



MOWLB Volunteers-COVID-19 Information

MOWLB is closely monitoring the latest developments around COVID-19/novel coronavirus with the support of the Long Beach Health Department. Due to the vulnerable population that we serve, MOWLB has been included in several Health Department meetings and trainings over the last two weeks in order to remain up to date on developments affecting our city and how we can best protect our clients, volunteers and staff.

MOWLB is following the Centers for Disease Control and Prevention recommended steps to protect our clients, volunteers and staff and with these precautions in place we do not anticipate a disruption in our services.

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

- Special care should be taken when interacting with all of our clients, especially seniors. **Do not shake hands, hug or touch clients. We are all asked to practice “social distancing” for now.**
- As part of your delivery and Wellness Check, ask the clients if they are feeling OK. If a client reports feeling ill or you notice symptoms of illness, please notify your Site Manager so they can follow-up with the client and inform their family member and healthcare provider.
- Wash your hands often with soap and warm water for at least 20 seconds or use an appropriate hand sanitizer.
- Cover your mouth when you cough or sneeze into your arm; when a tissue is used, discard it appropriately and wash/sanitize your hands.
- Avoid touching your eyes, nose and mouth.
- **If you are sick, stay home.** Please contact your Site Manager as soon as possible so we can arrange to cover your route.
- Clean and disinfect the handles, steering wheel and shifter of your automobile among other surface areas using a regular cleanser, bleach wipe or spray. Consider cleaning all touched objects and surfaces at home.
- Most importantly, use your best judgement and discretion about entering a client’s home. We do not ask you to do anything you are not comfortable with.
- Please remember, for many of your clients’ you are the only person they will see each day. **Be positive, reassuring and give them a big beautiful smile with every meal. This is as important as the food you bring them.**

During this difficult time it is important that we remain calm, realistic and flexible. When new preventive measures are presented to us, we will implement them. **We thank you, our amazing volunteers, for your help and dedication during this challenging time.**