



## **MOWLB CLIENT-COVID-19 PREVENTION**

Meals on Wheels of Long Beach (MOWLB) is prepared to deal with the coronavirus and urge you not to panic. Please know that your meals will be delivered to you as scheduled and we expect no interruption in service. MOWLB management has been working closely with the City of **Long Beach Department of Health and Human Services** and other local agencies to ensure that you and the volunteers delivering meals to you are safe. MOWLB staff has instructed our volunteers in the use of proper procedures and preventive actions for your protection.

### **We are asking you to take the following steps as recommended by the Center for Disease Control and Prevention (CDC) to protect your health.**

- Wash hands often and for at least 20 seconds with soap and warm water; especially after using the restroom and after blowing your nose, coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Whenever possible clean and disinfect all touched objects and surfaces using a regular cleanser, bleach, wipe or spray.
- **Do not shake hands, hug or touch people.** Special care should be taken when interacting with everyone including family, friends and your MOWLB visitors. **This is called social distancing and we are all asked to practice this for now.**
- Please notify MOWLB staff if you are sick and contact your doctor immediately.

The health and safety of you and the volunteers who serve you remain our number one priority. It is our hope that an end to this outbreak comes soon. Until then, Meals on Wheels of Long Beach will continue to be the safety net for our community of home-bound and vulnerable persons.

**If you have any questions or concerns during this period,  
please do not hesitate to contact us.**

**We are here for you!**

**Meals on Wheels of Long Beach  
(562) 439-5000**