

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

April 2020

## Reducing Your Risk of Contracting Coronavirus

Important Things You Can Do to Try to Stay Well

This is a challenging time for everyone around the world. The Coronavirus known as COVID-19 is highly contagious and especially dangerous for people 65 and older, as well as anyone with a weakened immune system. But here are some basic steps that you can take right now to avoid getting sick, and what to do if you should become ill.

- **Wash Your Hands Often**

Wash your hands with soap and water for at least 20 seconds throughout the day. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.

- **Avoid Touching Surfaces in Public Places**

Elevator buttons, door handles, handrails and counter tops are gathering places for germs. Use a tissue or your sleeve to cover your hand. And avoid shaking hands with anyone.

- **Try Not to Touch Your Face**

This can be hard to do -- and it's one of the main reasons you need to wash your hands so often -- but it's really important to keep germs away from your mouth, nose, eyes and ears.

- **Stay Away from Crowds**

Your risk of exposure increases with the more people you're around, especially if the area is enclosed and crowded. You never know who may be sick or carrying the virus.

- **Clean and Disinfect Your House**

Anything you touch: tables, doorknobs, light switches, handles, toilets, faucets and phones.

- **Stay Home and Stock Up**

Just don't go out if you don't have to. And make sure you have a good supply of medications, groceries and household items on hand. Have them delivered if possible.

- **Watch for COVID-19 Symptoms**

Call your doctor if you have a fever, cough or shortness of breath.

- **Get Medical Attention Immediately If...**

If you have difficulty breathing, persistent pain in your chest, sudden confusion or if your lips or face turn blue, call your doctor or 9-1-1 right away.

Questions for Meals on Wheels? Call us at 205.592.0413. Source: Centers for Disease Control and Prevention

Remove lower portion and return with your kind donation.

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$25      \_\_\_\$50      \_\_\_\$100      \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

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