

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.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Telephone _____



P.O. Box 320189
Birmingham, AL 35232-0189
205.592.0413

You may also donate online at www.mowjeffco.org/donate.

CSH-04/20