



Date: March 13, 2020

Dear MAMOW Client:

Morgantown Area Meals on Wheels (MAMOW) is concerned about what a significant outbreak of the coronavirus (COVID -19) in Morgantown area would mean for the vulnerable seniors we serve. We are closely monitoring information and resources being shared by the experts in disease control and are putting prevention and response plans in place.

We know the critical importance of being prepared in times like this and understand the delicate balance between panic and preparedness. While we do not anticipate a disruption in service at this time, our MAMOW team will prepare/procure extra shelf-stable packages or frozen foods to deliver to clients. If we are unable to either prepare or deliver meals daily, we will have a plan in place to ensure all clients receive one or a combination of these alternative meals.

Starting on Monday, March 16 we are instituting a **no contact delivery system**. We ask that each client place a cooler or an insulated food bag outside their door. The driver will place your meal in the cooler/bag and then ring your doorbell or knock to inform you that your meal has been delivered. This procedure will minimize your exposure.

A second option is to place your cooler/insulated bag inside the door or have the driver place the meal on a table or chair inside the door. The goal is to keep 6 feet between you and the driver. We request that you clean and disinfect the inside and outside of the cooler daily. Please let your driver know if you need help with this.

Referencing CDC guidelines:

Everyday actions to prevent illness

Everyone regardless of age or disability, should follow CDC's recommendations to help prevent the spread of all respiratory diseases, including colds and flu and COVID-19 for example.

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throwing the tissue in the trash.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating, and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Like most illnesses, older adults face higher risks of contracting COVID-19 and /or experiencing complications, particularly if they have chronic medical conditions.

Reducing exposure is especially important for people at higher risk of complications.

If you are at higher risk, CDC recommends that you:

- Stay at home as much as possible
- Make sure you have access to several weeks of your medications and supplies in case you need to stay home for prolonged periods of time.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds especially in poor ventilated spaces
- Plan now for what you will do if you, or people you rely on for support, become ill.

Watch for symptoms and emergency warning signs
COVID-19 symptoms include fever, cough, shortness of breath. If you feel like you are developing symptoms, call your doctor.

If you have any questions regarding your meal deliveries, please contact the MAMOW kitchen at 304-599-1954.

Sincerely,
The MAMOW Board