

Dear Jasper County Elderly Nutrition Participants,

APRIL 2020 NEWSLETTER

We are all in this together as Jasper County tackles COVID-19. We are working closely with the Jasper County Health Department. Staying calm and planning is important.

At this time, we will continue to deliver home delivered meals. If you are ill, please call and cancel your meal. We will continue to deliver but will avoid entering the home by hanging the meal on your door handle or putting the meal down just inside the door. Please try to have a table or a shelf close to the door if we need to do that. 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 your 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. Jasper County Elderly Nutrition staff are working together to do our best to be able to continue delivery of meals during this time. If we are required to close down our services, you will be contacted by phone.

You and your family need to be creating a plan to help protect your health. 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 when you are sick, 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, countertops, light switches, doorknobs, and cabinet handles).

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

Sincerely,

Kelli Van Manen

Program Director

Jasper County Elderly Nutrition