

## 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.
  - Use IOU? PayPal? Venmo? Check?

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

<p><b>Medication delivery</b></p>	<ul style="list-style-type: none"> <li>- Ring the doorbell/knock and move back (6' away from the door)</li> <li>- Maintain the 6' distance</li> <li>- Chat, exchange pleasantries, etc.</li> <li>- Go home and wash your hands thoroughly <ul style="list-style-type: none"> <li>o Count to 20 slowly while rubbing with soap and water</li> <li>o Dry hands with clean paper towel and discard right away</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Answer the door when you know your neighbor has had a chance to put the pharmacy bag down and back up</li> <li>- Maintain the 6' distance</li> <li>- Chat, exchange pleasantries, thank them, etc.</li> <li>- Bring the bag into the house and wash your hands thoroughly <ul style="list-style-type: none"> <li>o Count to 20 slowly while rubbing with soap and water</li> <li>o Dry hands with clean paper towel and discard right away</li> </ul> </li> <li>- Get out a <u>disinfecting</u> solution and place it near the sink <ul style="list-style-type: none"> <li>o Follow the directions on your bleach bottle to make a disinfecting solution</li> <li>o - OR -</li> <li>o Use a commercially manufactured disinfectant approved for food contact surfaces</li> </ul> </li> <li>- Open the bag and put the medication bottle in the sink</li> <li>- Spray the bottle on all sides with the disinfecting solution and let it air dry</li> <li>- Go to <u>another</u> sink and wash your hands thoroughly <ul style="list-style-type: none"> <li>o Count to 20 slowly while rubbing with soap and water</li> <li>o Dry hands with clean paper towel and discard right away</li> </ul> </li> <li>- Once the medication bottle has been disinfected, put it away with your other medication bottles like normal</li> </ul> <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><b>Pet walking</b></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>	