbreak of the coronavirus disease (COVID-19) in San Diego County could mean for the vulnerable seniors we serve. We are closely monitoring information and resources being shared by the experts in disease control and are putting prevention and response plans into place. We are acting very cautiously out of concern for the health of our volunteer, clients and client's family members.

If a client shows symptoms the client will be removed from the route and special arrangements will be made for meal deliveries.

We follow health officials' recommended steps to protect against coronavirus similarly to how we prevent the spread of other illnesses such as the flu. Staff has been trained appropriately and we are cleaning the delivery bags, coolers, door handles, tabletops and other surfaces regularly.

We are asking our volunteers and any visitors to adhere to the CDC recommended preventative actions:

- Special care should be taken when interacting with all of our clients especially seniors. Do not shake hands, hug or touch clients.
- As part of your delivery and Wellness Check ask the clients if they are feeling OK. If a client reports feeling ill or you notice symptoms of illness, please MOW San Diego so staff can follow-up with the client and inform their family member and healthcare provider.
- Wash your 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
- If you are not feeling well stay home
- Clean and disinfect the handles, steering wheel and shifter of your automobile among other surface areas using a regular cleanser, bleach, wipe or spray. Consider cleaning all touched objects and surfaces at home.

We know the critical importance of preparation in times like this and understand the delicate balance between panic and preparedness. While we do not anticipate a disruption in meal deliveries, our team is preparing a contingency plan should meal delivery service be disrupted.

Our seniors and the volunteers who serve them remain our utmost concern. It is our hope that an end to this outbreak comes soon. This virus outbreak will change how we interact with each other and our daily lives as we may experience shortages of products, services and volunteers. Meals on Wheels San Diego County asks for your help and to consider volunteering so we may continue to be a vital solution for those isolated persons who are unable to nourish themselves. We still need people to deliver meals to the vulnerable populations we serve. If you have the capacity to volunteer, then your time would truly be appreciated.

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