

Dear Jasper County Elderly Nutrition Participants,

MAY 2020

We appreciate everyone's cooperation as we continue to deal with COVID-19.

At this time, we continue to deliver home delivered meals only. We will not enter the home but will hang the meal on your door handle or put the meal down just inside the door. Please try to have a table or a shelf close to the door. You must be home in order for us to leave the meal at your home. Please keep a distance of at least 6 feet between you and the delivery driver. All drivers and volunteers are required to wash hands when they arrive to pick up the meals and all use hand sanitizer between deliveries. If we are required to close down our services, you will be notified. As the virus spreads, we may need to use volunteers to help deliver as we have drivers with pre-existing health issues and we all need some time off.

If you haven't already done so, please do the following:

- Make sure you or your household members have access to several weeks of medications, supplies, and food in case one must stay home for prolonged periods of time.
- Make sure you have an emergency contact such as family or a friend that can serve as a backup in case your meals or home visits are unable to be complete.
- Stay in touch with others by phone or email. If you have a chronic medical condition and live alone, ask family and friends to check on you during an outbreak.
- If you don't have family or friends locally to check on you if we do need to close, contact Kelli Van Manen at 641-792-7102.

Practice everyday preventive actions to help reduce your risk:

- Avoid close contact with people who are sick.
- STAY HOME, except to get medical care.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles).

Please join us in slowing down the spread of COVID-19.

Kelli Van Manen  
Program Director  
Jasper County Elderly Nutrition