



# HELPING HANDS

## Facing Corona Virus

(excerpts from coronavirus.gov)



As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. The following information provides advice about how to meet these household needs in a safe and healthy manner.

Find additional information for [people who are at higher risk for severe illness from COVID-19](#).

### Shopping for food and other household essentials

- >Avoid shopping if you are sick or have symptoms of COVID-19, including a [fever, cough, or shortness of breath](#).
- >Order online or use curbside pickup or order food and other items online for home delivery.
- >Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to.

### Protect yourself while shopping

- >Stay at least 6 feet away from others while shopping and in lines.
- >Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- >When you do have to visit in person, go when fewer people will be there (early morning or late night).
- >If you are at [higher risk](#) for severe illness, find out if the store has special hours for people at higher risk. Try to shop during those hours.
- >[Disinfect](#) the shopping cart, use disinfecting wipes if available. Use hand sanitizer.
- >Do not touch your eyes, nose, or mouth.
- >If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- >After leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
- >At home, follow food safety guidelines: [clean, separate, cook](#). There is no evidence that food or food packaging has been linked to getting sick from COVID-19.



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### Accepting Deliveries and Takeout Orders

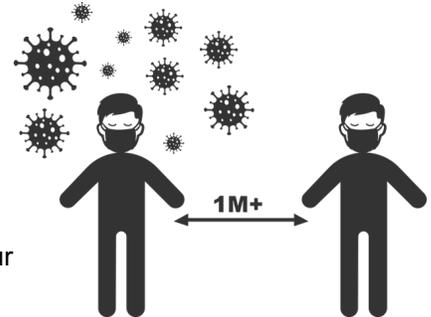
- >Pay online or on the phone when you order (if possible).
- >Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person. Wash your hands or use hand sanitizer after accepting deliveries or collecting mail.
- >After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

### Banking

- >Bank online whenever possible.
- >If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- >When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.

Going to the doctor or getting medicine

- >Talk to your doctor online, by phone, or e-mail.
- >Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- >Talk to your doctor about rescheduling procedures that are not urgently needed.
- >If you must visit in-person, protect yourself and others.
- >If you think you have COVID-19, let the office know and follow [guidance](#).
- >Cover your mouth and nose with a [cloth face covering](#) when you are in public. Don't touch your eyes, nose, or mouth.
- >Use disinfecting wipes on frequently touched surfaces such as handles, knobs, touchpads (if available).
- >Stay at least 6 feet away from others while inside and in lines.
- >When paying, use touchless payment methods. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you can.



Limit in-person visits to the pharmacy

- >Plan to order and pick up all your prescriptions at the same time.
- >Call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- >Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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**Sources for Credible  
Outbreak- Related  
Health Information**

**Centers for Disease  
Control and Prevention**

1600 Clifton Road  
Atlanta, GA 30329-4027 1-800-  
CDC-INFO (1-800-232-4636)  
<https://www.cdc.gov>

**World Health Organization**

Regional Office for the Americas  
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<http://www.who.int/en>

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