



## Recommendations in response to the Coronavirus (COVID-19)

Please follow the outlined recommendations until further notice.

Little Brothers - Friends of the Elderly Upper Michigan Chapter will continue to monitor the situation and change our recommendations accordingly.

Please call 906-482-6944 with any questions or concerns.

### GENERAL RECOMMENDATIONS

Exercise precaution by following the most current CDC recommendations. <https://www.cdc.gov/coronavirus/2019-ncov/>

#### **We recommend you:**

Wash your hands frequently and use hand sanitizer.

Maintain social distancing of at least 6 feet or two arm lengths. Eliminate close contact including but not limited to kissing, hugging, handshakes, etc.

Cover your coughs by using a single-use tissue followed by washing your hands or using hand sanitizer.

Avoid touching your eyes, nose, and mouth.

Wear a face mask when in close proximity. Face masks are available at Little Brothers - Friends of the Elderly.

Volunteers: STOP volunteering at the first signs of sickness and only resume after 2 weeks of being symptom free, even if you do not believe it is the coronavirus (COVID-19). Symptoms include fever, cough, shortness of breath, and other symptoms including, sore throat, body aches, and runny nose. <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms>

Take your temperature to check for fever before volunteering in direct contact with an elder.

If you have travelled outside of the Upper Peninsula in the past 14 days, please do not volunteer.

#### **Medical Transportation Updates**

We are suspending our door-through-door service and volunteers should not enter the medical facility.

Volunteers must disinfect vehicle interior before and after the transport.

We recommend volunteers keep hand sanitizer in their vehicle.

Disinfectant wipes and hand sanitizer are available at Little Brothers—Friends of the Elderly office.

Elders please call your doctor's office if you are concerned you have the coronavirus (COVID-19).

Contact Carol Korpela, Program Director at 906-482-6944 or [carol.korpela@littlebrothers.org](mailto:carol.korpela@littlebrothers.org) if you want or need to limit or suspend participation.

### HOW EMPLOYEES, VOLUNTEERS, AND COMMUNITY MEMBERS CAN SUPPORT OUR ELDERLY FRIENDS

Please continue to **VOLUNTEER** while healthy. Your elderly neighbors need support.

Provide medical transportation.

Pick up and deliver groceries, prescriptions, and essential items so the elderly can stay safe at home.

Provide wellness check phone calls.



“Where Service to the Elderly begins by being a Friend”

*Serving the Elderly Since 1982*

as of 4/22/2020