

GUIDANCE FOR SUPPORTING NEIGHBORS AT HOME

- Neighbors, **DO NOT** participate if you are not feeling well (fever, dry cough, etc.) – **NO EXCEPTIONS!**
- Say hello and converse from at least 6 feet away.
- If money needs to exchange hands during this process, find a way to avoid handling bills or coins. Bills and coins are handled by many people during a day.
 - IOU? PayPal? Check?

	Neighbor	Person at Home
Checking in	<ul style="list-style-type: none"> - Ring the doorbell/knock and move back (6' away from the door) - Maintain the 6' distance - Chat, exchange pleasantries, etc. - Go home and wash your hands thoroughly <ul style="list-style-type: none"> ○ Count to 20 slowly while rubbing with soap and water ○ Dry hands with clean paper towel and discard right away 	<ul style="list-style-type: none"> - Answer the door when you know your neighbor has had a chance to back up - Maintain the 6' distance - Chat, exchange pleasantries, make a request, thank them for stopping by, etc. - Wash your hands thoroughly <ul style="list-style-type: none"> ○ Count to 20 slowly while rubbing with soap and water ○ Dry hands with clean paper towel and discard right away
Grocery delivery	<ul style="list-style-type: none"> - Ring the doorbell/knock and move back (6' away from the door) - Maintain the 6' distance - Chat, exchange pleasantries, etc. - Go home and wash your hands thoroughly <ul style="list-style-type: none"> ○ Count to 20 slowly while rubbing with soap and water ○ Dry hands with clean paper towel and discard right away 	<ul style="list-style-type: none"> - Answer the door when you know your neighbor has had a chance to put the bags down and back up - Maintain the 6' distance - Chat, exchange pleasantries, thank them, etc. - Bring the bags into the house and wash your hands thoroughly <ul style="list-style-type: none"> ○ Count to 20 slowly while rubbing with soap and water ○ Dry hands with clean paper towel and discard right away - Wash fresh fruit/vegetables thoroughly under cold running water - Put groceries away - Wash your hands thoroughly <ul style="list-style-type: none"> ○ Count to 20 slowly while rubbing with soap and water ○ Dry hands with clean paper towel and discard right away

<p>Medication delivery</p>	<ul style="list-style-type: none"> - Ring the doorbell/knock and move back (6' away from the door) - Maintain the 6' distance - Chat, exchange pleasantries, etc. - Go home and wash your hands thoroughly <ul style="list-style-type: none"> o Count to 20 slowly while rubbing with soap and water o Dry hands with clean paper towel and discard right away 	<ul style="list-style-type: none"> - Answer the door when you know your neighbor has had a chance to put the pharmacy bag down and back up - Maintain the 6' distance - Chat, exchange pleasantries, thank them, etc. - Bring the bag into the house and wash your hands thoroughly <ul style="list-style-type: none"> o Count to 20 slowly while rubbing with soap and water o Dry hands with clean paper towel and discard right away - Get out a <u>disinfecting</u> solution and place it near the sink <ul style="list-style-type: none"> o Follow the directions on your bleach bottle to make a disinfecting solution o - OR - o Use a commercially manufactured disinfectant approved for food contact surfaces - Open the bag and put the medication bottle in the sink - Spray the bottle on all sides with the disinfecting solution and let it air dry - Go to <u>another</u> sink and wash your hands thoroughly <ul style="list-style-type: none"> o Count to 20 slowly while rubbing with soap and water o Dry hands with clean paper towel and discard right away - Once the medication bottle has been disinfected, put it away with your other medication bottles like normal <p>* This might seem excessive but eventually you're going to put these medications into your mouth, eyes, etc. You don't want to accidentally introduce a virus into your system.</p>
<p>Pet walking</p>	<p>Encourage everyone to walk their own pets – just avoid crowded areas. And maintain a little more distance than usual when stopping to chat with neighbors.</p>	